

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**