

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**

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

Emergency **911**

SOS domestic violence **1 800 363-9010**
www.sosviolenceconjugale.ca **Texto : 438 601-1211**

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.

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

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.

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

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

450 227-4129

www.mdjssp.wordpress.com

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.

Groupe JAD

819 774-1687

www.groupejad.com

info@groupejad.com

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

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

info@calacslancre.ca

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

CAVAC **EN**

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

1 866 532-2822 www.cavac.qc.ca
info.cavac.lau@videotron.ca

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

CETAS **EN**

(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
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).

Escouade pour l'enfance

1010, rue Valiquette, Sainte-Adèle (Québec) J8B 2M3
450 229-6650 www.escouade.org
info@escouade.org

Prevention of all forms of violence against children.

Paix **EN**

103-81A, rue Saint-Vincent, Sainte-Agathe-des-Monts (Québec)
J8C 2C4
819 326-1400 www.organismepaix.ca
paix@cgocable.ca

Help and intervention for people responsible for violent behaviour.

CAREGIVERS

L'Antr'Aidant

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

Provides support services to caregivers.

Palliacco

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.

Pallia-Vie

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.

Répit et bien-être

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

Help for caregivers and individual home respite service.

CLOTHING BANK - THRIFT STORE

La Fouillerie **EN**

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

L'Ouvroir Saint-Sauveur

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

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

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

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
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
-

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

CPE La Vallée

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

CPE Main Dans la Main

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

CPE Val-des-Neiges

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

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.

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.

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.

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

Sir Wilfrid Laurier School Board **EN**

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

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.

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.

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

22, rue Goyer, Saint-Sauveur (Québec) J0R 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.cielarentides.com

info@cielarentides.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.

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.

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.

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

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
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.orginfo@macoopsantesme.org

Coop Santé Morin-Heights

2, rue Meadowbrook, suite 200, Morin-Heights (Québec) JOR 1H0

450 644-0522

www.coopsante.org

Coop Santé Saint-Adolphe-d'Howard

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

JOT 2B0

819 327-3534

www.coopsante.org

Clinique médicale Saint-Sauveur**(GMF - Groupe de médecine de famille)**

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

450 227-8436

www.gmfstsauveur.ca

Groupe de relève pour personnes aphasiques**AVC Laurentides (GRPAAL)**

819 217-6848

www.grpa.cainfo@grpa.ca

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

Inscription auprès d'un médecin de famille

1 844 834-4263

www.quebec.ca

Maison de naissance du Boisé-de-Blainville

15, 70^e Avenue Ouest, Blainville (Québec) J7C 1R7
450 431-8623

Société Alzheimer Laurentides

1 800 978-7881 www.alzheimerlaurentides.com
admin@salaurentides.ca

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

IMMIGRATION

Le COFFRET **EN**

181, rue Brière, Saint-Jérôme (Québec) J7Y 3A7
450 565-2998 www.lecoffret.ca
message@lecoffret.ca

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

INDIVIDUAL SUPPORT

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

1006, rue Valiquette, Sainte-Adèle (Québec) J8B 2M3
450 229-2211 www.lentregens.org
entregen@cgocable.ca

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

Centre de femmes Les Unes et les Autres

741, Mgr Dubois, Saint-Jérôme (Québec) J7Y 3X2
450 432-5642 centrelesunes@qc.aira.com
www.centredefemmeslesunesetlesautres.org

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

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.

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.

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.

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.

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.

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.

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.

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.

Ressources communautaires Sophie EN

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

450 226-1304 www.rcsophie.org

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) JOT 2B0

819 327-5021

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

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

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

info@mrcpdh.org

Estérel

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

450 228-3232

www.villedesterel.com

info@villedesterel.com

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

info@lac-des-seize-iles.com

Morin-Heights **EN**

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

450 226-3232

www.morinheights.com

municipalite@morinheights.com

Piedmont

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

450 227-1888

www.piedmont.ca

info@piedmont.ca

Saint-Adolphe-d'Howard

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

819 327-2044

www.stadolphedhoward.qc.ca

info@stadolphedhoward.qc.ca

Saint-Sauveur

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

Sainte-Adèle

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

Sainte-Anne-des-Lacs

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

Sainte-Marguerite-du-Lac-Masson

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

Wentworth-Nord

3488, route Principale, Wentworth-Nord (Québec) JOT 1Y0
450 226-2416 www.wentworth-nord.ca
info@wentworth-nord.ca

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

450 229-6637 www.pleinairpdh.com
info@pleinairpdh.com

PARENT AND FAMILY SERVICES

4Korners

450 974-3940

www.4korners.org

info@4korners.org

Support for access to English information, resources and services.

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.

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.

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.

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.

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).

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.

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.

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.

Appartements Glen (Seniors)

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

450 226-1555

directors15@hotmail.com

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

Habitat Saint-Sauveur (Seniors)

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

450 227-5837

habitatstsauveur@gmail.com

Habitations de la Vallée de Saint-Sauveur (Families)

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

450 227-5837

habitationdelavallee@gmail.com

Habitations du Mont du Rocher (Families and Seniors)

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

514 592-7199

Inter-Loge (Families)

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

1 866 966-2107 info@interloge.org

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

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.

TRANSPORTATION

Covoiturage Laurentides

www.covoiturage.ca

Gare de Saint-Jérôme

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

1 888 702-TRAM (8726)

Transport adapté et collectif des Laurentides (TACL)

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 www.alloprof.qc.ca	1 888 776-4455
ALCOHOLICS ANONYMOUS www.aa-quebec.org	450 227-4420
ANEB QUÉBEC (ANOREXIA AND BULIMIA QUÉBEC) (Phone and text message) www.anebquebec.com	1 800 630-0907
COCAINE ANONYMOUS www.caquebec.org	1 877 806-0581
DÉPENDANTS AFFECTIFS ANONYMES www.daaquebec.org	1 877 621-4744
DROGUE : AIDE ET RÉFÉRENCE www.drogue-aidereference.qc.ca	1 800 265-2626
ÉCOUTE ENTRAIDE www.ecoute-entraide.org	1 855 EN LIGNE (365-4463)
INFO-AIDANTS	1 855 852-7784
INTERLIGNE : TALKING GENDER AND SEXUAL DIVERSITY www.interligne.co	1 888 505-1010 (Phone and text message)
GAMBLING : HELP AND REFERRAL www.aidejeu.ca	1 800 461-0140
KIDS HELP PHONE www.jeunessejecoute.ca	1 800 668-6868 TEXT : 686868
LIGNE AIDE ABUS AÎNÉS www.aideabusaines.ca	1 888 489-2287

LIGNE PARENTS 1 800 361-5085
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

SEPARATED FATHERS INC. 514 254-6120
www.peres-separes.qc.ca

PHOBIES ZÉRO 1 866 922-0002
www.phobies-zero.qc.ca

PRÉMA-QUÉBEC (PARENTS OF PREEMIES) 1 888 651-4909
www.premaquebec.ca

PREMIÈRE RESSOURCE (HELP FOR PARENTS) 1 866 329-4223
www.premiereressource.com

PRÉVENTION SUICIDE 1 866 APPELLE (277-3553)

SOS GROSSESSE (PREGNANCY) 1 877 662-9666
www.sosgrossesse.ca

TEL-JEUNES 1 800 263-2266
www.teljeunes.com TEXT : 514 600-1002



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

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For the online version of the directory, please read the code below.

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English version