

# RESOURCE DIRECTORY

## COMITÉ DES PARTENAIRES FAMILLE des Pays-d'en-Haut



# EMERGENCY SERVICES

24 h/7 days

**Quebec Poison Control Centre** **1 800 463-5060**

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**Reporting a situation to DYP** **1 800 361-8665**  
**Director of Youth Protection**

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**Emergency** **911**

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**SOS domestic violence** **1 800 363-9010**  
[www.sosviolenceconjugale.ca](http://www.sosviolenceconjugale.ca) **Texto : 438 601-1211**

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**Sûreté du Québec** **450 310-4141**

This directory is not exhaustive and does not include private sector resources.

**EN** = *Confirmed english services*

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## ACCOMMODATION

### 159 rue Principale

159, rue Principale, app. 2, Sainte-Agathe-des-Monts (Québec)  
J8C 1K7

819 323-3819                      organisme159@hotmail.com

*Provides supportive and safe living accommodations for people with mental health issues.*

### Accueil Communautaire Jeunesse Le Labyrinthe

1215, rue du Bourg-Joli, Sainte-Adèle (Québec) J8B 1W8

450 229-4848                      www.mdj-ste-adele.org/labyrinthe

*Facilitates the social integration of marginalized youth and adults by offering support, temporary housing and reception services.*

### CAP JEM

25, Brissette, Sainte-Agathe-des-Monts (Québec) J8C 1T3

873 228-1789                      www.capjem.org

capjem.accueil@gmail.com

*Subsidized transitional housing for women aged 16 to 35 with support for low-income single mothers.*

### L'Ombre-Elle

C.P. 374, Sainte-Agathe-des-Monts (Québec) J8C 3C6

819 326-1321                      www.lombrelle.qc.ca

info@lombrelle.qc.ca

*Help and accommodation for female victims of domestic violence, with or without children.*

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## Maison Oxygène

154, rue de Martigny Ouest, Saint-Jérôme (Québec) J7Y 2G1

438 825-1651      www.maisonsoxygene.ca

maison.oxygene.laurentides@gmail.com

*Reception, support and transitional accommodation for fathers and their children living in vulnerable situations.*

## ADDICTIONS

### Les Centres Bonséjour **EN**

3065, Rue Rolland, Sainte-Adèle (Québec) J8B 1C9

450 745-0680      www.centrebonsejour.com

info@centrebonsejour.com

*Six-month residential addiction treatment program certified by the Centre intégré de santé et de services sociaux des Laurentides.*

### Tangage des Laurentides **EN**

118B, rue Principale est, Sainte-Agathe-des-Monts (Québec) J8C 1K1

819 324-2261      www.tangage.ca

info@tangage.ca

*Promotes the prevention of addiction by adopting healthy lifestyles in schools and the community and also equips the people around them.*

## ADOLESCENCE

### Maison des jeunes Loco Local

1508, Mtée d'Argenteuil, Saint-Adolphe-d'Howard (Québec) JOT 2B0

819 327-5021      www.adolphins.com

*An environment created to empower young people and bring them together to break isolation.*

**Maison des jeunes de Sainte-Adèle** EN

1215, rue du Bourg-Joli, Sainte-Adèle (Québec) J8B 1W8

450 229-7452

[www.mdj-ste-adele.org](http://www.mdj-ste-adele.org)

[info@mdj-ste-adele.org](mailto:info@mdj-ste-adele.org)

*Helps the social integration of socially marginalized young people by welcoming them and offering support as well as sports and cultural activities.*

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**Maison des jeunes Saint-Sauveur/Piedmont** EN

57, avenue de l'Église, Saint-Sauveur (Québec) JOR 1R0

450 227-4129

[www.mdjssp.wordpress.com](http://www.mdjssp.wordpress.com)

[mdjssp@gmail.com](mailto:mdjssp@gmail.com)

*Helps the social integration of socially marginalized young people by welcoming them and offering support as well as sports and cultural activities.*

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**Groupe JAD**

819 774-1687

[www.groupejad.com](http://www.groupejad.com)

[info@groupejad.com](mailto:info@groupejad.com)

*Services for youth: addiction, bullying, social media and sex education.*

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**AGGRESSION AND VIOLENCE****CALACS L'Ancre** EN

**(Centre d'aide et de lutte contre les agressions à caractère sexuel)**

Case postale 202, Saint-Jérôme (Québec) J7Z 5T9

1 866 867-7791

[www.calacslancre.ca](http://www.calacslancre.ca)

[info@calacslancre.ca](mailto:info@calacslancre.ca)

*Fights sexual violence in all its forms and supports the empowerment of youth and women who have experienced sexual assault.*

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## **CAVAC**

### **(Centre d'aide aux victimes d'actes criminels)**

1 866 532-2822      [www.cavac.qc.ca](http://www.cavac.qc.ca)

[info.cavac.lau@videotron.ca](mailto:info.cavac.lau@videotron.ca)

*Services to all victims of crime and their families, as well as to witnesses of crime.*

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## **CETAS**

### **(Centre d'entraide et de traitement des agressions sexuelles)**

8, boul. de la Salette, Saint-Jérôme (Québec) J7Y 5C8, Bureau 101 C

450 431-6400      [www.info-cetas.com](http://www.info-cetas.com)

[cetas@b2b2c.ca](mailto:cetas@b2b2c.ca)

*Centre specializing in the evaluation and treatment of sexual aggression problems (perpetrators of sexual offenses, children with inappropriate sexual behavior, victims of sexual aggression and help for relatives).*

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## **Escouade pour l'enfance**

1010, rue Valiquette, Sainte-Adèle (Québec) J8B 2M3

450 229-6650      [www.escouade.org](http://www.escouade.org)

[info@escouade.org](mailto:info@escouade.org)

*Prevention of all forms of violence against children.*

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## **Paix**

103-81A, rue Saint-Vincent, Sainte-Agathe-des-Monts (Québec)  
J8C 2C4

819 326-1400      [www.organismepaix.ca](http://www.organismepaix.ca)

[paix@cgocable.ca](mailto:paix@cgocable.ca)

*Help and intervention for people responsible for violent behaviour.*

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## CAREGIVERS

### L'Antr'Aidant **EN**

205, rue Principale, Saint-Sauveur (Québec) JOR 1R0  
 579 888-0211      www.lantraidant.com  
 information@lantraidant.com

*Provides support services to caregivers.*

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### Palliacco **EN**

35, avenue de l'Église, Saint Sauveur (Québec) JOR 1R0  
 819 717-9646      www.palliacco.org  
 admin@palliacco.org

*Offers accompaniment, respite and support services for people with cancer or end-of-life illnesses, caregivers and those living with loss.*

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### Pallia-Vie **EN**

385, rue Lebeau, Saint-Jérôme (Québec) J7Y 2M8  
 450 431-3331      www.pallia-vie.ca

*Support service for people with cancer or degenerative diseases as well as their families, and for those living with loss.*

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### Répit et bien-être **EN**

450 224-2657      www.coopsore.ca  
 sore@cgcable.ca

*Help for caregivers and individual home respite service.*

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## CLOTHING BANK - THRIFT STORE

### La Fouillerie EN

28, rue Bennett, Morin-Heights (Québec) JOR 1H0  
450 644-0087      [www.gardemangerpdh.ca](http://www.gardemangerpdh.ca)

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### L'Ouvroir Saint-Sauveur

382, rue Principale, Saint-Sauveur (Québec) JOR 1R0  
450 227-1445

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### Tiroirs des Pays-d'en-Haut EN

1360, rue Dumouchel, Sainte-Adèle (Québec) J8B 1V9  
450 229-7208

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## DAYCARE SERVICES

### Bureau coordonnateur Main dans La Main - CPE

41-A, avenue de l'Église, Saint-Sauveur (Québec) JOR 1R0  
450 227-9409      [cpe@maindanslamain.org](mailto:cpe@maindanslamain.org)  
[www.gw.micro-acces.com/cpemaindanslamain](http://www.gw.micro-acces.com/cpemaindanslamain)

*Administration office for home-based childcare services.*

- **Installation Saint-Adolphe-d'Howard**  
1808, ch. du Village, Saint-Adolphe-d'Howard (Québec) JOT 2B0  
819 327-2311
  - **Installation Saint-Sauveur**  
10, rue Viviane, Saint-Sauveur (Québec) JOR 1R4  
450 227-9409
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## **CPE La Barbouille**

500, rue des Capucines, Sainte-Adèle (Québec) J8B 1W5  
 450 229-4616      cpe@labarbouille.org  
[www.monsitew.com/Site/cpelabarbouille/ZonePublic/Accueil/LaUne](http://www.monsitew.com/Site/cpelabarbouille/ZonePublic/Accueil/LaUne)

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## **CPE La Vallée**

755, rue Principale, Piedmont (Québec) JOR 1K0  
 450 227-4416      info@cpedelavallee.ca

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## **CPE Main Dans la Main**

1808, ch. du Village, Saint-Adolphe-d'Howard (Québec) JOT 2B0  
 819 327-2311

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## **CPE Val-des-Neiges**

867, chemin du Village, Morin-Heights (Québec) JOR 1H0  
 450 226-2221      cpevaldesneiges@qc.aira.com

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## **La Place 0-5**

1 844 270-5055      www.laplace0-5.com  
 info@laplace0-5.com

*One-stop access to places in Quebec's recognized childcare services.*

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## **ECONOMY**

### **ACEF des Basses-Laurentides**

42D, rue Turgeon Local 1, Sainte-Thérèse (Québec) J7E 3H4  
 450 430-2228      www.acefbl.org  
 acefbl@consommateur.qc.ca

*Specializes in personal finances and defense of consumer rights.*

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## EDUCATION

### Association Alpha Laurentides

C.P. 351, Sainte-Agathe-des-Monts (Québec) J8C 3C6  
 1 866 887-7335      alpha-laurentides@hotmail.com

*French and numeracy workshops for literacy and francization.*

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### Centre de services scolaires des Laurentides

13, rue Saint-Antoine, Sainte-Agathe-des-Monts (Québec)  
 J8C 2C3 (Centre administratif)  
 819 326-0333      www.cslaurentides.qc.ca  
 info@cslaurentides.qc.ca

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### Sir Wilfrid Laurier School Board **EN**

1 866 621-5600      www.swlauriersb.qc.ca

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## EMPLOYMENT

### Bureau de Services Québec à Sainte-Adèle

400, boulevard de Sainte-Adèle, Sainte-Adèle (Québec) J8B 2N2  
 450 229-6560

*Employment assistance, social assistance and support in administrative procedures carried out with ministries and agencies.*

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### CAP Emploi **EN**

810, boulevard Sainte-Adèle, Sainte-Adèle (Québec) J8B 2N2  
 450 229-6524      www.capemploi.ca  
 info@capemploi.ca

*Support centre for the steps and changes needed to find a place in the labour market regardless of age, status or income.*

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## **Carrefour jeunesse-emploi des Pays-d'en-Haut** **EN**

22, rue Goyer, Saint-Sauveur (Québec) JOR 1R0

450 227-0074      www.cjepdh.ca

info@cjepdh.ca

*Welcomes and supports youth aged 15 to 35 in the MRC des PDH to help them reach their full potential and succeed in the workforce.*

## **Centre d'intégration en emploi Laurentides** **EN**

**(CIE Laurentides)**

1332, boul. Sainte-Adèle, local 211, Sainte-Adèle (Québec) J8B 2N5

1 800 363-2499      www.cielaurentides.com

info@cielaurentides.com

*Employment counselling centre supporting the acquisition of knowledge and skills to facilitate socio-professional integration.*

## **Intégration travail Laurentides** **EN**

395, boulevard de Sainte-Adèle, Sainte-Adèle (Québec) J8B 2N1

450 229-5889      www.i-tl.org

info@i-tl.org

*Integration, follow-up and employment retention services for people with disabilities, mental health problems, or who are in the justice system and have had problems with addiction.*

## **Inter Action Travail**

24, rue Brissette, Sainte-Agathe-des-Monts (Québec) J8C 1T4

819 326-0095      www.interactiontravail.com

info@interactiontravail.com

*A place to learn and work for people with barriers to employment.*

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## FOOD SUPPORT

### **Garde-Manger des Pays-d'en-Haut**

100, rue Morin, Sainte-Adèle (Québec) J8B 2P7 (Siège social)  
 450 229-2011      www.gardemangerpdh.ca  
 secretariat@gardemangerpdh.ca

*Provides food and clothing support for people in need.*

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### **Soupe et compagnie des Pays-d'en-Haut** **EN**

205, rue Principale, Saint-Sauveur (Québec) JOR 1R0  
 450 744-0207      www.soupeetcompagnie.com  
 info@soupeetcompagnie.com

*Food support and promotion of healthy lifestyles.*

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## SANTÉ

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

*Free and confidential telephone consultation service (24/7)*

Info santé : 811 poste 1

Info social : 811 poste 2      www.santelaurentides.gouv.qc.ca

*For all requests about social services: prenatal and postnatal care, family support, children, youth, adults, seniors, addiction, developmental delays, intellectual or physical disabilities, mental health, etc.*

- **Vaccination (0-6 ans)** 450 473-6811 #44 407      www.clicsante.ca
- **Centre de prélèvements**  
 150, rue Principale, Saint-Sauveur (Québec) JOR 1R6  
 1 833 991-2661      www.clicsante.ca

- **Clinique jeunesse et clinique de dépistage adulte**  
707, boulevard Sainte-Adèle, Sainte-Adèle (Québec) J8B 2N1  
450 229-6601                      With appointment
  
- **CHSLD des Hauteurs - CLSC Sainte-Adèle**  
707, boulevard Sainte-Adèle, Sainte-Adèle (Québec) J8B 2N1  
450 229-6601  
*Psychosocial reception without an appointment.*
  
- **CLSC Saint-Sauveur**  
150, rue Principale, Saint-Sauveur (Québec) JOR 1R6  
450 227-3447  
*Psychosocial reception without an appointment.*
  
- **CLSC Piedmont**  
694, chemin Avila, Piedmont (Québec) JOR 1R3  
450 227-1571

**Centre de prévention du suicide le Faubourg** EN

1 866 APPELLE (277-3553)                      [www.cps-le-faubourg.org](http://www.cps-le-faubourg.org)

*Crisis helpline for suicidal people and their families and services for loved ones grieving after a suicide.*

**Centre Sida Amitié**

527, Saint-Georges, Saint-Jérôme (Québec) J7Z 5B6  
450 431-7432                      [www.centresidaamitie.com](http://www.centresidaamitie.com)  
[prevention@csalaurentides.com](mailto:prevention@csalaurentides.com)

*Reception, support and accompaniment services for people living with HIV/AIDS and viral hepatitis and their families.*

## **Coop Santé Lac-Masson**

25, rue des Pins, Sainte-Marguerite-du-Lac-Masson (Québec)

JOT 1LO

450 228-3100

[www.macoopsantesme.org](http://www.macoopsantesme.org)

[info@macoopsantesme.org](mailto:info@macoopsantesme.org)

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## **Coop Santé Morin-Heights**

2, rue Meadowbrook, suite 200, Morin-Heights (Québec) JOR 1HO

450 644-0522

[www.coopsante.org](http://www.coopsante.org)

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## **Coop Santé Saint-Adolphe-d'Howard**

1937, ch. du Village, suite 206, Saint-Adolphe-d'Howard (Québec)

JOT 2BO

819 327-3534

[www.coopsante.org](http://www.coopsante.org)

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## **Clinique médicale Saint-Sauveur**

### **(GMF - Groupe de médecine de famille)**

70, rue Principale, Saint-Sauveur (Québec) JOR 1R6

450 227-8436

[www.gmfstsauveur.ca](http://www.gmfstsauveur.ca)

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## **Groupe de relève pour personnes aphasiques**

### **AVC Laurentides (GRPAAL)**

819 217-6848

[www.grpa.ca](http://www.grpa.ca)

[info@grpa.ca](mailto:info@grpa.ca)

*Bring together and support people who have suffered a stroke with or without aphasia as well as their families.*

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## **Inscription auprès d'un médecin de famille**

1 844 834-4263

[www.quebec.ca](http://www.quebec.ca)

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## Maison de naissance du Boisé-de-Blainville

15, 70<sup>e</sup> Avenue Ouest, Blainville (Québec) J7C 1R7

450 431-8623

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## Société Alzheimer Laurentides

1 800 978-7881

[www.alzheimerlaurentides.com](http://www.alzheimerlaurentides.com)

[admin@salaurentides.ca](mailto:admin@salaurentides.ca)

*Inform, support, accompany and represent people affected by Alzheimer's disease or other neurocognitive diseases.*

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## IMMIGRATION

### Le COFFRET **EN**

181, rue Brière, Saint-Jérôme (Québec) J7Y 3A7

450 565-2998

[www.lecoffret.ca](http://www.lecoffret.ca)

[message@lecoffret.ca](mailto:message@lecoffret.ca)

*Welcomes everyone who would like to settle in the Laurentians with no discrimination based on race or religion.*

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## INDIVIDUAL SUPPORT

### Café communautaire L'Entre-Gens **EN**

1006, rue Valiquette, Sainte-Adèle (Québec) J8B 2M3

450 229-2211

[www.lentregens.org](http://www.lentregens.org)

[entregen@c gocable.ca](mailto:entregen@c gocable.ca)

*An environment that brings together people from all walks of life around recreational and educational activities that promote a healthy lifestyle.*

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## **Centre de femmes Les Unes et les Autres**

741, Mgr Dubois, Saint-Jérôme (Québec) J7Y 3X2

450 432-5642

centresunes@qc.aira.com

www.centredefemmeslesunesetlesautres.org

*Welcoming space for all women offering activities, individual listening and support services.*

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## **Coopérative Marteau et Plumeau**

166, rue Lesage, Sainte-Adèle (Québec) J8B 2R4

450 229-6677

www.marteau-plumeau.com

info@marteau-plumeau.com

*Professional domestic help services mainly for the elderly or people losing their autonomy.*

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## **Entraide bénévole des Pays-d'en-Haut**

1013, rue Valiquette, Sainte-Adèle (Québec) J8B 2M4

450 229-9020

www.entraidebenevolepdh.com

info@entraidebenevolepdh.com

*Promotes the wellbeing of people experiencing loss of physical, psychological and/or mental autonomy, whether permanent or temporary, living at home or in a residence.*

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## **La Colombe - Centre de jour pour femmes**

9, rue Liboiron, Sainte-Agathe-des-Monts (Québec) J8C 2X5

819 326-4779

www.centrelacolombe.ca

info@centrelacolombe.ca

*Dynamic environment providing services to women.*

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## **La Rencontre de Sainte-Marguerite** EN

2, ch. Masson, Sainte-Marguerite-du-Lac-Masson (Québec) J0T 1L0  
450 228-8606      larencontre@qc.aira.com

*Reception and referral for people living with different problems while offering a variety of educational and social activities.*

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## **La Halte des proches**

950 A, rue Labelle, Saint-Jérôme (Québec) J7Z 5M5  
450 438-4291      www.lahalte.ca  
info@lahalte.ca

*Offers help, support and information to family and friends of people living with mental health issues.*

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## **L'Échelon des Pays-d'en-Haut**

168, rue de la Vallée du Golf, Sainte-Adèle (Québec) J8B 1P5  
450 745-0133      www.echelonpaysdenhaut.com  
echelon.pdh@cgocable.ca

*Services for people with mental health problems.*

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## **L'Écluse des Laurentides**

22A, rue Goyer, Saint-Sauveur (Québec) J0R 1R0  
450 744-1393      www.ecluse.org  
eclusedeslaurentides@bellnet.ca

*Support for people living with problems of social exclusion, isolation, poverty, marginalization, drug addiction, physical or mental health, etc.*

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## **Prévoyance envers les aînés**

1 844 551-6032      www.prevoyanceaineslaurentides.org  
prevoyance.aines.laurentides@gmail.com

*Improving the quality of life for seniors living in vulnerable situations.*

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## **Ressources communautaires Sophie** EN

3458, route Principale, Wentworth-Nord (Québec) J0T 1Y0

450 226-1304      [www.rcsophie.org](http://www.rcsophie.org)

[ressourcessophie@gmail.com](mailto:ressourcessophie@gmail.com)

*An environment for youth, their families and anyone who needs support.*

## **Ressources communautaires Saint-Adolphe**

1805, Mtée d'Argenteuil, Saint-Adolphe-d'Howard (Québec) J0T 2B0

819 327-5021

[ressourcescommunautaires@adolphins.com](mailto:ressourcescommunautaires@adolphins.com)

*A mission of daily mutual aid to the St-Adolphe community.*

## **JUSTICE**

### **Centre Communautaire Juridique des Laurentides-Lanaudière**

118, rue Principale Est, Bureau 107, Sainte-Agathe-des-Monts

(Québec) J8C 1K1

819 326-6111      [www.ccjll.qc.ca](http://www.ccjll.qc.ca)

[bajagathe@ccjll.qc.ca](mailto:bajagathe@ccjll.qc.ca)

### **Mesures Alternatives des Vallées du Nord - MAVN** EN

515, rue Saint-Georges, Saint-Jérôme (Québec) J7Z 5B6

1 800 265-6749      [www.mavn.ca](http://www.mavn.ca)

[info@mavn.ca](mailto:info@mavn.ca)

*Accompaniment for dealing with conflict or damaging situations that arise in a community.*

## **MUNICIPALITIES AND RECREATION**

### **Complexe sportif (in construction)**

252, boulevard de Sainte-Adèle, Sainte-Adèle (Québec) J8B 1A8

## MRC des Pays-d'en-Haut

1014, rue Valiquette, Sainte-Adèle (Québec) J8B 2M3

450 229-6637

[www.lespaysdenhaut.com](http://www.lespaysdenhaut.com)

[info@mrpcdh.org](mailto:info@mrpcdh.org)

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## Estérel

115, chemin Dupuis, Estérel (Québec) JOT 1E0

450 228-3232

[www.villedesterel.com](http://www.villedesterel.com)

[info@villedesterel.com](mailto:info@villedesterel.com)

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## Lac-des-Seize-Îles

47, rue de l'Église, Lac-des-Seize-Îles (Québec) JOT 2M0

450 226-3117

[www.lac-des-seize-iles.com](http://www.lac-des-seize-iles.com)

[info@lac-des-seize-iles.com](mailto:info@lac-des-seize-iles.com)

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## Morin-Heights **EN**

567, chemin du Village, Morin-Heights (Québec) JOR 1H0

450 226-3232

[www.morinheights.com](http://www.morinheights.com)

[municipalite@morinheights.com](mailto:municipalite@morinheights.com)

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## Piedmont

670, rue Principale, Piedmont (Québec) JOR 1K0

450 227-1888

[www.piedmont.ca](http://www.piedmont.ca)

[info@piedmont.ca](mailto:info@piedmont.ca)

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## Saint-Adolphe-d'Howard

1881, ch. du Village, Saint-Adolphe-d'Howard (Québec) JOT 2B0

819 327-2044

[www.stadolphedhoward.qc.ca](http://www.stadolphedhoward.qc.ca)

[info@stadolphedhoward.qc.ca](mailto:info@stadolphedhoward.qc.ca)

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## **Saint-Sauveur**

1, Place de la Mairie, Saint-Sauveur (Québec) JOR 1R6  
450 227-4633      [www.ville.saint-sauveur.qc.ca](http://www.ville.saint-sauveur.qc.ca)  
[administration@ville.saint-sauveur.qc.ca](mailto:administration@ville.saint-sauveur.qc.ca)

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## **Sainte-Adèle**

1381, boulevard de Sainte-Adèle, Sainte-Adèle (Québec) J8B 1A3  
450 229-2921      [www.ville.sainte-adele.qc.ca](http://www.ville.sainte-adele.qc.ca)  
[info@ville.sainte-adele.qc.ca](mailto:info@ville.sainte-adele.qc.ca)

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## **Sainte-Anne-des-Lacs**

773, ch. Sainte-Anne-des-Lacs, Sainte-Anne-des-Lacs (Québec)  
JOR 1B0  
450 224-2675      [www.sadl.qc.ca](http://www.sadl.qc.ca)  
[info@sadl.qc.ca](mailto:info@sadl.qc.ca)

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## **Sainte-Marguerite-du-Lac-Masson**

88, ch. Masson, Sainte-Marguerite-du-Lac-Masson (Québec) JOT 1L0  
450 228-2543      [www.lacmasson.com](http://www.lacmasson.com)  
[reception@lacmasson.com](mailto:reception@lacmasson.com)

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## **Wentworth-Nord**

3488, route Principale, Wentworth-Nord (Québec) JOT 1Y0  
450 226-2416      [www.wentworth-nord.ca](http://www.wentworth-nord.ca)  
[info@wentworth-nord.ca](mailto:info@wentworth-nord.ca)

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## **Société de plein air des Pays-d'en-Haut (SOPAIR)**

450 229-6637      [www.pleinairpdh.com](http://www.pleinairpdh.com)  
[info@pleinairpdh.com](mailto:info@pleinairpdh.com)

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## PARENT AND FAMILY SERVICES

### 4Korners

450 974-3940      www.4korners.org  
 info@4korners.org

*Support for access to English information, resources and services.*

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### Grands Frères Grandes Soeurs de la Porte du Nord

770, rue Labelle, Saint-Jérôme (Québec) J7Z 5M3  
 450 565-4562      www.gfgsportedunord.ca  
 info.portedunord@grandsfreresgrandessoeurs.ca

*Create individual or group mentorships between adults and young people for meaningful exchanges essential to their development.*

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

480, rue des Capucines, Sainte-Adèle (Québec) J8B 1W5  
 450 229-3354      www.maisondelafamille.com  
 info@maisondelafamille.com

*Provides families with a welcoming environment where they can socialize and be supported and encourages the development of parents and their children aged 0 to 12 years.*

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### Nourri-Source Laurentides

515, rue Saint-George, Saint-Jérôme (Québec) J7Z 5B6  
 1 866 436-2763      www.nourrisourcelautentides.ca  
 laurentides@nourri-source.org

*Support for families who have chosen to breastfeed.*

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## PEOPLE WITH DISABILITIES OR SPECIAL NEEDS

### **Association des personnes handicapées intellectuelles des Laurentides (APHIL)**

62, rue Préfontaine Est, Sainte-Agathe-des-Monts (Québec) J8C 1S2  
 819 326-5202                      www.aphil.ca  
 direction@aphil.ca

*Environment for people aged 5 to 80 with intellectual disabilities.*

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### **Association PANDA Thérèse-De Blainville et des Laurentides**

2, chemin du Ravin, Sainte-Thérèse (Québec) J7E 2T2  
 1 877 979-7263                      www.pandatdb.com  
 info@pandatdb.com

*Supports, informs and equips people affected by attention deficit disorder (ADHD).*

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### **Autisme Laurentides**

177, rue Saint-Georges, Saint-Jérôme (Québec) J7Z 4Z8  
 450 569-1794                      www.autismelaurentides.org  
 info@autismelaurentides.org

*Develops respite and recreational services for people with autism or other pervasive developmental disorders and their families.*

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### **Regroupement pour la concertation des personnes handicapées des Laurentides (RCPHL)**

C.P. 222 Succursale Bureau-Chef, Saint-Jérôme (Québec) J7Z 5T7  
 450 432-2229                      www.handicaplarentides.ca  
 info@handicaplarentides.ca

*Defends the rights and promotes the interests of people in the Laurentians living with disabilities.*

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## SUBSIDIZED AFFORDABLE HOUSING

### **Association de promotion et d'éducation au logement (APEL)**

112, rue Saint-Laurent, Saint-Eustache (Québec) J7P 5G1

450 413-2949

www.apel-logement.org

coordonnateur@apel-logement.org

*Promotes and defends the collective and individual rights of tenants, the development of community housing and service to communities.*

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### **Appartements Glen (Seniors)**

15, rue Glen, Morin-Heights (Québec) JOR 1H0

450 226-1555

directors15@hotmail.com

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### **Habitations Saint-Adolphe-d'Howard (Seniors)**

200, rue J-A Préfontaine, bureau 21, Saint-Adolphe-d'Howard (Québec) JOT 2B0

819 216-5052

hsah@bellnet.ca

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### **Habitat Saint-Sauveur (Seniors)**

157, chemin du Lac-Millette, Saint-Sauveur (Québec) JOR 1R6

450 227-5837

habitatstsauveur@gmail.com

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### **Habitations de la Vallée de Saint-Sauveur (Families)**

121, chemin du Lac-Millette, Saint-Sauveur (Québec) JOR 1R6

450 227-5837

habitationdelavallee@gmail.com

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### **Habitations du Mont du Rocher (Families and Seniors)**

1931, rue du Mont du Rocher, Sainte-Adèle (Québec) J8B 1K7

514 592-7199

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## Inter-Loge (Families)

805, rue Blondin, Sainte-Adèle (Québec) J9B 0H3

1 866 966-2107      info@interloge.org

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## Office municipal d'habitation des Pays-d'en-Haut (Families and Seniors)

800, rue Blondin, Sainte-Adèle (Québec) J8B 2R1

450 229-2264      omhstedeale@cgcable.ca

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## Sous le toit de l'Échelon **EN**

170, rue de la Vallée du Golf, Sainte-Adèle (Québec) J8B 1P5

450 745-0133      echelon.pdh@cgcable.ca

*Community-based housing support for people with mental health issues.*

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## TRANSPORTATION

### Covoiturage Laurentides

[www.covoiturage.ca](http://www.covoiturage.ca)

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### Gare de Saint-Jérôme

280, rue Latour, Saint-Jérôme (Québec) J7Z 5H6

1 888 702-TRAM (8726)

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### Transport adapté et collectif des Laurentides (TACL)

[www.transportlaurentides.ca](http://www.transportlaurentides.ca)

- L'Inter des Laurentides (transport collectif)      1 877 604-3377
  - Taxibus (reservation)      1 877 604-3377
  - Transport adapté des Laurentides (reservation) 1 800 717-9737
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# HELPLINES



**ALLO PROF** 1 888 776-4455  
[www.alloprof.qc.ca](http://www.alloprof.qc.ca)

**ALCOHOLICS ANONYMOUS** 450 227-4420  
[www.aa-quebec.org](http://www.aa-quebec.org)

**ANEB QUÉBEC** 1 800 630-0907  
**(ANOREXIA AND BULIMIA QUÉBEC)** (Phone and text message)  
[www.anebquebec.com](http://www.anebquebec.com)

**COCAINE ANONYMOUS** 1 877 806-0581  
[www.caquebec.org](http://www.caquebec.org)

**DÉPENDANTS AFFECTIFS ANONYMES** 1 877 621-4744  
[www.daaquebec.org](http://www.daaquebec.org)

**DROGUE : AIDE ET RÉFÉRENCE** 1 800 265-2626  
[www.drogue-aidereference.qc.ca](http://www.drogue-aidereference.qc.ca)

**ÉCOUTE ENTRAIDE** 1 855 EN LIGNE (365-4463)  
[www.ecoute-entraide.org](http://www.ecoute-entraide.org)

**INFO-AIDANTS** 1 855 852-7784

**INTERLIGNE : TALKING GENDER  
AND SEXUAL DIVERSITY** 1 888 505-1010  
(Phone and text message)  
[www.interligne.co](http://www.interligne.co)

**GAMBLING : HELP AND REFERRAL** 1 800 461-0140  
[www.aidejeu.ca](http://www.aidejeu.ca)

**KIDS HELP PHONE** 1 800 668-6868  
[www.jeunessejecoute.ca](http://www.jeunessejecoute.ca) TEXT : 686868

**LIGNE AIDE ABUS AÎNÉS** 1 888 489-2287  
[www.aideabusaines.ca](http://www.aideabusaines.ca)

**LIGNE PARENTS** 1 800 361-5085  
[www.ligneparents.com](http://www.ligneparents.com)

**LIGNE-RESSOURCE POUR LES VICTIMES D'AGRESSION SEXUELLE** 1 888 933-9007

**NARCOTIQUES ANONYMES** 1 855 LIGNENA (544-6362)  
[www.naquebec.org](http://www.naquebec.org)

**SEPARATED FATHERS INC.** 514 254-6120  
[www.peres-separes.qc.ca](http://www.peres-separes.qc.ca)

**PHOBIES ZÉRO** 1 866 922-0002  
[www.phobies-zero.qc.ca](http://www.phobies-zero.qc.ca)

**PRÉMA-QUÉBEC (PARENTS OF PREEMIES)** 1 888 651-4909  
[www.premaquebec.ca](http://www.premaquebec.ca)

**PREMIÈRE RESSOURCE (HELP FOR PARENTS)** 1 866 329-4223  
[www.premiereressource.com](http://www.premiereressource.com)

**PRÉVENTION SUICIDE** 1 866 APPELLE (277-3553)

**SOS GROSSESSE (PREGNANCY)** 1 877 662-9666  
[www.sosgrossesse.ca](http://www.sosgrossesse.ca)

**TEL-JEUNES** 1 800 263-2266  
[www.teljeunes.com](http://www.teljeunes.com) TEXT : 514 600-1002



COMITÉ DES  
**PARTENAIRES FAMILLE**  
des Pays-d'en-Haut

Pour consulter la version en ligne du bottin, veuillez lire le code ci-dessous.  
*For the online version of the directory, please read the code below.*

Code QR Fr  
à venir

Version française

Code QR En  
à venir

English version