

APHIL (Laurentian Association for the Mentally-Handicapped) ..... 819 326-5202  
 Association Clair-Soleil (for the physically and mentally handicapped) ..... 819 425-7447  
 CAPTCHPL (for cranial trauma and the physically handicapped) ..... 1 888-431-3437  
 Centre André-Boudreau (alcoholism and drug abuse) ..... 819 321-3999 & 450 432-1395  
 Centre d'action bénévole (transportation-support, meals) ..... 819 425-8433 & 819 326-0819  
 Le Bouclier Réhabilitation Centre ..... 819 326-0454 & 81 877-326-0454  
 COOP Chiffon-magique (Housekeeping and other services) ..... 1 877-611-0454  
 FADOQ (Activites, defense of human rights; LOGI-ETRE) ..... 819 429-5858 & 1 800-828-3344  
 Groupe Relève pour personnes aphasiques (relief group for the aphasic) ..... 1 866-974-1888  
 Laurentians Caregivers Association (support for caregivers) ..... 450 822-1507  
 L'Ombre-Élie (shelter for abused and/or battered women) ..... 819 326-1321  
 La Colombe (Women's Centre) ..... 819 326-4779  
 Le Faubourg (Suicide Prevention Centre) ..... 1 866-277-3553  
 Palliaco (Palliative accompaniment/support, relief for caregivers, mourning) ..... 819 717-9646  
 Prévoyance envers les aînés (PAIR – daily phone call; ABUSE - aid & support) ..... 819 425-3607  
 Société Alzheimer Laurentides (listening, aid, support..) ..... 819 326-7136 & 1 800-978-7881  
 Canadian Cancer Society ..... 1 888-939-3333  
 Transport adapté et collectif des Laurentides (paratransit) ..... 819 425-9979 & 1 800-717-9737

**HEALTH, SOCIAL AND COMMUNITY SERVICES**

Bell Special Needs Centre ..... 1 800-361-8412  
 Communication Québec ..... 1 877-644-4545  
 Drug Information and Referral Centre  
 (Info-drogue) ..... 1 800-265-2626  
 Elder Abuse Helpline (8h – 20h) : 888-489-2287  
 Motor Vehicle Bureau (SAAQ) ..... 1 800-361-7620  
 Pension & Old-Age Security ..... 1 800-277-9915  
 Public Curator ..... 1 877-221-7043  
 Public Housing  
 (Office d'habitation du Québec- OMH)  
 Labelle ..... 819 686-9852  
 Sainte-Agathe ..... 819 326-0733  
 Saint-Faustin-Lac-Carré  
 and Mont-Tremblant ..... 819 425-7255  
 Val-David ..... 819 322-2900  
 Quebec Health  
 Insurance Board ..... 1 800-561-9749  
 Quebec Pension Board ..... 1 800-667-9625  
 Québec Rental Board ..... 1 800-683-2245  
 Tel-Aînés (helpline) ..... 1 877-353-2460

**GOVERNMENT ORGANIZATIONS**

Accueil, information et orientation  
**DES SOMMETS HEALTH  
 & SOCIAL SERVICES CENTRE**  
 CLSC  
 • Labelle ..... 819 686-2117  
 • Sainte-Agathe-des-Monts ..... 819 326-3111  
 • Mont-Tremblant ..... 819 425-3771  
 Home Support:  
 Call your Local Community Service Centre and  
 Extension 3107  
 Outreach Services Centres  
 (daily centre: activities and specialized services)  
 • Mt-Tremblant / Labelle ..... 819 425-3162  
 • Caregivers Group  
 & Ste-Agathe-des-Monts ..... 819 324-4031  
 Home-Care Centres  
 • Labelle ..... 819 686-2372  
 • Mont-Tremblant ..... 819 425-2793  
 • Philippe-Lapointe Pavilion ..... 819 324-4000  
 Local Complaints Commissioner ..... 819 324-4000 # 4238

**LEGAL & RIGHTS ORGANIZATIONS**

Crime Victims Compensation  
 (IVAC) ..... 1 800-561-4822  
 Human Rights Commission . . . 1 800-361-6477  
 Legal Aid ..... 819 326-6111  
 Quebec Association for the Rights  
 of the Retired (AQDR) . . . . . 1 877-935-1551  
 Sûreté du Québec - SQ (Police) . 819 326-3131  
 Tremblant Municipal Police . . . . 819 425-2723

**AMBULANCE & EMERGENCIES**

**911**

**INFO-HEALTH** ..... 811

**ÉDUCATION**

Golden Age University (Univ. 3e âge)  
 ..... 819 425-7629  
<http://www.usherbrooke.ca/uta/programme/laurentides/mtb>

**MUNICIPALITIES**

*(Leisure, recreation and other services)*

Amherst ..... 819 681-3372  
 Arundel ..... 819 687-3991  
 Barkmere ..... 819 687-3373  
 Brébeuf ..... 819 425-9833  
 Huberdeau ..... 819 687-8321  
 Ivry-sur-le-Lac ..... 819 321-2332  
 Labelle ..... 819 681-3371  
 La Conception ..... 819 686-3016  
 Lac Supérieur ..... 819 681-3370  
 Lac-Tremblant-Nord ..... 819 425-8154  
 La Minerve ..... 819 274-2364  
 Lantier ..... 819 326-2674  
 Montcalm ..... 819 687-2836  
 Mont-Tremblant ..... 819 425-8614  
 Ste-Agathe-des-Monts ..... 819 326-4595  
 Ste-Lucie-des-Laurentides . . . . 819 326-3198  
 St-Faustin-Lac-Carré ..... 819 688-2161  
 Val-David ..... 819 322-2900  
 Val-des-Lacs ..... 819 326-5624  
 Val-Morin ..... 819 324-5670

**FOR YOUR QUALITY OF LIFE,**

**GET  
 THE INFORMATION**

**YOU NEED**



*This mini-directory is an initiative of:*

**Concert Action Soutien Autonomie  
 des Laurentides (CASA)**

*whose goal is to promote different services  
 that will help keep senior citizens in their  
 community for as long as possible.*

NOVEMBER 2010

**MINI-DIRECTORY**



**For Seniors  
 MRC des Laurentides**