

ENGLISH-LANGUAGE

SERVICES DIRECTORY

LAURENTIANS REGION

2013



Our Mission at 4 Korners

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 Health and Social Services Agency of the Laurentians (the Agency). The Agency requested that 4 Korners Family Resource Center determine which community organizations are able to offer services in English and to what extent. 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: 1906 Chemin d'Oka, Deux-Montagnes
Satellite Office: 50 Rue Corbeil, Ste-Agathe-des-Monts
Extension at the CSSS des Sommets: 819-324-4000, ext. 4330

Tel. : 450-974-3940
Toll free: 1-888-974-3940

NOTES :

MRC : Regional Municipal County

Refers to the specific territory of the Laurentian region.

Maison des Jeunes

All Maison des Jeunes seek to *encourage youth to become active, responsible and critical thinkers.*

DISCLAIMER:

Health and Social Services Centers (CSSS), Laurentian Rehabilitation Centers for Dependencies (CRDL), Le Boucier 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.

¹www.santelaurentides.qc.ca/fileadmin/documents/Soins_et_services/Programme_d_acces_langue_anglaise_2012-2015_ENG.pdf



ENGLISH-LANGUAGE
**SERVICES
 DIRECTORY**
 LAURENTIANS REGION
 2013

Table of Contents

Map of eight regional MRCs	2
<i>Community Resources by Territory</i>	
MRC d'Antoine Labelle	3, 4
MRC d'Argenteuil	4, 5
MRC Deux-Montagnes	6, 7
MRC Laurentides	8, 9
MRC Mirabel	9, 10
MRC Pays-d'en-Haut	10, 11
MRC Rivière-du-Nord	11, 12, 13, 14
MRC Thérèse-de-Blainville	14, 15, 16

Health and Social Service Centers (CSSS)

Provide health care and services to the population in their respective territories.

Le Florès Rehabilitation Center

☎ 450-569-2970

☎ Toll free: 1-877-569-2970

💻 www.centreduflores.com

Provides specialized adaptation and rehabilitation services focused on the social integration of children, teenagers and adults suffering from an intellectual disability or diagnosed with autism spectrum disorders (ASD), and also assists family and close relatives coping with these issues. In addition, the Center offers rehabilitation services to adults suffering from severe mental disorders in the Lower Laurentians.

Laurentian Rehabilitation Center for Dependencies (CRDL)

☎ 450-432-1395

☎ Toll free: 1-888-345-1395

💻 www.dependancelaurentides.com

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

Le Boucier Rehabilitation Centers (CRDP)

☎ Regional Office : 450-560-9898

☎ Toll free : 1-877-834-9898

💻 www.boucier.qc.ca

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

Youth Center (CJ)

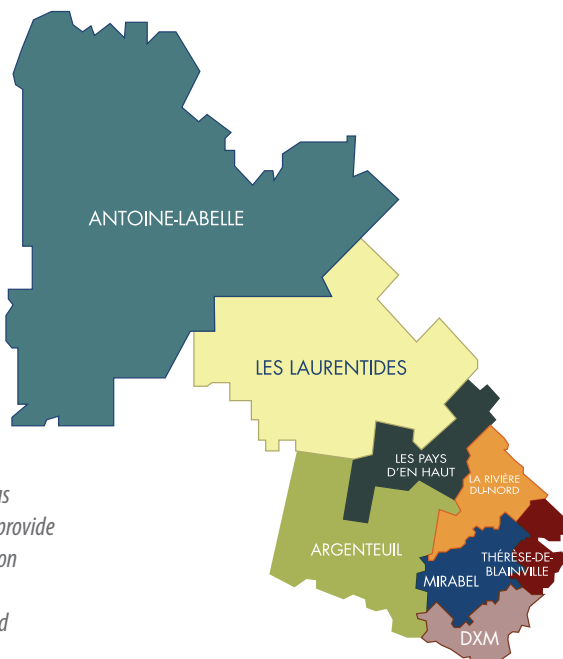
☎ 450-436-1170

☎ Toll free : 1-877-361-8665

💻 www.cjlaurentides.qc.ca

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 services and social services, the Youth Protection Act, the Youth Criminal Justice Act and the Civil Code.



EIGHT REGIONAL MRCs OF THE LAURENTIANS

ANTOINE-LABELLE

LES LAURENTIDES

ARGENTEUIL

LES PAYS D'EN HAUT

MIRABEL

LA RIVIÈRE DU-NORD

THÉRÈSE-DE-BLAINVILLE

DEUX-MONTAGNES



MRC Antoine-Labelle

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

CSSS Antoine-Labelle

☎ 819-623-1234

🌐 www.csssal.org

Mont Laurier Hospital

2561, chemin de la Lièvre Sud, Mont-Laurier

☎ 819-623-1234

Youth/Family Services

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

764, Rue Labelle Nord, Rivière-Rouge

☎ 819-275-3828

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

Carrefour Jeunesse Desjardins **C**

291, Rue l'Annonciation Sud, Rivière-Rouge

☎ 819-275-3930

🌐 www.cjedesjardins.com

To promote a quality social and professional integration for young adults aged 16 to 35.

Centre de la Famille 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 Du Tour-du-Lac, Lac Nominique

☎ 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

🌐 www.telebecinternet.com/mereveille

To provide pre-natal and post-natal care to parents and their children (0-5 years of age).

Youth Center

143, Avenue De la Providence, Lachute

☎ 450-562-8538

Services for Seniors

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

610, Rue de la Madone, Mont-Laurier

☎ 819-623-4412

🌐 www.cableonie-belanger.org

To encourage volunteerism and contribute to the well being of seniors.

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 to encourage personal growth.

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

C.P. 354, Mont-Laurier

☎ 819-623-1523

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

Services for all ages

Le Boudier Rehabilitation Center

515, Rue Hébert, Suite 101, Mont-Laurier

☎ 819-623-2161

☎ Toll free : 1-866-623-2162

Centre Communautaire de Ferme-Neuve **C**

130, 13^e Rue, Ferme-Neuve

☎ 819-587-4189

🌐 www.centrecommunautairefn.com

To help low-income families and individuals.



MRC Antoine-Labelle

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

Corporation Développement Communautaire Hautes-Laurentides

343, Rue de la Madone, Mont-Laurier

☎ 819-623-4494

*To promote community organizations that encourage
the social development of the community.*

Le Florès Rehabilitation Center

600, Rue de la Madone, Mont-Laurier

☎ 819-623-1187

Le Florès Rehabilitation Center

624, Rue l'Annonciation Nord, Rivière-Rouge

☎ 819-275-7455

Maison Clothilde C

341, Rue de la Madone, Mont-Laurier

☎ 819-623-3843

🌐 www.maisonclothilde.org

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

Maison Lyse-Beauchamp B

770, Rue Olivier-Guimond, #1, 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 Nominigüe Inc. B

2252, Rue Sacré-Cœur, Nominigüe

☎ 819-278-4748

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

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

294, Rue Pont, Mont-Laurier

☎ 819-623-5258

🌐 www.le-prisme.com

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

Rehabilitation Center for Dependancies

471, Rue Chasles, Mont-Laurier

☎ 819-623-2496

🌐 www.dependancelaurentides.com

Service Collectif Familles Notre-Dame-du-Lauss C

170, Rue Principale, C.P. 294

Notre-Dame-du-Lauss

☎ 819-767-3355

*To offer activities and services for different
age groups.*



MRC Argenteuil

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

CSSS Argenteuil

☎ 450-562-3761

☎ Toll free : 1-800-363-5619

🌐 www.csssargenteuil.qc.ca

Youth/Family Services

Maison de la Famille d'Argenteuil

55, Rue Harriet, Lachute

☎ 450-562-0503

*To bring parents and children (from 0 to 5 years of
age) together for activities to encourage the
development of the family.*

Maison des Jeunes de Grenville B

201, Rue Principale, Grenville

☎ 819-242-2126

Maison des Jeunes de Brownsburg-Chatham

385, Rue Principale, C.P. 3030

☎ 450-533-6948

Youth Center

143, Ave. De la Providence, Lachute

☎ 450-562-8538



MRC Argenteuil

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

Services for Women

Citad'Elle de Lachute **B**

C.P. 602, Lachute
☎ 450-562-7797

To provide 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
💻 www.cafela.org

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

Fonds d'Emprunt des Laurentides **A**

508, Rue Principale, Lachute
☎ 450-562-2458
💻 www.felaurentides.org

To develop female entrepreneurship and to promote the financial independence of women.

Services for all ages

Café Partage d'Argenteuil **B**

55, Rue Harriet, C.P. 201, Lachute
☎ 450-562-0987

To offer food security and to 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.

Centre d'Action Bénévole Association Solidarité **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**

200, Rue Princesse, Lachute
☎ 450-562-5151
💻 www.centreentraideargenteuil.com

To offer services and activities that encourage social inclusion.

Rehabilitation Center for Dependencies

145, Ave. De la Providence, Lachute
☎ 450-562-3761
💻 www.depencelaurentides.com

Le Florès Rehabilitation Center

390, Ave. Béthany, Lachute
☎ 450-562-8563

Maison Populaire d'Argenteuil **C**

335, Rue Principale, Lachute
☎ 450-562-1996
☎ www.maisonpopulaire.org
To encourage French literacy.

Movement Personne d'Abord Lachute **B**

177, Rue Béthanie, Lachute
☎ 450-562-5846
💻 www.mpda-lachute.com

To defend the rights of individuals living with intellectual disabilities.

Transport Adapté et Collectif MRC Argenteuil

540, Rue Berry, Lachute
☎ 450-562-5797

To provide adapted transportation services.



MRC Deux-Montagnes

The territory from Saint-Eustache
to Saint-Placide

CCSS du Lac-des-Deux-Montagnes

☎ 450-473-6811

☎ Toll Free : 1-888-234-3837

💻 www.moncsss.com

St-Eustache Hospital

520, Boul. Arthur-Sauvé, Saint-Eustache

☎ 450-473-6811

☎ Toll free : 1-888-234-3837

Youth/Family Services

Appartements Supervisés : « Le Transit » B

400, Rue Boileau, Saint-Eustache

☎ 450-974-1510

💻 www.acjbl.org

To provide supervised apartments for youth (17 to 25.)

Carrefour Péri-Naissance B

509, Chemin De la Grande-Côte, Saint-Eustache

☎ 450-472-2555

💻 www.carrefourperinaiissance.org

To offer services, activities and information to parents.

Césame 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 0 to 5 years.

Maison d'Hébergement Accueil

Communautaire Jeunesse B

400, Rue Boileau, Saint-Eustache

☎ 450-974-1510

💻 www.acjbl.org

To oversee four youth shelters, an alternative resource and day help center.

Maison d'Hébergement Le Préfixe B

400, Rue Boileau, Saint-Eustache

☎ 450-974-1510

💻 www.acjbl.org

To provide shelter for youth between 12 and 17 years of age needing temporary housing.

Maison des Jeunes Deux-Montagnes A

108, 13^e Ave., Deux-Montagnes

☎ 450-491-3958

Maison des Jeunes d'Oka B

39, Rue St-Jacques, Oka

☎ 450-479-1354

💻 www.mdjoka.com

Maison des Jeunes de Pointe-Calumet

861, Rue de la Chapelle, Pointe-Calumet

☎ 450-491-6509

Maison des Jeunes de St-Eustache Entre-Ado

193, Boul. Arthur-Sauvé, Saint-Eustache

☎ 450-491-3336

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 individuals living with children with Attention Deficit Disorder/Hyperactivity disorder.

Youth Center

333, Rue Antonin-Campeau, Suite 101

Deux-Montagnes

☎ 450-491-5656

Youth Center – Point of Service Kanesatake

118, Rue Notre-Dame, Oka

☎ 450-479-8309

Services for women

Centre de Femmes La Mouvance B

103, Rue de Bellefeuille, Saint-Eustache

☎ 450-472-7245

💻 www.lamouvance.ca

To break isolation, inform, sensitize, raise awareness, and support women.



MRC Deux-Montagnes

The territory from Saint-Eustache
to Saint-Placide

Centre Marie-Ève 6^e Jour Inc. **C**

232, Rue Féré, Saint-Eustache

☎ 450-491-1494

To provide services for single and married women of all ages who are pregnant and experiencing difficulties.

Services for All Ages

Atelier « Ensemble On Se Tient » **C**

185, Rue du Moulin, Saint-Eustache

☎ 450-623-1561

To provide group support for individuals who have suffered or are suffering from severe and persistent mental health problems and emotional difficulties.

Le Boudier Rehabilitation Center

29, Chemin d'Oka, Suite 220, Saint-Eustache

☎ 450-473-2085

Centre d'Action Bénévole Artisans de l'Aide **B**

184, Rue St-Eustache, Bureau 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 south of Mirabel.

Comité d'Aide Alimentaire des Patriotes **B**

95, Rue Principale, St-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.

Le Florès Rehabilitation Center

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

☎ 450-472-3188

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. Services are offered in English in Lachute.

Libellule **B**

865, 43^e Rue, Pointe-Calumet

☎ 450-472-4532

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

Mouvement Personne d'Abord St-Eustache **B**

C.P. 221, Succursale St-Eustache, Saint-Eustache

☎ 450-623-7729

🌐 www.fmpdaq.org

To defend the rights of individuals living with intellectual disabilities.

Petite Maison de Pointe-Calumet **B**

861 Boul. de la Chapelle, Pointe-Calumet

☎ 450-974-7556

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

Rehabilitation Center for Dependancies

333, Antonin-Campeau, Deux-Montagnes

☎ 450-623-3223 Ext. 7231

🌐 www.dependancelaurentides.com



MRC Laurentides

The territory from Val Morin to Labelle

CSSS des Sommets

☎ 819-324-4000

💻 www.csss-sommets.com

Laurentian Hospital

234, Rue Saint-Vincent, Sainte-Agathe

☎ 819-324-4000

Youth/Family Services

Groupe JAD (Jeunes Enfants en Développement) ^B

38, Rue St-Vincent, Sainte-Agathe

☎ 819-774-1687

💻 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 de St-Jovite, Mont-Tremblant

50, Rue Corbeil, Sainte-Agathe-des-Monts

☎ 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 Tornade Jeunesse

70, Rue du Ruisseau-Clair, Mont-Tremblant

☎ 819-425-8983

💻 www.tornadejeunesse.qc.ca

Parents Uniques des Laurentides ^B

14, Rue Brissette, Sainte-Agathe

☎ 819-324-1004

💻 www.parentsuniques.org

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

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

☎ 819-324-2261

💻 www.tangagedeslaurentides.com

To provide information and drug-prevention services.

Youth Center

125A, Chemin du Tour du Lac, Sainte-Agathe

☎ 819-326-6221

Services for Women

Centre de Femmes La Colombe ^C

9, Rue Liboiron, Sainte-Agathe

☎ 819-326-4779

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

ÉLAN-CALACS ^A

C.P. 64, Sainte-Agathe

☎ 819-326-8484

☎ Toll free: 1-866-915-8484

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

☎ 819-326-1321

💻 www.lombrelle.qc.ca

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



MRC Laurentides

The territory from Val Morin to Labelle

Services for Seniors

Laurentians Caregivers Association Resource Center (Laurentians CARE) **B**

Toll-free: 1-855-522-7372

www.lcare.org

To provide assistance and support to Caregivers, Home Care Assistants and individuals in the Laurentians who have problems accessing health services and are in need of Care.

Société Alzheimer des Laurentides **B**

37, Rue Principale Est, C.P. 276, Sainte-Agathe

819-326-7136

www.alzheimerlaurentides.com

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

Services for All Ages

Alpha Laurentides **C**

C.P. 351, Sainte-Agathe

450-438-7335

Toll-free: 1-866-881-7335

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 disability.

Le Boudier Rehabilitation Center

144, Rue Principale, Sainte-Agathe

819-326-0454

Toll free: 1-866-326-0454

Café Communautaire Coup de Cœur **C**

96, Rue Desjardins, Sainte-Agathe

819-217-5728

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

819-326-5778

To help individuals living with mental illness.

Le Florès Rehabilitation Center

201, Rue Saint-Vincent, Sainte-Agathe

819-326-2182

Rehabilitation Center for Dependencies

233, Rue Saint-Vincent, Sainte-Agathe

819-321-3999 Ext. 200

www.dependancelaurentides.com

Unité Toxi des Trois-Vallées

1098, Rue de St-Jovite, C.P. 4497, Mont-Tremblant

819-425-5666

www.fccid.qc.ca/unitetoxitroisvallees

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



MRC Mirabel

The City of Mirabel

CSSS du Lac-des-Deux-Montagnes

(Services in the South of Mirabel)

450-473-6811

Toll Free: 1-888-234-3837

www.moncsss.com

St-Eustache Hospital

(Services South Mirabel)

520, Boul. Arthur-Sauvé, Saint-Eustache

450-473-6811

Toll free: 1-888-234-3837



MRC Mirabel

The City of Mirabel

CSSS de Saint-Jérôme

(Services in the North of Mirabel)

☎ 450-432-2777

☎ Toll Free: 1-866-963-2777

💻 www.cdsj.org

Saint-Jérôme Regional Hospital

(Services in the North of Mirabel)

290, Rue De Montigny, Saint-Jérôme

☎ 450-432-2777

Services for Women

Centre de Femmes Liber'Elles ^B

C.P. 3177, Sainte-Scholastique

☎ 450-594-0556

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



MRC Pays-d'En-Haut

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

CSSS des Pays-d'En-Haut

☎ 450-229-6601

☎ Toll Free: 1-800-363-2520

💻 www.cssspdh.com

Youth/Family Services

Espace Laurentides ^C

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

☎ 450-229-6650

💻 www.espacelaurentides.org

To prevent all forms of violence toward children.

Maison des Jeunes de Ste-Adèle

1215, Rue du Bourg-Joli, Sainte-Adèle

☎ 450-229-7452

☎ Cell : 450-436-0577

💻 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

Entraide Bénévole Pays-d'En-Haut ^C

1013, Rue Valiquette, Sainte-Adèle

☎ 450-227-1996

To offer home care services to seniors.

Services for All Ages

Échelon des Pays-d'En-Haut

374, Rue Principale, Piedmont

☎ 450-227-1996

To offer services for individuals suffering or having suffered from mental illness.

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.

Garde-Manger des Pays-d'En-Haut ^B

205, Rue Principale, Saint-Sauveur

☎ 450-227-3757

💻 www.gardemangerpdh.ca

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



MRC 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 referrals.

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

205, Rue Principale, Saint-Sauveur

☎ 450-227-2423

To provide 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

CSSS de Saint-Jérôme

144, Rue Principale, Sainte-Agathe

☎ 450-432-2777

☎ Toll Free: 1-866-963-2777

🌐 www.cdsj.org

Saint-Jérôme Regional Hospital

290, Rue De Montigny, Saint-Jérôme

☎ 450-432-2777

Youth/Family Services

Antre-Jeunes **C**

655, 9^e Rue, Saint-Jérôme

☎ 450-436-1547

🌐 www.antre-jeunes.org

To help youth between 10 and 17 years of age who wish to change certain behaviours and attitudes.

Association Québécoise de la Dysphasie – Région Laurentides **C**

C.P. 101, Saint-Jérôme

☎ 450-560-1220

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

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

770, Rue Labelle, Saint-Jérôme

☎ 450-565-4562

🌐 www.payerausivant.com

To allow children to have a 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.laparenthese.ca

To offer housing to adolescents who are experiencing individual and family difficulties.

Maison des Jeunes de Rivière-du-Nord

C.P. 141, Saint-Jérôme

☎ 450-436-1512 Ext. 3595

🌐 www.mdjrdn.com

Maison des Jeunes de Saint-Hippolyte

15, 67^e Avenue, Saint-Hippolyte

☎ 514-229-9984

Maison des Jeunes de St-Colomban

100, Rue du Village, Saint-Colomban

☎ 450-304-4430

Maison Parents d'Enfants Handicapés Laurentides **B**

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 disability.

Youth Center

358, Rue Laviolette, Saint-Jérôme

☎ 450-432-9300



MRC Rivière-du-Nord

The territory from Saint-Colomban to Prévost

Services for Women

Maison d'Ariane **A**

C.P. 35, Head office branch, Saint-Jérôme
☎ 450-432-9355

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

CALACS – Laurentides **A**

C.P. 202, Saint-Jérôme
☎ 450-565-6231
💻 www.rqcalacs.qc.ca

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

Réseau des Femmes des Laurentides **C**

342, Rue Parent, Saint-Jérôme
☎ 450-431-1896
💻 www.femmeslaurentides.org

To gather and represent women groups in the Laurentians. Works to improve the condition of women in a perspective of equality.

Services for Seniors

Atelier des Aînés du Grand St-Jérôme **C**

668, Rue Labelle, Saint-Jérôme
☎ 450-569-8313

To offer services and activities for seniors over 50 years of age.

Maison Aloïs Alzheimer **B**

651, 5^e Rue, Saint-Jérôme
☎ 450-660-6225
💻 www.maison-alois-alzheimer.ca

To offer services 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
☎ 450-569-7779
💻 www.accroc.qc.ca

To offer help to men and teens with violent behaviours.

ALPPAMM **C**

373, Rue Parent, Saint-Jérôme
☎ 450-438-4291
💻 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

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

Association Fibromyalgie Laurentides **C**

366, Rue Laviolette, Saint-Jérôme
☎ 450-569-7766
💻 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

11, Rue Boyer, Saint-Jérôme
☎ 450-432-7588
☎ Toll free: 1-800-263-0115
☎ TTY number: 450-432-4983

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

C.P. 11, 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 disabled.



MRC Rivière-du-Nord

The territory from Saint-Colomban
to Prévost

Centre de Bénévolat de St-Jérôme **C**

225, Rue de la Gare, Saint-Jérôme
☎ 450-432-3200

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

200, Rue Labelle, Saint-Jérôme
☎ 450-431-1239
💻 www.centredelafamille.org

Rehabilitation Center for Dependencies

910, Rue Labelle, Saint-Jérôme
☎ 450-432-1118
💻 www.dependancelaurentides.com

Rehabilitation Center for Dependencies

293, Rue de Villemure, Suite 301, Saint-Jérôme
☎ 450-432-1858 Ext. 200
💻 www.dependancelaurentides.com

Centre Prévention Suicide Le Faubourg **B**

C.P. 1, Saint-Jérôme
☎ 450-565-0490
💻 www.cps-le-faubourg.org
To prevent suicide in the Laurentian area through sensitization, training and support as well as through social actions aiming to improve the quality of life of individuals.

Le Florès Rehabilitation Center

500, Boul. des Laurentides, Suite 255, Saint-Jérôme
☎ 450-436-5989

Centre Sida-Amitié **B**

527, Rue St-Georges, Saint-Jérôme
☎ 450-431-7432
To provide support for those living with AIDS through education and prevention. Also provides a help-line.

Coin Alpha **C**

231, Rue St-Georges, Saint-Jérôme
☎ 450-436-2099
To improve French literacy.

Droits et Recours Laurentides **B**

227, Rue St-Georges #104, C.P. 501, Saint-Jérôme
☎ 450-436-4633
💻 www.droitsetrecourslaurentides.org

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

Harfang-des-Neiges **C**

290, Rue Labelle, Saint-Jérôme
☎ 450-565-1161
To help individuals suffering from mental illness.

Mesures Alternatives des Vallées du Nord **B**

515, Rue St-Georges, Saint-Jérôme
☎ 450-436-6749
💻 www.mavn.ca
To develop and consolidate alternative and continued mechanisms of conflict resolution.

Movement 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 surrounding areas.

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

C.P. 445, Head office branch, Saint-Jérôme
☎ 450-438-6256
💻 www.fmpdaq.org
To defend the rights of individuals living with intellectual disabilities.

Regroupement Concertation Personnes Handicapées

C.P. 97, Saint-Jérôme
☎ 450-432-2229
💻 www.rcphl.org
To promote the interests and to defend the rights of individuals living with disabilities and their families.



MRC Rivière-du-Nord

The territory from Saint-Colomban to Prévost

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 impairment 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

To provide adapted transportation.

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

416, Rue St-Georges, Saint-Jérôme

☎ 450-436-4469

💻 www.mssociety.ca

To be a leader in finding a cure for multiple sclerosis (MS), 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 Ext. 221

💻 www.autismelaurentides.org

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

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

347, du Palais, St-Jérôme

☎ 450-569-6470

💻 www.slamlautentides.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

CSSS Thérèse-de-Blainville

☎ 450-430-4553

💻 www.cssstheresedeblainville.qc.ca

Youth/Family Services

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

2, Chemin du Ravin, Sainte-Thérèse

☎ 450-979-7263

💻 www.pandastb.com

To respond to the needs of individuals living with children with Attention Deficit Disorder/Hyperactivity disorder.

Centre Prévention Décrochage Scolaire OMEGA **C**

110, Boul. Curé Labelle, Local 5, Sainte-Thérèse

☎ 450-979-7755

💻 www.centreomega.org

To help prevent school dropouts among youth between 8 and 14 years of age.

Groupe Marraine Tendresse

3, Rue Blainville Est, Sainte-Thérèse

☎ 450-435-6924

To offer home services to families in need.

Maison d'Hébergement Le Petit Patro

48, Boul. Desjardins Est, Sainte-Thérèse

☎ 450-430-5482

💻 www.petitpatro.ca/default.htm

To offer services and temporary housing to youth between 12 and 17 years of age in conflict with their families.

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

28, 36^e Avenue Sud, Bois-des-Fillion

☎ 450-965-0666

💻 www.maisondelafamiliebdff.com

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



MRC Thérèse-de-Blainville

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

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

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

☎ 450-478-6537

💻 www.maisondelafamillesadp.com

To offer activities and services to families.

Maison des Jeunes de Blainville **C**

7, 70^e Ave. 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.over-blog.com

Maison des Jeunes des Basses-Laurentides

53, Rue Lambert, Sainte-Thérèse

☎ 450-437-0335

💻 www.mdjbl.org

Maison des Jeunes Sodarrid de Boisbriand **B**

989, Boul. De la Grande Allée, Boisbriand

☎ 450-434-3104

Maison Parentant Basses-Laurentides **C**

310, Montée Sanche, Rosemère

☎ 450-434-9934

💻 www.maisonparentant.ca

To encourage the personal, collective and communal development of parents and 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**

C.P. 60073, Boisbriand

☎ 450-433-8785

💻 www.nourri-source.org

To provide support for breastfeeding in a group setting.

Youth Center

6, Rue de l'Église, Sainte-Thérèse

☎ 450-430-6090

Youth Center

300, Rue Sicard, Suite 255, Sainte-Thérèse

☎ 450-971-1718

Services for Seniors

Centre d'Action Bénévole Solange Beauchamp **B**

75, Rue Turgeon, Sainte-Thérèse

☎ 450-430-5056

💻 www.cabsb.org

To promote home care services for seniors and individuals who are losing their autonomy.

Services for All Ages

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

42 B, Rue Turgeon, Sainte-Thérèse

☎ 450-430-2228

💻 www.acefbl.org

To promote and defend consumer interests on a national level.

AREQ **C**

664, Jean-Desprez, Boisbriand

☎ 450-435-9229

💻 www.areq.qc.net

Le Bouclier Rehabilitation Center

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

☎ 450-437-6001

☎ Toll free: 1-877-545-6001

Centre d'Entraide Thérèse-de-Blainville

245, Rue Leduc, Sainte-Thérèse

☎ 450-435-0199

To offer services for socially excluded individuals and families.



MRC Thérèse-de-Blainville

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

Centre Rayons de Femmes **B**

27, Boul. Desjardins Ouest, Sainte-Thérèse

☎ 450-437-0890

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

Rehabilitation Center for Dependancies

6, Rue de l'Église, Sainte-Thérèse

☎ 450-433-9616 Ext. 200

💻 www.dependancelaurentides.com

Comptoir Recyc-Dons

246, 5^e Ave, 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.

Le Florès Rehabilitation Center

140, Chemin de la Grande-Côte, Rosemère

☎ 450-433-1957

Groupe La Licorne **C**

198, Rue Blainville Ouest, Sainte-Thérèse

☎ 450-433-9084

To provide support services and activities for individuals living in social exclusion.

Maison d'Accueil Le Mitan **B**

92, Rue Blainville Est, Sainte-Thérèse

☎ 450-435-3651

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 St-Joseph, Sainte-Thérèse

☎ 450-818-1883

💻 www.fmpdaq.org

To defend the rights of individuals living with intellectual disabilities.

Parrainage Civique Basses-Laurentides **B**

141, Rue St-Charles, Suite 1, Sainte-Thérèse

☎ 450-430-8177

💻 www.parrainagecivique.ca

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

Resto-Pop Thérèse de Blainville **B**

61, Rue Blainville Ouest, Sainte-Thérèse

☎ 450-434-0101

💻 www.restopop.org

To help the socially excluded.

Unité Domrémy Ste-Thérèse **C**

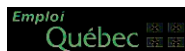
56, Rue Turgeon, Sainte-Thérèse

☎ 450-435-0808

💻 www.unitealcotoxico.org

To provide drug and alcohol dependence intervention services.

Creation of this Guide was made possible by :



The views expressed herein do not necessarily represent the official policies of the aforementioned funders.

A special thanks to the organizations that patiently answered our questions to help us determine their ability to offer services in English and to the Laurentian English Services Advisory Network whose members assisted in distributing this guide throughout the Laurentians.



www.4kornerscenter.org

Opening hours

In Deux-Montagnes:

Monday to Friday from 8:30 am to 3:30 pm

In Ste-Agathe-des-Monts:

Tuesdays from 8:30 am until 4:30 pm

HEAD OFFICE

1906 Chemin d'Oka
Deux-Montagnes,
Quebec J7R 1N4
Tel. : (450) 974-394
Fax : (450) 974-0147

SATELLITE OFFICE

50 rue Corbeil
Ste-Agathe-des-Monts,
Quebec J8C 1X2
Tel. : 1 (888) 974-3940
Fax : (450) 974-0147

General information

Email: info@4kornerscenter.org

On facebook: 4Korners Center