



DIRECTORY FOR SENIORS OF ARGENTEUIL

JANUARY 2022



Your **INDISPENSABLE** telephone resource,
also available online at **AinesArgenteuil.ca** 

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ABUSE / VIOLENCE / INTIMIDATION

Canadian Anti-Fraud Centre

1 888 495-8501 

To report fraud or identity theft

www.centreantifraude.ca

Centre d'Aide et de Lutte contre les Agressions à Caractère Sexuel (CALACS) Laurentides

450 565-6231

Centre for assistance and the fight against sexual assault

www.calacslancrage.ca/aide-directe/

Centre d'Aide aux Victimes d'Actes Criminels (CAVAC) des Laurentides

450 569-0332

Help Centre for Victims of Crime

www.cavac.qc.ca/regions/laurentides

Centre de prévention du suicide Le Faubourg

1 866 APPELLE | 1 866 277-3553 

24/7 telephone support

Crisis intervention by telephone, bereavement, training, awareness
and coaching on suicide prevention

www.cps-le-faubourg.org

Elder Abuse Helpline

1 888 489-2287 

www.aideabusaines.ca

Emergencies / Sûreté du Québec

911

Land line 310-4141 | Mobile : *4141

24/7 telephone support | Sûreté du Québec



ABUSE / VIOLENCE / INTIMIDATION

| La Citad'Elle de Lachute

450 562-7797 

Shelter for women and children who are victims of domestic violence and / or in difficulty

www.citadellelachute.ca



| Prévoyance envers les aînés des Laurentides

1 844 551-6032 

Listening and support in situations of vulnerability, abuse or mistreatment

www.prevoyanceaineslaurentides.org

DOMESTIC HELP

| Coopérative de solidarité de services à domicile Coup de Pouce Argenteuil

450 562-9993 

Housekeeping, meal preparation, personal care, shopping, respite for caregivers

www.coopcpa.ca

| Guichet d'accès Soutien à l'Autonomie des Personnes Âgées (SAPA)

| Support access to the autonomy of seniors

1 833 217-5362

Assistance, psychosocial support, nursing care, rehabilitation, respiratory therapy, nutrition, equipment loan and respite services to family caregivers.



EDUCATION

| Carrefour des femmes (Women's Centre)

450 562-7122 

Listening, intervention, educational activities

| Laurentian Literacy Centre

450 562-3719

To improve reading, writing, speaking, listening, literacy, numeracy and life skills

| Maison populaire d'Argenteuil

450 562-1996 

Used-book library

| Mesures alternatives des Vallées du Nord

450 436-6749 ext. 104

1 800 265-6749 

Prevention and management of conflicts between citizens of Lachute

www.mavn.ca



EMPLOYMENT FOR PEOPLE 50 AND OVER

| Cap Emploi

450 562-3469 

Accompagnement to find your place in the labour market and psychosocial support
www.capemploi.ca

| Coopérative de solidarité de services à domicile Coup de Pouce Argenteuil

450 562-9993

Gratifying work in domestic help with seniors. Possibility of creating your schedule according to your availability!

Apply in person or through their website at www.coopcpa.ca or their Facebook page

www.coopcpa.ca 

| Services Québec

450 562-8533 | 1 800 263-2732 (toll free)

For the hearing impaired (ATS) : 1 800 361-9596 (toll free)

Universal services for the entire population and businesses
(reception services / employment services / specialized services / business services / social solidarity services)

www.quebec.ca

| Trouso direction emploi

450 562-6006 

Help in targeting your interests and expectations for a future job
www.trousso.ca



FOOD

| Café Partage d'Argenteuil

450 562-0987 

Frozen prepared meals, inexpensive groceries, fruits and vegetables, delivery in all of Argenteuil

| Centre d'action bénévole d'Argenteuil

450 562-7447 option 2 

Meals on wheels, frozen meals

www.cabargenteuil.ca

| Centre d'entraide d'Argenteuil

450 562-5151 

Food distribution, emergency assistance, income tax clinic, low cost glasses

www.centreentraideargenteuil.com

| Coopérative de solidarité de services à domicile Coup de Pouce Argenteuil

450 562-9993 

Preparation of meals at home

www.coopcpa.ca

| Réseau de dépannage secteur ouest de la MRC d'Argenteuil

450 612-7380

Food Bank



GOVERNMENT AGENCIES

Canada Pension Plan and Old Age Security services

1 800 277-9915

Curateur public

450 569-3240 | 1 800 363-9020 

Régie de l'assurance maladie du Québec

514 864-3411 | 1 800 561-9749 

Quebec Health Insurance Board

Régie des rentes du Québec

514 873-2433 | 1 800 463-5185 

Quebec Pension Plan

Revenu Québec

514 864-6299 | 1 800 267-6299 

www.revenuquebec.ca

Service Canada

1 800 622-6232 

www.canada.ca

Service Québec

514 644-4545 | 1 877 644-4545 

Forms and brochures

Société de l'assurance automobile du Québec

1 800 361-7620 

Quebec Automobile Insurance Association



CORONAVIRUS LINE 1 877 644-4545

CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX (CISSS) DES LAURENTIDES

santelaurentides.gouv.qc.ca

Complaints and Service Quality Commissioner

450 432-8708 | 1 866 822-0549

Recourse for people dissatisfied with the care and services received.

info-plaintes@ssss.gouv.qc.ca

Centre multiservices de santé et de services sociaux d'Argenteuil - Users' committee

450 562-3761, ext. 72199

Defence of rights, interests and information.



MEDICAL SERVICES

Centre multiservices de santé et de services sociaux d'Argenteuil

450 562-3761 | 1 800 363-5619

145, avenue de la Providence, Lachute

Argenteuil multi-service health and social services centre

Groupe de médecine de famille (GMF d'Argenteuil)

450 562-3751

139, avenue de la Providence, Lachute (2^e étage)

Family Medical Group: A group of doctors who work in close collaboration with other health professionals.

www.santelaurentides.gouv.qc.ca/nous-joindre/groupe-de-medecine-familiale/

Guichet d'accès à un médecin de famille

1 844 834-4263

Access to a family doctor

www.quebec.ca/sante/trouver-une-ressource/inscription-aupres-d-un-medecin-de-famille/

HEALTH AND SOCIAL SERVICES

Accueil psychosocial d'Argenteuil

145, avenue de la Providence, Lachute

Psychosocial and addiction services (alcohol, drugs, pathological gambling). Report to reception. Needs will be assessed.

Centre de prélèvement d'Argenteuil (Blood test)

450 562-3713 | 1 833 991-2661

Online appointments :

<https://clients3.clicsante.ca/8080/take-appt>

Grenville CLSC and Day Center

819 242-0778 | 1 866 879-6484

93, rue Maple, Grenville

HEALTH

CISSS DES LAURENTIDES

| Fall prevention program

450 562-3761, ext. 72302

| Guichet d'accès Soutien à l'Autonomie des Personnes Âgées (SAPA)

1 833 217-5362

Assistance, psychosocial support, nursing care, rehabilitation, respiratory therapy, nutrition, equipment loans and respite services for caregivers.

| Info-Santé and Info-Social

811

Western sector of Argenteuil : 1 800 361-3977

24/7 telephone support

Health Information and Social Information

| Outpatient geriatric services

450 562-3761, ext. 72394

Day center and group activities for seniors with reduced autonomy.



HEALTH VARIOUS ORGANIZATIONS

Association de la fibromyalgie des Laurentides

450 569-7766 | 1 877 705-7766 
www.fibromyalgie-des-laurentides.ca/

Bell accessibility service centre

1 800 268-9243

Telecommunications solutions to enable people with disabilities to stay in touch

Canadian Cancer Society (in St-Jérôme)

450 436-2691 | 1 866 939-3333 
Cancer Information Service
www.cancer.ca

CAPTCHPL

1 888 431-2437

Laurentian Help Centre for Cranial Trauma and Physically Handicapped people
www.captchpl.org

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

santelaurentides.gouv.qc.ca

Groupe relève personnes aphasiques AVC Laurentides

450 974-1888 | 1 866 974-1888
www.grpa.ca

Heart and stroke foundation of Canada

1 888 473-4636
www.coeuretavc.ca

HEALTH VARIOUS ORGANIZATIONS

| Pallia-Vie

450 431-3331 

Accompaniment service for individuals at the end of their life
www.pallia-vie.ca

| Parkinson Québec

1 800 720-1307 

www.parkinsonquebec.ca

| Parkinson Canada

1 800 565-3000

www.parkinson.ca

| Société Alzheimer des Laurentides

1 800 978-7881 

Telephone listening, support groups, individual and family meetings, training and conferences, loan of books and videos, training and knowledge enhancement for caregivers
www.alzheimerlaurentides.com

| Vidéotron accessibility service centre

1 877 512-0911

Telecommunications solutions to enable people with disabilities to stay in touch



| Ressourcerie Recypro

450 562-9932 

Furniture, clothing and other second-hand items
www.recypro.com

| List of certified senior's residences in the Laurentians

450 436-8622 ext. 70062 

Consult the register of private seniors' residences on the internet
at : <http://k10.pub.msss.rtss.qc.ca/K10accueil.asp>

| Office régional d'habitation (ORH)

Lachute and Saint-André-d'Argenteuil : 450 562-9260
Low income housing

| Régie du logement

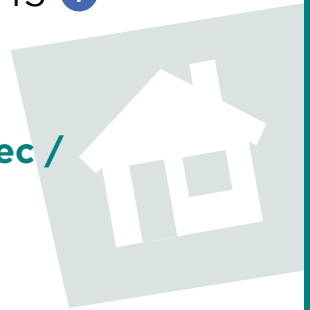
514 873-2245 | 1 800 683-2245 

Housing Authority
www.rdl.gouv.qc.ca

| Société d'habitation du Québec / Allocation-logement

1 800 463-4315

Rent supplement program
www.habitation.gouv.qc.ca



INFORMATION, LISTENING AND REFERENCES

| 4 Korners

1 888 974-3940 

Services offered in English, workshops for caregivers, information sessions, referral and guidance to resources
www.4korners.org

| Cancer info line

1 800 363-0063

| Cancer j'écoute (Listening centre)

450 436-2691 | 1 866 939-3333 

Canadian Cancer Society (in St-Jérôme)
www.cancer.ca

| Centre d'action bénévole d'Argenteuil

450 562-7447 ext. 233

Friendly calls, reassurance calls, friendly visits
www.cabargenteuil.ca

| Centre d'écoute de Laval (St-Jérôme)

1 888 664-1558

Support line: 24/7 telephone support

| Centre de prévention du suicide

| Le Faubourg

1 866 APPELLE | 1 866 277-3553 

24/7 telephone support

Telephone crisis intervention, bereavement, training, awareness and coaching on suicide prevention
www.cps-le-faubourg.org

| Diabetes info line

1 800 361-3504

INFORMATION, LISTENING AND REFERENCES

| Elder Abuse Helpline

1 888 489-2287

| Info-Santé and Info-Social

811

Western sector of Argenteuil : 1 800 361-3977

24/7 telephone support

Health Information and Social Information

| Ligne d'écoute 1 888 LE DEUIL

1 888 533-3845

Helpline for bereavement

| Ligne Info-aidant (Caregiver info Line)

1 855 852-7784 

Support for caregivers of seniors

www.lappui.org/laurentides

| Prévoyance envers les aînés des Laurentides

1 844 551-6032 

Listening and support in situations of vulnerability, abuse or mistreatment

www.prevoyanceaineslaurentides.org

| TEL-AÎNÉS

| from 10 A.M. to 10 P.M. -365 days a year

Seniors support line

514 353-2463



MENTAL HEALTH

| Accueil psychosocial d'Argenteuil

145, avenue de la Providence, Lachute

Psychosocial and addiction services (alcohol, drugs, pathological gambling). Report to the reception desk. Needs will be assessed.

| Centre aux sources d'Argenteuil

450 562-0673 

Alternative mental-health resource

| Centre de prévention du suicide Le Faubourg

1 866 APPELLE | 1 866 277-3553 

24/7 telephone support. Crisis intervention by telephone, bereavement, training, awareness and coaching on suicide prevention.

www.cps-le-faubourg.org

| Info-Social

811

Western sector of Argenteuil : 1 800 361-3977

24/7 telephone support

| La Halte des proches

450 438-4291 | 1 800 663-0659 

Help and support for relatives and friends of people with mental illness, education on the issues caused by mental illness.

www.lahalte.ca

| Phobie Zéro

1 866-922-0002 

For people with phobias and anxiety

www.phobies-zero.qc.ca

| Revivre

1 866-738-4873 

Anxiety, depression, bipolarity

www.revivre.org



REASSURANCE CALL SERVICE

| Centre d'action bénévole d'Argenteuil

450 562-7447 ext. 228

Friendly calls, reassurance calls, friendly visits
www.cabargenteuil.ca

| PAIR Program

450 562-2474

Free daily automated calling service that reaches seniors to ensure their safety and good health
www.argenteuil.qc.ca/pair



RECREATION / ACTIVITIES

| Comité 50+ Bouger+

450 562-3761 ext. 72308

Walking group, discovery walks, Wednesday biking 50+ (MercrediVélo 50+), guided snowshoeing and cross-country skiing outings

| Mouvement Personne d'abord

450 562-5846 

www.mpdalchute.com

Activities for people with an intellectual disability

| FADOQ - Région des Laurentides

1 877 429-5858 

www.fadoqlaurentides.org

Physical, intellectual, social, cultural, leisure and outdoor activities



RIGHTS AND RECOURSE

| Aide juridique (Legal Aid)

450 562-2462 

| Association des grands-parents du Québec

1 866 745-6110 

Rights of grandparents
www.grands-parents.qc.ca

| Association Québécoise de Défense des droits des personnes Retraitées et préretraitées (AQDR)

1 877 935-1551 

Quebec Association for the Rights of Retirees and Pre-Retirees

| Centre d'Assistance et d'Accompagnement aux Plaintes des Laurentides (CAAP)

450 565-9111 

When dissatisfied with the care or services received in health and social services

www.caaplaurentides.org

| Centre multiservices de santé et de services sociaux d'Argenteuil - User's committee

450 562-3761 ext. 72199

Advocacy, interests and information

| Complaints and service quality commissioner of CISSS des Laurentides

450 432-8708 | 1 866 822-0549 

Recourse for people dissatisfied with the care and services received
info-plaintes@ssss.gouv.qc.ca

| Commission des droits de la personne et de la jeunesse

450 569-3219 | 1 877 226-7224 

Human and Youth Rights Commission

RIGHTS AND RECOURSE

| FADOQ - Région des Laurentides

1 877 429-5858 

Defence of collective rights

| Mouvement Personne d'abord

450 562-5846 

Advocates for the rights of people living with intellectual disabilities
www.mpada-lachute.com

SUPPORT FOR CAREGIVERS

| 4 Korner's

1 888 974-3940 

Services offered in English, group workshops, information sessions, referral and accompaniment to resources
www.4korners.org

| Baluchon Alzheimer

514 762-2667 

Respite and home support service for families with a loved one with Alzheimer's, Parkinson's, SLA-SP. Palliative care and end of life support.

www.baluchonalzheimer.com

| Biblio-Santé

450 562-4578

Offered by the Jean-Marc Belzile library, an information service especially for family caregivers, thematic notebooks containing lists of organizations, websites and mediagraphies
www.bibliosante.ca

| Centre d'action bénévole d'Argenteuil

450 562-7447, ext. 230 

Support, information and referrals, conferences and thematic discussions, informal exchanges over coffee
www.cabargenteuil.ca



SUPPORT FOR CAREGIVERS

Coopérative de solidarité de services à domicile Coup de Pouce Argenteuil

450 562-9993 

Respite for caregivers, housekeeping, meal preparation, personal care, shopping

www.coopcpa.ca

Guichet d'accès Soutien à l'Autonomie des Personnes Âgées (SAPA)

Access to support the autonomy of seniors

Access desk : 1 833 217-5362

Respite and resting place, temporary accommodation in a private residence, support and accompaniment of the caregiver

L'Antr'Aidant

579 888 0211 

Caregiver support, educational videos and workshops by video

www.lantraidant.com

L'APPUI / Info helpline

1 855 852-7784 

Professional listening, information and referral services for caregivers.

Information and Support Guide for Caregivers is available at:

www.lappui.org

La Halte des proches

450 438-4291 | 1 800 663-0659 

Help and support to relatives and friends of people with mental illness, education on the issues caused by mental illness

www.lahalte.ca

Maison Aloïs Alzheimer

450 660-6225 

Activities for the person affected, individualized and personalized support, information, advice / in St-Jérôme

www.maisonaloisalzheimer.org



SUPPORT FOR CAREGIVERS

| PAIR Program

450 562-2474

Free daily automated calling service that reaches seniors to ensure their safety and good health
www.argenteuil.qc.ca/pair

| Service des transports de la MRC d'Argenteuil

450 562-5797 

Adapted and collective transportation
www.argenteuil.qc.ca

| Société Alzheimer des Laurentides

1 800 978-7881 

Telephone listening, support groups, individual and family meetings, training and conferences, loan of books and videos, training and knowledge enhancement for caregivers
www.alzheimerlaurentides.com



TRANSPORT / ACCOMPANIMENT

| Centre d'action bénévole d'Argenteuil

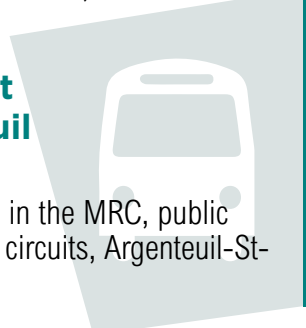
450 562-7447 option 1 

Transport accompagnement for medical appointments, errand services
www.cabargenteuil.ca

| Service de transport adapté et collectif de la MRC d'Argenteuil

450 562-5797 

Adapted transportation: door-to-door service in the MRC, public transportation: taxi bus, Carrefour Argenteuil circuits, Argenteuil-St-Jérôme circuit
www.argenteuil.qc.ca



VOLUNTEER INVOLVEMENT

| www.jebenevole.ca

Web platform for volunteering offers and requests by region

| **Centre d'action bénévole d'Argenteuil**

450 562-7447 ext. 233 

cabargenteuil.ca



MUNICIPALITIES

| MRC d'Argenteuil

450 562-2474 

www.argenteuil.qc.ca

| Harrington

819 687-2122 

www.harrington.ca

| Brownsburg-Chatham

450 533-6687 

www.brownsburgchatham.ca

| Lachute

450 562-3781 

www.ville.lachute.qc.ca

| Gore

450 562-2025 

www.cantondegore.qc.ca

| Mille-Isles

450 438-2958 

www.mille-isles.ca

| Grenville

819 242-2146 

www.grenville.ca

| Saint-André-d'Argenteuil

450 537-3527 

stada.ca

| Grenville-sur-la-Rouge

819 242-8762 

www.grenvillesurlarouge.ca

| Wentworth

450 562-0701 

www.wentworth.ca



DEPUTIES MEMBERS OF PARLIAMENT

| Provincial

450 562-0785 

| Federal

450 562-0737 



EMERGENCY NUMBERS

| Emergencies / Sûreté du Québec

911

Land line 310-4141 | Mobile : *4141

24/7 telephone support | Sûreté du Québec

| Info-Santé and Info-Social

811 | Western sector of Argenteuil : 1 800 361-3977

24/7 telephone support | Health Information and Social Information

| Centre de prévention du suicide

| Le Faubourg

1 866 APPELLE | 1 866 277-3553 

| Coronavirus line

1 877 644-4545

| Elder Abuse Helpline

1 888 489-2287

| Poison control centre

1 800 463-5060





LEGEND



Online orders



Phone orders



Curbside pickup



Delivery

				
IGA Goulet Grenville 819 242-6888 www.iga.ca 	✓	✓	✓	
IGA S. Albert Lachute 450 562-6882 www.iga.ca 	✓	✓	✓	✓
Marché AMI Saint-André-d'Argenteuil 450 537-3536 				
Marché Lost River Harrington 819 687-9667 	✓	✓	✓	✓
MAXI Lachute 450 566-0761 www.maxi.ca 	✓		✓	



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844 846-0526

www.equilibreadomicile.com 

Home health and hygiene care, counseling services for seniors.

Laboratoire soins personnels

514 833-1389

www.priyledesanglsp.ca 

Blood tests, CLSC complementary services, help for seniors.

Les services de Stacey

450 409-1776

www.servicestacey.com 

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Ma prise de sang

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www.mapriyledesang.com 

Blood tests.

NeuroMotrix

514 946-9010

www.neuromotrix.com 

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PHARMACIES

PRIVATE BUSINESSES



LEGEND



Online orders



Phone orders



Curbside pickup



Delivery

Accès Pharma (WalMart) Lachute 450 562-0258 www.accespharma.ca	✓	✓	✓	✓
Brunet Lachute 450 562-5271 www.brunet.ca		✓		✓
Familiprix Extra Grenville 819 242-1350 www.familiprix.com	✓	✓	✓	✓
Familiprix Extra Lachute 450 562-0522 www.familiprix.com	✓	✓		✓
Jean Coutu Lachute 450 562-5218 www.jeancoutu.com	✓	✓		✓
Proxim Brownsburg-Chatham 450 533-4239 www.proxim.ca		✓		✓
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CATERERS

PRIVATE BUSINESSES / SPONSORS

LEGEND



Online orders



Phone orders



Take out orders



Curbside pickup



Delivery

Des Menus Plaisirs Lachute 450 409-6368  Fresh or frozen homemade meals	✓	✓	✓		✓
Foodeez Hawkesbury 450 331-1079  Home-cooked meals. Individual or family formats.	✓	✓			✓
Fromage et cie Grenville 450 566-4120  Fresh cheese curds on site, prepared meals and fine local products		✓	✓		
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F : 450-629-2238

Partenaire de Desjardins

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Courriel : mathieu.sabourin@familiprix.ca

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