

# SENIORS' DIRECTORY

6<sup>th</sup> EDITION



VILLE DE LAC-BROME  
TOWN OF BROME LAKE



**LIST OF LOCAL ORGANIZATIONS  
AND SELF-EMPLOYED WORKERS FROM THE REGION**  
that can provide support to seniors in our area

# Dear citizens of Brome Lake,

Perhaps you are retired and need some help at home? Are you taking care of a senior family member? Knowing that these situations may be challenging, the Brome Lake MADA committee wishes to help in distributing this directory. In this document you will find a list of the local organizations and self-employed workers that offer support to our senior citizens. We encourage you to browse through it and share it with any seniors you know.

## NOTES

The English and French version may differ according to the language in which it is offered. Some of the English listings are primarily descriptive, as many organizations do not provide an English equivalent for their French names.

**For a complete version of the directory including links to all websites, visit the Town of Brome Lake website at [lacbrome.ca](http://lacbrome.ca).**

## DISCLAIMER

The purpose of this directory is to provide information to senior citizens in Brome Lake. It includes organizations, businesses and self-employed individuals who provide goods and services to the community; it is not, however, an exhaustive list.

A directory is not a referral service. **WE MAKE NO RECOMMENDATION OR WARRANTY** regarding the quality of services you may receive from any of the professionals or businesses listed in this directory. By using this directory, you acknowledge that the Centre Lac-Brome does not assume any liability for any losses, damage, injury or other prejudice that may arise from the content of this publication.

Users of this directory, thus, waive any legal recourse or claim against the Centre Lac-Brome, of any kind or nature whatsoever, in relation to the information provided in this directory or in relation to the services provided by the individuals listed in this directory.

RECREATION, TOURISM, CULTURE AND COMMUNITY LIFE SERVICES

270 Victoria Street, Brome Lake (QC) J0E 1V0 Telephone: (450) 242-2020

Fax: (450) 242-2022 Email: [info Loisirs@lacbrome.ca](mailto:info Loisirs@lacbrome.ca)

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# General information

## ACTION COMMUNAUTAIRE LAC-BROME (ACLB)

Foster mutual aid and the improvement of living conditions of the citizens of Lac-Brome, West Bolton and Brome.

☎ 450-204-9423

✉ aines-seniors@aclb.ca

## INFORMATION HUB FOR SENIORS

The Cowansville Volunteer center assists seniors to help understand the various governmental services that can improve their quality of life. Free and confidential.

☎ 450-263-3758

💻 [www.cabcowansville.com](http://www.cabcowansville.com)

## SENIORS' HELPLINE /TEL-AÎNÉS

Anonymous service offered daily from 10:00 to 22:00 to any senior who feels the need to talk about his or her problems in complete confidentiality.

☎ 514 353-2463

💻 [www.tel-ecoute.org/programme-tel-aines](http://www.tel-ecoute.org/programme-tel-aines)

## TEL-AIDE

Anonymous helpline, free and confidential. Available 24/7.

☎ 514-935-1101

💻 [www.telaidemontreal.org](http://www.telaidemontreal.org)

## COPING WITH A LOSS OF INDEPENDENCE

Personalized list of steps to take to benefit from the government programs and services by answering a few questions in "Itinerary – Coping with a Loss of Independence.":

💻 [www.quebec.ca/en/family-and-support-for-individuals/incapacity-loss-independance](http://www.quebec.ca/en/family-and-support-for-individuals/incapacity-loss-independance)

## DRIVING EVALUATION

### SOCIÉTÉ DE L'ASSURANCE AUTOMOBILE DU QUEBEC (SAAQ)

If you are worried about a friend or family member's ability to drive, you can contact the SAAQ's confidential service.

☎ 1-800-361-7620

💻 [www.saaq.gouv.qc.ca](http://www.saaq.gouv.qc.ca)

↳ Press 1. Then press 0 to talk to an agent.

## HEALTHCARE COMPLAINT ASSISTANCE AND SUPPORT CENTRE

☎ 1-877-767-2227

💻 [www.fcaap.ca](http://www.fcaap.ca)

## MINISTER RESPONSIBLE FOR SENIORS AND INFORMAL CAREGIVERS

Sonia Bélanger

☎ 418-266-7191

✉ [ministre.aines@msss.gouv.qc.ca](mailto:ministre.aines@msss.gouv.qc.ca)

## PROGRAMS AND SERVICES FOR SENIORS

This guide contains information on the different government programs and services for seniors.

☎ 450-263-0025

💻 [www.quebec.ca/en/family-and-support-for-individuals/seniors](http://www.quebec.ca/en/family-and-support-for-individuals/seniors)

💻 [www.canada.ca/en/employment-social-development/campaigns.html](http://www.canada.ca/en/employment-social-development/campaigns.html)

↳ Click on Programs and services for seniors)

## SERVICE CANADA

Information centre about programs and services offered by the Federal Government.

📍 224 Sud St., Cowansville

☎ 1-800-622-6232

💻 [www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)

— General information

SERVICES QUÉBEC

Information centre about programs and services offered by the Quebec Government.

📍 406, rue du Sud, 2<sup>e</sup> étage, Cowansville

☎ 1-800-463-0230

💻 [www.quebec.ca](http://www.quebec.ca)

TABLE RÉGIONALE DE CONCERTATION DES AÎNÉS DE LA MONTÉRÉGIE

This organization offers to the representatives of the seniors of the Montérégie a regional place of exchanges, concertation and partnership to unite their voices on the major issues that affect them.

📍 2601, Bourgogne Av. Chambly

☎ 450-447-5885

💻 [www.trcam.ca](http://www.trcam.ca)

# Caregiver support

ARBORESCENCE QUÉBEC

The association Québécoise des parents et amis de la personne atteinte de maladie mentale (L'AQPAMM) is a non-profit community organization offering information sessions, support groups, follow-ups, psycho-educational workshops and public lectures for anyone concerned about the situation of a senior living with a mental health problem.

☎ 514-524-7131

💻 [www.aqpamm.ca](http://www.aqpamm.ca)

↪ French Only

CAREGIVERS HELPLINE / L'APPUI – LIGNE INFO-AIDANT

Professional helpline to listen, provide support and make referrals adapted to the needs of natural caregivers of seniors. The purpose of the helpline is to provide coaching and support from the very start of caregiving and on an on-going basis, and to refer caregivers to resources in their own communities.

☎ 514-789-2460

💻 [www.lappui.org](http://www.lappui.org)

CAREGIVER SUPPORT GROUP MAISON GILLES-CARLE BROME-MISSISQUOI /  
REGROUPEMENT DE SOUTIEN AUX AIDANTS MAISON GILLES-CARLES  
/ BROME-MISSISQUOI

Services for caregivers in Brome-Missisquoi. Respite, support, coaching, assistance and training.

📍 614 J.-André-Deragon Blvd., Cowansville

☎ 450-263-4236

💻 [www.rsabm.ca](http://www.rsabm.ca)

EI CAREGIVING BENEFITS FROM FEDERAL GOVERNMENT

EI caregiving benefits provide financial assistance while you're away from work to care for or support a critically ill or injured person or someone needing end-of-life care.

💻 [www.canada.ca/en/services/benefits/ei/caregiving.html](http://www.canada.ca/en/services/benefits/ei/caregiving.html)

ROMAN-APPUI | Montérégie

Association of organizations that provide support to caregiver organizations and individuals in Montérégie.

☎ 514-767-4511

💻 [www.reseauaidancemonteregie.org](http://www.reseauaidancemonteregie.org)

PROCHE AIDANCE QUEBEC – REGROUPEMENT D'ORGANISMES ENGAGÉS  
POUR LES PERSONNES PROCHES AIDANTES

A group of local and regional associations, groups and organizations that have also adopted a mission to improve the living conditions of caregivers.

💻 [www.procheaidance.quebec](http://www.procheaidance.quebec)

THE CAREGIVER'S ROLE

Information and useful advice from l'Appui.

☎ 855-852-7784

💻 [www.lappui.org/en/Practical-tips/The-caregiver-s-role](http://www.lappui.org/en/Practical-tips/The-caregiver-s-role)

# Active living

## CULTURAL ACTIVITIES

### BROME COUNTY HISTORICAL SOCIETY

The Brome County Historical Society was founded in 1897 and has proudly been preserving the heritage of historic Brome County ever since.

☎ 450-243-6782

💻 [www.lacbromemuseum.ca](http://www.lacbromemuseum.ca)

### CARRÉMENT CULTURE

Artistic and cultural directory of Brome-Missisquoi.

💻 [www.carrementculture.ca/en](http://www.carrementculture.ca/en)



### INFO-ALPHA

Acquire basic reading and writing skills.

☎ 1-888-488-3888

💻 [www.fondationalphabetisation.org/en](http://www.fondationalphabetisation.org/en)

### L'ART ENTRE NOUS

For twenty years, this group has been meeting to create in an open workshop: all artists are welcome, beginners or professionals. Bring your equipment and come join our workshops. From September to May. Free.

☎ 450-292-5880

💻 [szablbranche@gmail.com](mailto:szablbranche@gmail.com)

### LE SAC À MOTS

Used books store. Free day and evening classes for adults: French, math, computers and electronic devices, French as a second language.

📍 706-708 Sud St., Cowansville

☎ 450-266-3766

💻 [www.lesacamots.com](http://www.lesacamots.com)

### PETTES MEMORIAL LIBRARY

📍 276 Knowlton Rd., Lac-Brome

☎ 450-243-6128

💻 [www.pettes.ca](http://www.pettes.ca)

### SERVICE QUÉBÉCOIS DU LIVRE ADAPTÉ: BOOKS FOR PEOPLE WITH DISABILITIES

Books in braille, audio books, e-books. Reading device, book delivery and pick-up (free), for people who meet the eligibility criteria.

☎ 1-866-410-0844

💻 [www.banq.qc.ca/sqla](http://www.banq.qc.ca/sqla)

— **Active living**

**THÉÂTRE LAC-BROME**

Theatre Lac-Brome is a professional theatre and year-round performing arts facility.

📍 9 Mont-Echo Rd., Lac-Brome

☎ 450-242-2270

💻 [www.theatrelacbrome.ca](http://www.theatrelacbrome.ca)

**TOWN OF BROME LAKE/RECREATION AND CULTURE**

Directory of activities, organizations and calendar of events.

💻 [www.lacbrome.ca/en/leisure-sports-and-culture/community-life/activities-at-the-lac-brome-center](http://www.lacbrome.ca/en/leisure-sports-and-culture/community-life/activities-at-the-lac-brome-center)

**YAMASKA LITERACY COUNCIL**

Non-profit literacy organization dedicated to improving literacy skills.

📍 505 Sud St., suite 203, Cowansville

☎ 450-263-7503

💻 [www.yamaskaliteracy.ca](http://www.yamaskaliteracy.ca)

**PHYSICAL ACTIVITIES**

**ATHLETICA GYM**

📍 31 Lakeside Rd., Lac-Brome

☎ 450-243-6246

💻 [www.facebook.com/athleticalacbrome](http://www.facebook.com/athleticalacbrome)

**CLASSES AND ACTIVITIES FOR ADULTS**

Offered by the Town of Brome Lake, refer to the Town's website.

💻 [www.lacbrome.ca/en/leisure-sports-and-culture/activities-and-outdoors/programming-and-registration-for-activities](http://www.lacbrome.ca/en/leisure-sports-and-culture/activities-and-outdoors/programming-and-registration-for-activities)

**CLUB DE LA BONNE HUMEUR DE LAC-BROME**

Numerous physical and social activities.

📍 5 Mill Rd., Lac-Brome

☎ 450-243-5620

💻 [www.clubdelabonnehumeur.ca](http://www.clubdelabonnehumeur.ca)

✉ [info@clubdelabonnehumeur.ca](mailto:info@clubdelabonnehumeur.ca)

**LAC BROME PICKLEBALL CLUB**

✉ [club.pickleball.lac.brome@gmail.com](mailto:club.pickleball.lac.brome@gmail.com)

💻 [www.facebook.com/groups/club.pickleball.lac.brome](http://www.facebook.com/groups/club.pickleball.lac.brome)

**LIFETRAIL OUTDOOR GYM**

Free, no reservation required.

📍 Lions Park, 37 Centre St., Lac-Brome

**MUNICIPAL PARKS**

Town of Brome Lake has beautiful parks. To view the list of activities and facilities offered in each of the parks, please see:

💻 [www.lacbrome.ca/en/leisure-sports-and-culture/activities-and-outdoors/parks](http://www.lacbrome.ca/en/leisure-sports-and-culture/activities-and-outdoors/parks)

**HIKING**

**AMIS DES SENTIERS DU LAC-BROME**

Hiking club that takes you on the magnificent hiking trails in the Brome Lake area.

💻 [www.club.fadoq.ca/M076](http://www.club.fadoq.ca/M076)

**LES SENTIERS DE L'ESTRIE INC.**

More than 200 km of hiking trails in forests and numerous activities open to all.

☎ 819-864-6314

💻 [www.lessentiersdelestrie.qc.ca/organisme](http://www.lessentiersdelestrie.qc.ca/organisme)

— Active living

MUNICIPAL WALKING PATHS

Network of beautiful woodland paths with lake views which stretch all the way from the centre of Knowlton to Foster. Just follow the signs!

📄 [www.lacbrome.ca/en/leisure-sports-and-culture/activities-and-outdoors/paths](http://www.lacbrome.ca/en/leisure-sports-and-culture/activities-and-outdoors/paths)

TENNIS

LAC-BROME TENNIS CLUB

📍 584 Knowlton Rd, Lac Brome

☎ 450-521-6945

📄 [www.tennislacbrome.com](http://www.tennislacbrome.com)

TENNIS COURTS

Free, no reservation required

📍 Ovide-Dagenais Park; 24 Taylor Rd., Foster

TENNIS AND PICKLEBALL COURTS

Free, no reservation required

📍 Lions Park; 37 Centre Rd., Lac-Brome

YOGA

STUDIO YOGA MOUVEMENT

📍 584 Knowlton Rd., Lac Brome

☎ 450-330-1514

📄 [www.yogaetmouvement.com](http://www.yogaetmouvement.com)

THE WELL

Classes of chair yoga

📍 102, Lakeside Rd, Knowlton

📄 [www.facebook.com/knowltonwell](https://www.facebook.com/knowltonwell)

📄 [www.knowltonwell.com](http://www.knowltonwell.com)

COMMUNITY LIFE | HOBBIES

ACTION COMMUNAUTAIRE LAC-BROME (ACLB)

Foster mutual aid and the improvement of living conditions of the citizens of Lac-Brome, West Bolton and Brome.

☎ 450-204-9423

✉ [aines-seniors@aclb.ca](mailto:aines-seniors@aclb.ca)

BROME LAKE GARDEN CLUB

Activities include Summer Garden Tours, Speaker Program and Workshops.

📄 [www.bromelakegc.org](http://www.bromelakegc.org)

BROME LAKE OPTIMIST CLUB

☎ Lise Gagné, présidente 2025-26 450-242-1514

✉ [lise.n.gagne@outlook.com](mailto:lise.n.gagne@outlook.com)

BROME-MISSISQUOI'S ORNITHOLOGIST CLUB

This club is for people interested in birds who want to share and improve their knowledge of birds.

📄 [www.cobm.ca](http://www.cobm.ca)

✉ [admin@cobm.ca](mailto:admin@cobm.ca)

— Active living

CLUB DE LA BONNE HUMEUR, SENIORS' CLUB

Provides services and activities for the 50+ crowd.

📞 450-243-5620      🌐 [www.clubdelabonnehumeur.ca](http://www.clubdelabonnehumeur.ca)  
 ✉ [info@clubdelabonnehumeur.ca](mailto:info@clubdelabonnehumeur.ca)

COMMUNITY GARDEN

26 raised garden beds are offered at the cost of 20\$ annually. They are located behind the 27 Mont-Echo Rd. Registration online or in person at Centre Lac-Brome.

📍 270 Victoria St., Lac-Brome  
 🌐 [www.lacbrome.ca/en/leisure-sports-and-culture/community-life/community-garden](http://www.lacbrome.ca/en/leisure-sports-and-culture/community-life/community-garden)

FARMER WOMEN'S CIRCLE / CERCLE DES FERMIERES, COWANVILLE

The mission of this group is to improve the quality of life of women and their families, and to transmit our cultural and craft-based heritage.

📞 1-866-442-3983      🌐 [www.cfq.qc.ca](http://www.cfq.qc.ca)  
 🌐 [www.facebook.com/cerclesdefermieresduquebec](https://www.facebook.com/cerclesdefermieresduquebec)

FULFORD COMMUNITY CLUB

📍 62 Davis Rd., Lac-Brome      📞 450-539-2982

KNOWLTON GOLDEN AGE CLUB

📞 450-242-2020

KNOWLTON LIONS' CLUB

📞 450-531-9186

MEN'S SHEDS ASSOCIATION

Lac-Brome Men's Shed is a non-profit organization that aims to bring local seniors together. Our meetings encourage socialization, and our projects promote integration and the involvement of seniors for the well-being of our community.

📞 450-242-2020 ext. 301      ✉ [info@lacbromemensshed.org](mailto:info@lacbromemensshed.org)

ROYAL CANADIAN LEGION

📍 Brome Branch 23, Margaret Pille      📞 450-243-5302



**— Active living**

**TOWNSHIPERS ASSOCIATION**

Non-profit, non-partisan community organization focused on promoting and supporting the interests of the English-speaking minority community in the Eastern Townships region of Quebec.

☎ **819-566-5717**

🌐 [www.townshippers.qc.ca](http://www.townshippers.qc.ca)

**TOWNSHIPS WOMEN'S CENTRE / CENTRE DES FEMMES DES CANTONS**

This organization offers many activities to reduce isolation and promote socializing opportunities for women.

☎ **450-263-1028**

📍 **2119 Dieppe Blvd., Cowansville**

🌐 **Facebook: Centre Femmes Des Cantons**

**WEAVERS' GUILD**

📍 **21 Soles Rd., West-Brome**

☎ **450-521-2399**

**INTERMUNICIPAL AGREEMENTS**

Brome Lake residents benefit from intermunicipal agreements allowing the access to activities offered by the following towns:

🌐 [www.lacbrome.ca/en/leisure-sports-and-culture/activities-and-outdoors/intermunicipal-agreements](http://www.lacbrome.ca/en/leisure-sports-and-culture/activities-and-outdoors/intermunicipal-agreements)

**COWANSVILLE**

To view the complete offer, consult the Loisirs et Sports section of the website:

🌐 [www.cowansville.ca](http://www.cowansville.ca)

☎ **450-263-0141**

**GRANBY**

To view the complete offer, consult:

🌐 [www.granby.ca/fr/acces-loisirs](http://www.granby.ca/fr/acces-loisirs)

**WATERLOO**

To view the complete offer, consult:

🌐 [www.ville.waterloo.qc.ca](http://www.ville.waterloo.qc.ca)

**SPIRITUAL LIFE**

**CHURCH OF THE ASCENSION**

📍 **22 McCurdy Rd., West Brome**

**CREEK UNITED CHURCH**

📍 **2278 Brill Rd., Bolton-Ouest**

☎ **450-539-2129**

**HOLY TRINITY IRON HILL**

📍 **2222 Iron Hill Rd., Lac-Brome**

☎ **450-538-8108**

**ST-EDOUARD CHURCH**

📍 **2366 Knowlton Rd., Lac-Brome**

☎ **450-263-1616**

**ST-PAUL ANGLICAN CHURCH**

📍 **224 St-Paul St., Knowlton**

☎ **450-242-2885**

## KENNELS

### BROME LAKE KENNEL

📍 28 Barnes Rd., West Brome  
💻 [www.bromelakekennel.ca](http://www.bromelakekennel.ca)

☎ 450-243-5587

## MOBILE GROOMERS

### GALITOUTOU

☎ 450-204-2170

## VÉTÉRINAIRES

### CLINIQUE VÉTÉRINAIRE ANIMAVET BROMONT

📍 1357, rue Shefford, Bromont    ☎ 450-531-3835    💻 [www.animavet.ca](http://www.animavet.ca)

### CLINIQUE VÉTÉRINAIRE BROMONT

📍 50, ch. de Gaspé, Bromont    ☎ 450-534-5443  
💻 [www.cliniqueveterinairebromont.com](http://www.cliniqueveterinairebromont.com)

### CLINIQUE VÉTÉRINAIRE COWANSVILLE

📍 125, rue Robert, Cowansville    ☎ 450-263-1414    💻 [www.cvetc.com](http://www.cvetc.com)

### CLINIQUE VÉTÉRINAIRE DAVIGNON

📍 1131, ch. Knowlton, West-Brome    ☎ 450-263-1121

### CLINIQUE VÉTÉRINAIRE FOSTERVET

📍 3001, rue Foster, Waterloo    ☎ 450-920-7387  
💻 Facebook: Clinique Vétérinaire Fostervet

### CLINIQUE VÉTÉRINAIRE WATERLOO

📍 4900, rue Foster, Suite 100, Waterloo    ☎ 450-539-3366  
💻 [www.cliniqueveterinairebromont.com](http://www.cliniqueveterinairebromont.com)

# Distress

## EMERGENCY

### 911 EMERGENCY / BROME LAKE FIRST RESPONDERS

In case of emergency: medical, fire, accident, etc., call

☎ 911

✉ [premier.repondant@lacbrome.ca](mailto:premier.repondant@lacbrome.ca)



## — Distress

### FIRE / BROME LAKE FIRE DEPARTMENT

📞 Fire: 911      📞 450-243-6111      ✉️ incendie@lacbrome.ca

### SÛRETÉ DU QUÉBEC

📞 Emergency: 911      📍 111, Sûreté St., Dunham  
 📞 Dunham Police Station: 450-266-1122      🌐 www.sq.gouv.qc.ca

### 811 INFO-SANTÉ, OPTION 1 / HEALTH HELPLINE

Reach a nurse quickly in case of non-urgent health problems (flu, cold, fever, itching and swelling, etc.), 24/7.

📞 811

### 811 INFO-SOCIAL OPTION 2 / SOCIAL HELPLINE

Reach a psychosocial worker quickly in case of distress (grief, drug or alcohol abuse, job loss, depression, anxiety, suicidal thoughts, relationship problems, parenting troubles, etc.) 24/7.

🌐 [www.santemontreal.qc.ca/en/public/support-and-services/](http://www.santemontreal.qc.ca/en/public/support-and-services/)

### PERSONAL ALARMS | ALARM MONITORING SYSTEM

An alarm monitoring system is usually connected to a centre 24/7. It is a telephone system with a two-way speaker and a portable emitter (bracelet or pendant) that is activated by the wearer in an emergency. Options vary by company and include fall detectors, or an integrated GPS to locate a person who has cognitive difficulties and wanders (due to illnesses such as Alzheimer's).

### THE WELLNESS CENTRE / EMERGENCY ALERT

The Wellness Centre provides the Emergency Alert equipment at no cost. There is a monthly service charge once the service is in place. Please ask for more information when you speak with the Wellness volunteer.

📞 450-242-2020

### LIVINGWELL COMPANION

Buy or rent. Fall detector available. Available in some drug stores. Installation by the client.

📞 1-855-909-2250

🌐 [www.telus.com/en/personal-health/livingwell-companion](http://www.telus.com/en/personal-health/livingwell-companion)

### PROGRAMME PAIR

Non-profit organization providing a free, automated service that phones seniors every day at a designated time. This flexible and bilingual service is for anyone who lives alone, or is losing their independence, or who may forget to take medications, or be experiencing a period of psychological distress. In some cases, natural caregivers may also be eligible.

📞 1-877-997-PAIR (7247)


📞 Bromont alarm center: 450-534-2454

🌐 [www.programmepair.ca](http://www.programmepair.ca)

## ACEF MONTÉRÉGIE-EST / FAMILY MONEY-SAVING COOP

Help with budget, debts, spending and housing.

 179, Principale St., Granby

 450-375-1443

 [www.acefme.org](http://www.acefme.org)

## COWANSVILLE VOLUNTEER CENTRE

Help with filing income taxes. Each individual is asked to pay a small contribution and some conditions apply. Call to set up an appointment.

 450-263-3758

 [www.cabcowansville.net](http://www.cabcowansville.net)

## FEDERAL OLD AGE SECURITY PENSION

 1-800-277-9915

 [www.canada.ca/en/services/benefits/publicpensions.html](http://www.canada.ca/en/services/benefits/publicpensions.html)

## OPTION-CONSOmmATEUR

This guide is intended for seniors and caregivers who wish to improve their knowledge of the various payment methods and adopt safe behaviours that will reduce the risk of financial abuse or fraud. Consult the guide Vos finances en toute sécurité – Guide à l'intention des aînés on the Option consommateurs website:

 [www.option-consommateurs.org/en](http://www.option-consommateurs.org/en)

 1-888-412-1313

 Guide in French only


## QUEBEC PENSION / RETRAITE QUÉBEC

 1-800-463-5185

 [www.retraitequebec.gouv.qc.ca](http://www.retraitequebec.gouv.qc.ca)

## RÉGIE DE L'ASSURANCE MALADIE DU QUÉBEC

Financial Assistance Program for Domestic Help Services.

 1-800-561-9749

 [www.ramq.gouv.qc.ca/en/citizens/aid-programs](http://www.ramq.gouv.qc.ca/en/citizens/aid-programs)

## SURVIVING SPOUSE'S PENSION

The surviving spouse's pension under the Québec pension Plan ensures a basic income to the surviving spouse of a person who has sufficiently contributed to the Plan.

 [www.retraitequebec.gouv.qc.ca](http://www.retraitequebec.gouv.qc.ca)

## TAX CREDIT FOR CAREGIVERS


There are two components to the tax credit for caregivers. The first is for caregivers providing care to a person aged 18 or over who has a severe and prolonged impairment and needs assistance in carrying out a basic activity of daily living. The second is for caregivers providing care to and living with a relative aged 70 or over.

 1-855-291-6467

 [www.revenuquebec.ca/en/citizens/tax-credits](http://www.revenuquebec.ca/en/citizens/tax-credits)

 Click on Tax Credit for Caregivers

## TAX CREDIT FOR SENIORS

 1-800-267-6299

 [www.revenuquebec.ca/en/citizens](http://www.revenuquebec.ca/en/citizens)

 Visit Revenu Québec's Website to find tax credit available to seniors

## TAXES AT HOME

### BROME LAKE OFFICE SERVICES

 Jill Glover-Accountant: 450-243-0707

## CHRISTMAS BASKET & COMMUNITY FRIDGE

### KNOWLTON LIONS CLUB CHRISTMAS BASKETS

The Knowlton Lions Club has been working to support the needs of our local community since it was chartered in 1956. During the month of December we strive to provide assistance to residents of the Town of Brome Lake, West Bolton and Brome Village who may need a helping hand at this time of year. The application forms are available in mid-October and distribution is done in mid-December. Please consult the fall edition of the Town of Brome Lake Community Bulletin or contact the Community Centre for details.

☎ 450-242-2020, Ext. 319

### COMMUNITY FRIDGE

The community fridge is a new initiative at the Brome Lake Centre where you can drop off your surplus fruit, vegetables, bread and pastries or pick up the ones you need. Opening hours are from 10 a.m. to 5 p.m. in the hall of Centre Lac-Brome.

📍 270 Victoria Street, Brome Lake ☎ 450-242-2020, Ext. 306

## COLLECTIVE KITCHEN & PURCHASING GROUPS

### ACTION PLUS BROME MISSISQUOI

Assistance to people on social assistance and people living below the poverty line, purchasing group.

☎ 450-293-2123 🖨 [www.actionplusbm.org](http://www.actionplusbm.org) (Website in French only)

### CENTRE LAC-BROME'S COLLECTIVE KITCHEN

The collective kitchen is a small group of people who pool their time, money and skills to make economical, healthy and appetizing meals in four steps (planning, purchasing, cooking, evaluation) that they take home. This service is offered by ACLB.

📍 270, Victoria, Lac-Brome ☎ 450-204-9423

## FOOD BANK

### BROME LAKE FOOD BANK

Emergency food supply every second to last Friday of the month from 9:00 to 10:00.

📍 270 Victoria St., Lac-Brome ☎ 450-242-2020, Ext. 319  
🖨 [www.lacbrome.ca/en/leisure-sports-and-culture/community-life/activities-at-the-lac-brome-center](http://www.lacbrome.ca/en/leisure-sports-and-culture/community-life/activities-at-the-lac-brome-center)

### COWANSVILLE VOLUNTEER CENTRE

Food distribution by appointment, frozen meals, community meals. Call to set up an appointment.

📍 201, Principale St, Cowansville ☎ 450-263-3758  
🖨 [www.cabcowansville.net](http://www.cabcowansville.net)

## FOOD SERVICES DIRECTORY

### BROME-MISSISQUOI FOOD SERVICES DIRECTORY

Directory of the various businesses or organizations in the region offering food services to the population.

🖨 [www.brome-missisquoi.ca/services-alimentaires](http://www.brome-missisquoi.ca/services-alimentaires) (Website in French only)

# Fraud

### CANADIAN ANTI-FRAUD CENTRE

The central agency in Canada that collects information and criminal intelligence on such matters as telemarketing fraud, Internet fraud, email or text-message fraud, identification theft, door-to-door fraud, commercial fraud, and postal fraud.

☎ 1 888 495-8501 🖨 [www.antifraudcentre-centreantifraude.ca](http://www.antifraudcentre-centreantifraude.ca)

**— Fraud****OPTION-CONSOmmATEUR**

This guide is intended for seniors and caregivers who wish to improve their knowledge of the various payment methods and adopt safe behaviours that will reduce the risk of financial abuse or fraud. Consult the guide Vos finances en toute sécurité – Guide à l'intention des aînés on the Option consommateurs web site:

📄 [www.option-consommateurs.org/en/](http://www.option-consommateurs.org/en/) 📞 1-888-412-1313  
↳ Guide in French only

**SENIOR-AWARE**

Program intended to raise awareness about fraud, mistreatment and bullying towards seniors.

📞 1-800-544-9058 📄 [www.aineavise.ca/en](http://www.aineavise.ca/en)

# Health

**ALZHEIMER'S****SOCIÉTÉ ALZHEIMER BROME-MISSISQUOI HAUTE-YAMASKA**

The Alzheimer Society offers 2 activities for seniors in the Lac-Brome region and surrounding municipalities:

- Respite-stimulation group for people with cognitive impairment. Mondays from 9:30 a.m. to 4:30 p.m.
- Café-rencontre for caregivers of people with cognitive impairment, Mondays, every 2 weeks.
- Contact the SA for more information.

📍 328 rue Principale, local 240, Granby 📞 450-777-3363  
📄 [www.alzheimergranby.ca](http://www.alzheimergranby.ca)

**BALUCHON ALZHEIMER**

Respite service and home support. Period: 4 to 14 days, 24/7.

📞 514-762-2667 📄 [www.baluchonrepit.com](http://www.baluchonrepit.com)

**APHASIA****APHASIE QUÉBEC**

Aphasie Québec gives a voice and words to people with aphasia and their caregivers on the provincial level.

📞 1-877-626-1473 📄 [www.aphasiequebec.com](http://www.aphasiequebec.com)  
↳ Website in French only

**CANCER****ACCOMMODATION (DURING CANCER TREATMENTS)  
/ ESTRIE LODGE/MAISON PARALLÈLE**

Accommodation on the CHUS site for patients receiving cancer treatments. Accommodation for accompanying spouse also possible.

📍 3001, 12<sup>e</sup> av N. Sherbrooke 📞 819-822-2125, Ext. 425  
📄 [www.cancerquebec.ca/en/services/accommodations/sherbrooke/](http://www.cancerquebec.ca/en/services/accommodations/sherbrooke/)

**CANADIAN CANCER SOCIETY**

Financial aid for people with low income, to help pay transportation costs for chemotherapy and radiation treatments. Information services, virtual conferences, peer match program, support group, prosthesis.

📞 1-888-939-3333 📄 [www.cancer.ca](http://www.cancer.ca)

**MAISON AU DIAPASON**

Palliative care. Support for people with cancer & their loved ones, as well as end of life support.

📍 50 Du Diapason St., Bromont 📞 450-534-2002  
📄 [www.audiapason.org](http://www.audiapason.org)

**— Health**

**QUEBEC CANCER FOUNDATION**

Supports people with cancer and their loved ones, all over Quebec, through services suited to their needs and daily concerns.

☎ **1-800-363-0063**

💻 **www.fqc.qc.ca/en**

**DIABETES**

**DIABÈTE BROME-MISSISQUOI**

Provides services to people with diabetes and their loved ones: seminars, special activities, newsletter, quarterly review, consultations with nutritionists, nurses, and podiatrists.

☎ **450-248-2224**

💻 **www.diabetebm.org**

**EYESIGHT**

**BONHOMME À LUNETTES, PHILIPPE ROCHETTE, COMMUNITY OPTICIAN**

By appointment. Tuesday 9:30 a.m. to 4 p.m.

You must have an optometrist's prescription prior to showing up. Service for all, no matter the income. Glasses starting at 20 \$ for welfare recipients and free for children under their responsibility.

☎ **450-372-5033**

📍 **362 Notre-Dame St., Granby**

💻 **www.bonhommealunettes.org**

**MONSIEUR LUNETTES**

By appointment. Friday 10:00 a.m. to 4:00 p.m. & Friday noon to 5:00 p.m.

You must have an optometrist's prescription prior to showing up. Service for all, no matter the income. Glasses starting at 40 \$ for welfare recipients and free for children under their responsibility.

☎ **450-693-0852**

📍 **408 Du Sud St., Cowansville**

💻 **www.monsieurlunettes.net**

**BROME-MISSISQUOI OPHTHALMOLOGY CLINIC**

Specialized medical services in eye care.

📍 **124 Pierre-Laporte Boulevard, Suite 1, Cowansville**

☎ **450-955-3442**

💻 **www.vosyeux.ca**

**DOYLE**

📍 **1530 Sud St., Cowansville 4**

☎ **450-263-1162**

💻 **www.doyle.ca**

**IRIS**

📍 **602 Sud St., Cowansville**

☎ **450-263-3341**

💻 **www.iris.ca**

**OPTO RÉSEAU**

📍 **4545 Foster St., Waterloo**

☎ **450-539-3555**

💻 **www.opto-reseau.com**

**VISIQUE BROMONT**

📍 **B101-82 Bromont Blvd., Bromont**

☎ **450-534-0054**

💻 **www.visique.com**

## FIBROMYALGIA

### ASSOCIATION DE LA FIBROMYALGIE DE L'ESTRIE

The mission of the organization is to provide support to people suffering from fibromyalgia in the Eastern Townships health and social services region and to their loved ones in order to develop the knowledge and tools necessary to achieve well-being while offering them a place of belonging where they feel recognized and welcomed. Become a member to have access to many activities and services. Only individual sessions are in English. Meetings in Cowansville, Granby and Sherbrooke. On-line activities. The office is open from 9 a.m. to 12 p.m. and from 1 p.m. to 4 p.m. from Monday to Thursday.

☎ 1-877-566-1067

🌐 [www.fibromyalgie.ca](http://www.fibromyalgie.ca)

↳ Website in French only

## HEARING

### ACOUPHÈNES QUÉBEC / TINNITUS

Self-help organization for people suffering from tinnitus

☎ 1-877-276-7772

🌐 [www.acouphenesquebec.org](http://www.acouphenesquebec.org)

↳ Website in French only

### LAFLAMME & ASSOCIÉS, Audioprothésistes

Hearing tests, follow-ups, adjustments and repairs of hearing aids.

📍 370 de la Rivière St. #201, Cowansville

☎ 450-955-1008

🌐 [www.laflammeetassocies.com](http://www.laflammeetassocies.com)

## HANDICAP

### ACCESS BROME-MISSISQUOI

Bilingual electronic directory search for accessible businesses and organizations in Brome- Missisquoi.

🌐 [www.accesbromemissisquoi.com](http://www.accesbromemissisquoi.com)

### ADAPTED TRANSPORTATION | TRANSPORT ADAPTÉ POUR NOUS INC.

Non-profit organization that runs a public transport service reserved for people with disabilities or with reduced mobility. Service from Monday to Saturday. Also goes to Cowansville, Granby, Magog and Sherbrooke.

☎ 450-539-4711

🌐 [www.tapournous.ca](http://www.tapournous.ca)

### ASSOCIATION OF PHYSICALLY HANDICAPPED PERSONS OF BROME- MISSISQUOI (APHPBM)

Physically handicapped person rights defense association.

☎ 450-266-4744

🌐 [www.aphpbm.org](http://www.aphpbm.org)

↳ Website in French only

### OFFICE DES PERSONNES HANDICAPÉES DU QUÉBEC

Offers services as well as various guides to support people with disabilities, their families and their caregivers.

☎ 1-800 567-1465

🌐 [www.ophq.gouv.qc.ca](http://www.ophq.gouv.qc.ca)

↳ Website in French only

### RESIDENTIAL ADAPTATION ASSISTANCE PROGRAM

Brome-Missisquoi and Société d'habitation du Québec.

☎ 450-266-4900, ext. 227

🌐 [www.habitation.gouv.qc.ca](http://www.habitation.gouv.qc.ca)

### TAX MEASURES

Provincial and Federal Tax Measures for Persons with Disabilities and their Families and Friends. You can consult the Guide des mesures fiscales provinciales et fédérales à l'intention des personnes handicapées, de leur famille et de leurs proches:

🌐 [www.ophq.gouv.qc.ca](http://www.ophq.gouv.qc.ca)

↳ Website in French only

— Health

**KINESIOLOGY**

**KIM FRENIERE**

Manual therapy and massage. On table or on chair.

☎ 819-993-5469

📄 [www.facebook.com/kimfreniere.kine](http://www.facebook.com/kimfreniere.kine)

**MASSOTHERAPY**

**ISABELLE PIETTE**

Table or chair massage. Foot care service.

📍 459, ch Knowlton, Knowlton

☎ 450-521-2913

📄 [www.facebook.com/massageisabellepiette](http://www.facebook.com/massageisabellepiette)

**MEDICAL CARE**

**CLICSANTE**

Book your appointment (vaccination, blood tests, etc.)

☎ 1-833-255-1995

📄 [www.portal3.clicsante.ca](http://www.portal3.clicsante.ca)

**PATIENTS WITHOUT A DOCTOR** (waiting list)

☎ 877-791-5439, # 2

📄 [www.quebec.ca/en/health/finding-a-resource](http://www.quebec.ca/en/health/finding-a-resource)

↳ Click on Registering with a Family Doctor

**BROME-MISSISQUOI-PERKINS HOSPITAL**

📍 950 Principale St., Cowansville

☎ 450-266-4342, option 5

☎ Complaints: 1-866-917-7903

**CLSC COWANSVILLE-DU-SUD**

Psychosocial intake, dressing changes, blood samples, vaccines.

📍 397 Rivière St., Cowansville

☎ 450-266-4342, # 2

**CLSC COWANSVILLE-LAROUCHE / HOME SUPPORT**

Support to keep seniors independent, homecare support services. Personal hygiene care, nursing and medical care, psychosocial care, equipment rental, etc.

📍 133 Larouche St., Cowansville

☎ 450-263-3242

**CLSC LAC-BROME**

Blood samples Tuesday and Thursday from 8 a.m. to 11:30 a.m.

📍 270 Victoria St., Lac-Brome

☎ 450-242-2001

**CLINIQUE MÉDICALE KNOWLTON**

Medical clinic, walk-in or with appointment.

📍 280 Victoria St., Lac-Brome

☎ 450-243-5043



**— Health****CENTRE MÉDICAL DE COWANSVILLE**

Medical clinic, walk-in or with appointment.

📍 370 Rivière St., suite 101 Cowansville      📞 450 263-0774

📞 WALK-IN Registration: Santé Québec : 450-306-1036

**GMFU LA POMMERAIE**

Medical clinic.

📍 1599 Sud St., suite 110 Cowansville      📞 450-266-4296

**MEDICATION****CANADIAN DEPRESCRIBING NETWORK**

The goal of the network is to eliminate the use of drugs that have the potential to cause harm in seniors and to make safer, effective alternatives available.

📄 [www.deprescribingnetwork.ca/patients-and-public](http://www.deprescribingnetwork.ca/patients-and-public)

**CORRECTLY MANAGE YOUR MEDICATIONS**

The majority of seniors use medications. Many of them even take several medications on a daily basis. If this is your case, this article will explain, among other things, how to properly manage their use for greater effectiveness and safety. The Uniprix pharmacy provides information for your information.

📄 [www.uniprix.com](http://www.uniprix.com)

**PREVENTING DRUG INTOXICATIONS**

The use of medications in too high a dose can lead to potentially dangerous intoxication. Jean Coutu Pharmacy explains how to avoid such situations.

📄 [www.jeancoutu.com/en/health/health-tips/drug-intoxications](http://www.jeancoutu.com/en/health/health-tips/drug-intoxications)

**OSTEOPOROSIS****ASSOCIATION DES OBSTÉTRICIENS ET GYNÉCOLOGUES DU QUÉBEC**

Because osteoporosis is most prevalent in women, your gynecologist is one of the best doctors to prevent, detect and treat it.

📄 [www.gynecoquebec.com/fr/sante-de-la-femme/sujets-d-interets](http://www.gynecoquebec.com/fr/sante-de-la-femme/sujets-d-interets)

**THE TREATMENT OF OSTEOPOROSIS**

Information on the treatment from Brunet pharmacy.

📄 [www.brunet.ca/en/health/health-tips/treatment-osteoporosis](http://www.brunet.ca/en/health/health-tips/treatment-osteoporosis)

**OSTEOPOROSIS CANADA**

An organization dedicated to educating, supporting and equipping individuals and communities in treatment and risk mitigation.

📄 [www.osteoporosis.ca](http://www.osteoporosis.ca)

**PARKINSON****PARKINSON QUEBEC**

A virtual information centre that meets the information needs of people with Parkinson's disease, caregivers and health professionals, providing reliable and up-to-date sources on all aspects of the disease. Monday to Friday from 8:30 a.m. to 4:30 p.m.

📞 1-800-720-1307

📄 [www.parkinsonquebec.ca/en/services](http://www.parkinsonquebec.ca/en/services)

**— Health****L'APPUI**

Resources and information for caregivers.

📞 **Caregiver support 514-789-2460**

🌐 **www.lappui.org**

**ORDRE DES DIÉTISTES NUTRITIONNISTES DU QUÉBEC**

A nutritionist is a professional who provides advice on healthy eating and maintaining an optimal weight and helps to resolve dietary problems associated with illness and medication.

🌐 **www.odnq.org/**

↳ **Website in French only**

**PHARMACIES****PHARMACIE JACINTHE GAGNON ET JEAN-PHILIPPE BERGERON AFFILIÉ À FAMILIPRIX**

Our team of pharmacists and laboratory technicians are here to take care of you. Delivery service, a team of two full-time nurses offers care services in the areas of: travel health, women's and sexual health, respiratory health, routine care (blood tests, ear cleaning, vaccinations of all kinds) and home nursing.

For nursing appointments: Clic santé or call 450-242-2113

📍 **475 Knowlton Rd., Lac-Brome**

📞 **450-242-2113**

**UNIPRIX JEAN-MARC BÉLANGER**

Free medication delivery. Nurse services. Diabetes, Hypertension and Cholesterol follow- ups. Orthopedic Products rental. Medication management. Traveller's services. Lyme disease prevention.

📍 **310 Knowlton Rd., Lac-Brome**

📞 **450-243-5700**

**PHYSIOTHERAPY****PAUL CASTONGUAY PHYSIOTHERAPIST**

Dry needling, manual therapy, temporomandibular joint treatment, specific rehabilitation for chronic pain.

📍 **186 Lakeside Rd., Lac-Brome**

📞 **450-242-1212**

**PHYSIO LAC BROME, LOUIS LAHAYE PHYSIOTHERAPIST**

Sports Physiotherapy, Active Rehabilitation, Manual Therapy and vestibular rehabilitation.

📍 **27 Rock Hill St., Lac-Brome**

📞 **450-242-0228**

**SPORT PHYSIO PLUS INC.**

Sports Physiotherapy, Active Rehabilitation, Manual Therapy and vestibular rehabilitation.

📍 **550 Knowlton Rd, Lac-Brome**

📞 **579-438-8484**

🌐 **www.facebook.com/SportPhysioPlus**

**SENIOR'S HEALTH RESOURCES**

You can look forward to many more years of health and happiness with a little help from your doctor and the right information.

**STRESS**

The centre for studies on human stress presents a section on stress in seniors:

🌐 **www.humanstress.ca**

↳ **Click on Elders and Stress**

**BRUNET PHARMACY**

Advices on reducing risks associated to chronic illnesses and to promote a healthy lifestyle.

🌐 **www.brunet.ca/en/health/advice-by-age-and-gender**

↳ **Click on Seniors**

— Health

**PROTÉGEZ-VOUS**

Protégez-vous magazine offers Nutrition, Exercise and Memory: Tips for Healthy Aging in the news section of its website.

📄 [www.protegez-vous.ca/nouvelles/loisirs-et-famille/vieillir-en-sante-conseils-pour-combattre-linsomnie-et-la-douleur-chronique](http://www.protegez-vous.ca/nouvelles/loisirs-et-famille/vieillir-en-sante-conseils-pour-combattre-linsomnie-et-la-douleur-chronique)  
↳ Website in French only

**BIEN CHEZ SOI**

Support, home help, meals on wheels, home hygiene, home leisure activities, home care.

📍 104 Rue St Hubert, Granby      ☎ 450 915-0243  
✉ [infogranby@bienchezsoi.ca](mailto:infogranby@bienchezsoi.ca)      📄 [www.bienchezsoi.ca](http://www.bienchezsoi.ca)

**CINDY CLEARY**

Accompaniment, home help, home food, home hygiene, home computing, home leisure, home care.

📍 170 Ch Mountain      ☎ 450 204-5155  
✉ [cinkatcleary@gmail.com](mailto:cinkatcleary@gmail.com)      📄 [www.soinsadomicilememphre.com](http://www.soinsadomicilememphre.com)

**JO-ANN DROBOT**

With more than 10 years experience in aiding and supporting elderly people. This includes cooking, cleaning, companionship, assistance at family events, dispensing pill medications, engaging seniors in mild exercise routines including walks or swim exercise, communicating with health teams, going to church, visiting the library, personal shopping, both grocery and other items, visits to therapy or doctor appointments both locally or in Montreal and finally pet care.

☎ 450-521-2343      ✉ [drobotjoann@gmail.com](mailto:drobotjoann@gmail.com)

**MAAIKE ZUYDERHOFF**

Has offered personalized care services in the community for years. Can help send emails and set-up medical appointments. Home care and housework. Likes to cook to meet individual needs.

☎ 450-538-0164      ✉ [mzuyderhoff@hotmail.com](mailto:mzuyderhoff@hotmail.com)

**COMPUTER SERVICES AT YOUR HOME CAROL HALLS**

Computer repair, software installation and website creation.

☎ 450-775-2206

# Home care support services

**ACCOMPANIED-TRANSPORT | ASSISTANCE | COMPANYY**

**HEMECARE SERVICES CLSC COWANVILLE-LAROCHE**

Support to keep seniors independent, homecare support services. Personal hygiene care, nursing and medical care, psychosocial care, etc.

📍 133 Larouche, Cowansville      ☎ 450-263-3242

**HOME SUPPORT SERVICES COOP / COOPÉRATIVE DE SOUTIEN À DOMICILE DU PAYS DES VERGERS**

A social economy coop providing help with personal care and hygiene, housework, accompanied transport and meals. Cost based on income. (Local #7)

📍 175 Principal Cowansville      ☎ 450-266-5484  
📄 [www.soutienadomicile.coop](http://www.soutienadomicile.coop)

## — Home care support services

### ZONE INFOTECH

Repair and configuration of computers and computer equipment at home.

☎ 450-306-1246

### HOME-DELIVERED GROCERIES

#### IGA EXTRA L.A. DAIGNEAULT ET FILS COWANSVILLE

Order online or by phone (deliveries to West Brome).

☎ 450-263-3686    🖥 [www.iga.net/en/orders/shoppingcart](http://www.iga.net/en/orders/shoppingcart)

#### IGA EXTRA MARCHÉ LAMBERT ET FRÈRES INC. BROMONT

Order online or by phone. In-store pick-up service.

☎ 450-534-3440    🖥 [www.iga.net/en/orders/shoppingcart](http://www.iga.net/en/orders/shoppingcart)

#### METRO PLUS PLOUFFE BROMONT

In-store pick-up service (Wednesdays only) for phone orders.

☎ 450-534-5373    🖥 **Metro Priority Service:** [www.metro.ca/en/mpriority](http://www.metro.ca/en/mpriority)

### HOME-DELIVERED MEALS

#### MEALS-ON-WHEELS

Home delivered hot lunches for people suffering from loss of autonomy (weekdays except Wednesdays). Registration required.

☎ 450-242-2020

🖥 [www.lacbrome.ca/en/leisure-sports-and-culture/community-life/seniors](http://www.lacbrome.ca/en/leisure-sports-and-culture/community-life/seniors)



#### BOUFFE MAISON JLM

Frozen meals delivery.

☎ 450-521-2325

🖥 [www.bouffemaisonjlm.com](http://www.bouffemaisonjlm.com)

#### BUZZ COMPTOIR TRAITEUR

Healthy family-style cuisine. Catering services (15 people min.)

📍 291C Knowlton Rd., Lac-Brome

☎ 450-242-2312

🖥 [www.buzztraiteur.com](http://www.buzztraiteur.com)

#### LES PASSIONS DE JULIE

Delivers healthy meals prepared with local ingredients. Vegan option offered. Order for the entire week or only certain dishes. Catering services (8 people min.).

☎ 438-862-8833

🖥 [www.lespassionsdejulie.com](http://www.lespassionsdejulie.com)

— Home care support services

**HOUSEKEEPING SERVICES**

**A.B. HORNER, CLEANER / NETTOYEUR A.B. HORNER**

Major house cleaning.

☎ 450-375-0990

💻 [www.nettoyagehorner.ca](http://www.nettoyagehorner.ca)

**HAVENMAVEN**

A professional organizer specialized in transitions, helping people go through major changes in their living space (moving, reorganizing, decluttering). Her goal is to make every living space, small or large, comfortable, uncluttered, stress-free and efficient.

☎ 450-204-3124

💻 [www.havenmaven.ca](http://www.havenmaven.ca)

**J.L. CLEANING / NETTOYAGE J.L.**

Major house cleaning.

☎ 819-571-1289

💻 [www.nettoyagejl.com](http://www.nettoyagejl.com)

**QUALINET**

Major house cleaning.

☎ 450-375-9000

💻 [www.qualinet.ca](http://www.qualinet.ca)

**SERRURIER MOBILE 24H CANTONS-DE-L'EST**

Maintenance, renovations and decorating services.

📍 611 Lakeside Rd, Foster

☎ 514 570-0171

✉ [serrure24h@hotmail.com](mailto:serrure24h@hotmail.com)

**HYGIENE CARE AT HOME FOOT CARE**

**CATHERINE SELLIER, QUALIFIED NURSE**

Foot care at home and in the office: cutting and cleaning, callus and bunion treatments, ingrown toenail prevention, foot massage.

☎ 450-538-4091

**TOUT EN MARCHANT | AUDREY MARCHAND, CERTIFIED FOOT CARE NURSE**

Foot care in the comfort of your home: nail thinning, cut, ingrown toenail care; straightening clip, mycosis and athletes' foot treatment, reducing corns and fungal nails. Rigorous sterilisation of equipment.

📍 1599 du Sud St. Cowansville (Familiprix)

📍 317, Racine St. Granby (local 206)

☎ 450-405-3712

💻 Facebook: Tout en marchant Audrey Marchand infirmière en soins des pieds

**HAIRDRESSING**

**COIFFURE MOBILE NATHALIE HARRISSON**

For all. Travel costs may apply.

☎ 450-558-4040

**PHYSIOTHERAPY**

**SPORT PHYSIO PLUS INC.**

Physiotherapy and group rehabilitation

📍 550 Knowlton St., Lac-Brome

☎ 579-438-8484

✉ [sportphysio.knowlton@gmail.com](mailto:sportphysio.knowlton@gmail.com)

💻 [www.facebook.com/SportPhysioPlus](http://www.facebook.com/SportPhysioPlus)

## GENERAL INFORMATION

### ACCÈS RÉSIDENCES

Accès résidences offers a free service to help you in your search for a residence for seniors.

 [www.accesresidences.com/en](http://www.accesresidences.com/en)  1-855-360-2100

### ACCOMODATION

Practical tips on living accommodations from l'Appui.

 1-855-852-7784  [www.lappui.org/en/Practical-tips/Accommodation](http://www.lappui.org/en/Practical-tips/Accommodation)

### CAAP SUR LE BAIL

Service for people living in private seniors' residences. The counsellors at the Centre d'assistance et d'accompagnement aux plaintes (CAAP) can inform, assist and accompany you in finding a solution to your lease problem.

 1-877-767-2227  [www.fcaap.ca/residences-privees-pour-aines](http://www.fcaap.ca/residences-privees-pour-aines)



### SHELTER ALLOWANCE PROGRAM

For people 50 and over which have a low income and that do not live in low-rental housing or in a government-funded health and social services institution.

 1-800-463-4315  [www.habitation.gouv.qc.ca](http://www.habitation.gouv.qc.ca)



### SOCIÉTÉ D'HABITATION QUÉBEC

Whether you are looking for housing or looking for information to obtain a housing subsidy, your housing office and the SHQ can help you.

 1-800-463-4315  [www.habitation.gouv.qc.ca](http://www.habitation.gouv.qc.ca)


### UNDERSTANDING HOME SUPPORT SERVICES

Practical tips for caregivers from l'Appui.

 1-855-852-7784  
 [www.lappui.org/en/practical-advice/.org/en/practical-advice/](http://www.lappui.org/en/practical-advice/.org/en/practical-advice/)




## SENIOR'S RESIDENCES

### BROMONT | RÉSIDENCE BROMONT

 871 Violoneux St., Bromont  450-534-4739  
 [www.residencebromont.com](http://www.residencebromont.com)

### MANOIR DU LAC-BROME


Residence for seniors who are independent or require assisted-living services. Also, for persons living with cancer, Alzheimer's or cognitive impairments.

 28 Mont-Écho Rd., Lac-Brome  450-242-4663  
 [www.manoirlacbrome.com](http://www.manoirlacbrome.com)

### — Housing

### EXCELSOINS RÉSIDENCE PRINCIPALE COWANSVILLE



Home for senior who are independent but may need access to care, and for seniors who require assisted-living services.

 339 Principale St., Cowansville  450-263-6001

**— Housing**



**CHSLD-CENTRE D'HÉBERGEMENT DE COWANSVILLE**

Managed by CSSS La Pommeraie.

 **200 Principale St., Cowansville**       **450-266-4342**

**LE RENAISSANCE**

Residence for autonomous or semi-autonomous retirees with access to auxiliary nursing services.

 **130, Jean-Besré St., Cowansville**       **450-955-5555**

 [www.lerennaissance.ca](http://www.lerennaissance.ca)

**RÉSIDENCE DES BÂTISSEURS**

Residence for autonomous or semi-autonomous retirees with access to auxiliary nursing services.

 **323 Principale St., Cowansville**       **450-263-1933**

 [www.batisseurs.ca](http://www.batisseurs.ca)

**RÉSIDENCE COWANSVILLE CRP**

Residence providing customized services to seniors who are independent, require assisted-living services or are losing their autonomy.


 **117 Principale St., Cowansville**       **450-266-3757 ext. 2**

 [www.residencescrp.ca](http://www.residencescrp.ca)

**LE PANIER FLEURI**



Residence for individuals who are independent or require assisted-living services, or are convalescing, for short or long periods.

 **419 Principale St., Cowansville**       **450-263-0032**

 [www.residencelepanierfleuri.com](http://www.residencelepanierfleuri.com)



**SUTTON | CHSLD-FOYER SUTTON**

The Foyer de Sutton is a public facility that is both a seniors' residence and a day centre for persons who are becoming less autonomous, managed by the provincial government's CIUSSS de l'Estrie - CHUS.

 **50 Western St., Sutton**       **450-538-3332**

**LES VILLAS DES MONTS DE SUTTON**


Facility with 40 apartments for independent seniors, providing two meals a day (lunch and supper).

 **33 Western St., Sutton**       **450-538-1291**

**MUNICIPAL HOUSING OFFICE**

**BROME-MISSISQUOI MUNICIPAL HOUSING OFFICE**

Low-income housing

 **125 Jean-Jacques-Bertrand St., Cowansville**       **450-263-2143**

# Legal | Advocacy

## ACTION PLUS BROME MISSISQUOI

Assistance to people on social assistance and people living below the poverty line. Advocacy, café-rencontres, Info-Law, information sessions, educational kitchen and community meals.

☎ 450-293-2123

💻 [www.actionplusbm.org](http://www.actionplusbm.org)

↳ Website in French Only

## ALTERNATIVE JUSTICE AND MEDIATION GROUP

Mediation services. Mediation is an alternative to the conventional justice system. Free, confidential and bilingual.

☎ 450-777-4208

💻 [www.jamed.org](http://www.jamed.org)

## ÉDUCALOI

Your online starting point for legal education.

💻 [www.educaloi.qc.ca](http://www.educaloi.qc.ca)

## OPTION-CONSOmmATEUR

This guide is intended for seniors and caregivers who wish to improve their knowledge of the various payment methods and adopt safe behaviours that will reduce the risk of financial abuse or fraud. Consult the guide Vos finances en toute sécurité – Guide à l'intention des aînés on the Option consommateurs website at:

💻 [www.option-consommateurs.org/en](http://www.option-consommateurs.org/en)

☎ 1-888-412-1313

↳ Guide in French only

## EDUCALOI'S SENIORS FILE

Information on housing, family, fraud, financial planning, health, wills and more.

💻 [www.educaloi.qc.ca/en/web-guide/seniors](http://www.educaloi.qc.ca/en/web-guide/seniors)

## ACEF MONTÉRÉGIE EST

📍 125, Boulevard Lord Granby

☎ Granby office: 450 375-1443

💻 [www.acefme.org](http://www.acefme.org)

📍 515, rue du Sud, bureau 206 Cowansville

☎ Cowansville office: 450-305-0440

## LEGAL AID OFFICE

Lawyer services.

📍 436 Du Sud St., Cowansville

☎ 450-263-5458

## CURATEUR PUBLIC/PUBLIC CURATOR

The Curateur public ensures the protection of incapable persons and the patrimony of minors. It educates the public about incapacity and the importance of taking action before it happens. The Curateur public also provides support to families and loved ones who are representing an incapable person or who are members of a tutorship council and supervises the administration of tutorships and curatorships.

☎ 1-844-532-8728

💻 [www.quebec.ca/en/government/departments-agencies/curateur-public](http://www.quebec.ca/en/government/departments-agencies/curateur-public)

## PROTECTION MANDATE

The protection mandate is a document in which a person expresses their wishes and names one or more trusted people to look after their person and their property in case of incapacity.

☎ 1-844-532-8728

💻 [www.quebec.ca/en/government/departments-agencies/curateur-public](http://www.quebec.ca/en/government/departments-agencies/curateur-public)

## QUEBEC HUMAN RIGHTS AND YOUTH RIGHTS COMMISSION

☎ 1-800-361-6477

💻 [www.cdpedj.qc.ca/en](http://www.cdpedj.qc.ca/en)

— Legal | Advocacy

**QUEBEC ASSOCIATION TO DEFEND THE RIGHTS OF RETIRED AND PRERETIRED INDIVIDUALS**

Information, prevention and accompaniment, referrals for seniors.

☎ 514-935-1551

💻 [www.aqdr.org](http://www.aqdr.org)

↪ Website in French

**TOWNSHIPERS' ASSOCIATION**

Free legal advice for the English-speaking community.

☎ 819-566-2182 (toll free)

☎ 1 877-566-2182

💻 [www.townshippers.qc.ca](http://www.townshippers.qc.ca)

## Mental health and assistance

**GETTING BETTER...MY WAY**

Self-management support tool that can help you regain your balance and feel good again.

💻 [www.allermieux.criusmm.net/en/am-home](http://www.allermieux.criusmm.net/en/am-home)

**SUPPORT AND INTEGRATION ORGANISATIONS**

**ÉVEIL 18-65 (L')**

A community mental health organization whose mission is to help people with emotional or mental health issues to remain or be reintegrated into the community.

📍 112 Sud St. #500, Cowansville

☎ 450-263-6240

💻 [www.eveilcowansville.com](http://www.eveilcowansville.com)

**LE PHARE SOURCE D'ENTRAIDE**

Alternative mental health resource fostering mutual support for people experiencing mental health issues.

📍 515 Sud St. # 216, Cowansville

☎ 450-266-3464

💻 [www.psentraide.org](http://www.psentraide.org)

**MENTAL HEALTH OASIS / OASIS SANTÉ MENTALE, GRANBY ET RÉGION**

Provides support for the friends and family of anyone with mental health problems. Services available to people in Brome-Missisquoi.

📍 177, rue Denison, Granby

☎ 450-777-7131

💻 [www.oasissantementale.org](http://www.oasissantementale.org)

↪ Website in French only

**MENTAL HEALTH WELLBEING SUPPORT GROUP AND CONNECTIONS FOR MENTAL HEALTH**

This group provides an opportunity to share experiences and benefit from mutual support in an atmosphere of confidentiality and acceptance. Support, guidance and encouragement are offered to sufferers and/or family or friends to help cope with the impact of mental illness.

☎ 450-243-0928

✉ [pleasantvalley001@gmail.com](mailto:pleasantvalley001@gmail.com)

**PHOBIES-ZÉRO**

Self-help groups for people, young and adults who suffer from anxiety disorders including OCD. These services are also available to family and friends.

☎ Listening line: 514-276-3105 / 1-866-922-0002

💻 [www.phobies-zero.qc.ca](http://www.phobies-zero.qc.ca)

↪ Website in French only

**— Mental health and assistance**

**REVIVRE/RELIEF**

Revivre is a non-profit organization that helps people living with an anxiety, depressive or bipolar disorder and their loved ones, in collaboration with the institutional and community mental health network.

☎ 1-866-REVIVRE (738-4873)

💻 [www.relief.ca/home](http://www.relief.ca/home)

**RESPIRE AND HOUSING SERVICES**

**ENTRÉE CHEZ SOI BROME MISSISQUOI**

Support in the community and accompany people living mental health problems to achieve autonomy by using a global and alternative approach.

📍 525, St-Édouard St. (Bureau 101), Farham

☎ 450-293-1631

💻 [www.entreechezsoi.org](http://www.entreechezsoi.org)

**MAISON DUNHAM**

Residential treatment centre for individuals over 18 years old suffering from mental health and concurrent disorders, including addiction.

☎ 450-263-3434

💻 [www.dunhamhouse.ca](http://www.dunhamhouse.ca)

**PSYCHOSOCIAL SUPPORT**

**811 INFO-SOCIAL, OPTION 2**

Reach a psychosocial worker quickly in case of distress: grief, drug or alcohol abuse, job loss, depression, anxiety, suicidal thoughts, relationship problems, parenting troubles. 24/7.

**AVANTE WOMEN'S CENTRE**

Educational and informational programs and services for social change. Coffee breaks, soup and coffee, cultural outings, drop-in and counselling.

📍 15 Du Pont St., Bedford

☎ 450-248-0530

💻 [www.avantewomenscentre.org](http://www.avantewomenscentre.org)

**SENIORS'S HELPLINE / TEL-AÎNÉS**

Anonymous Helpline for any senior who feels the need to talk about his or her problems in complete confidentiality. Available from 10:00 a.m. to 10:00 p.m.

☎ 514-353-2463

💻 [www.tel-ecoute.org/programme-tel-aines](http://www.tel-ecoute.org/programme-tel-aines)

**TEL-AIDE**

Anonymous Helpline for any senior who feels the need to talk about his or her problems, or that thinks about suicide.

☎ 1-877-935-1101

💻 [www.telaidemontreal.org](http://www.telaidemontreal.org)

**GRIEVING**

**MAISON DIAPASON**

These support groups are for persons grieving the passing of a loved one and are animated by experienced Au Diapason volunteers. They consist of a series of 12 workshops with the goal of assisting participants learn to cope with grief and bereavement. This service is completely free.

📍 50, Diapason St., Bromont

☎ 450-534-2002 ext 229

✉ [info@audiapason.org](mailto:info@audiapason.org)

💻 [www.audiapason.org/en/giving/la-maison](http://www.audiapason.org/en/giving/la-maison)

**MCGILL UNIVERSITY HEALTH CENTRE GUIDE**


💻 [www.muhcpatienteducation.ca](http://www.muhcpatienteducation.ca)

↳ Under tab / General Health / End-of-life Care and loss

— Mental health and assistance

RESOURCES IN ENGLISH

If you need help following the loss of a loved one, here are different grief support and resources that are available in English.

 [www.maisonmonbourquette.com](http://www.maisonmonbourquette.com)

SUPPORT LINE/LIGNE LE DEUIL

Bereaved individuals can receive empathetic listening as well as referrals by calling toll-free, 365 days a year, between 10:00 a.m. and 10:00 p.m.

 [1-888-533-3845](tel:1-888-533-3845)

SEXUAL DIVERSITY


AGING GAYFULLY


Fondation Émergence advocates for the rights of LGBTQ+ seniors and provides tools and training for more inclusive senior environments.

 [www.fondationemergence.org](http://www.fondationemergence.org)

INTERLIGNE

Interligne is a first response centre that provides help and information to those concerned with sexual orientation and gender diversity. Because our services are accessible 24 hours/day, we can offer support to the LGBTQ+ communities, their friends and family and to service providers in the health, education and social service sectors. Through our outreach and awareness activities, we also promote greater openness to LGBTQ+ realities.

 [514-866-0103](tel:514-866-0103)


 [1-888-505-1010](tel:1-888-505-1010)

 [www.interligne.co](http://www.interligne.co)

 SOLITUDE

FRIENDLY VISITS FROM THE WELLNESS VOLUNTEER CENTRE

Volunteers can come regularly to your home to read, chat, play cards or games or just spend some social time with you. If you are interested in receiving a visit from a volunteer at home or in a residence.

 [450-242-2020](tel:450-242-2020)


 [www.lacbrome.ca/en/leisure-sports-and-culture/community-life/seniors](http://www.lacbrome.ca/en/leisure-sports-and-culture/community-life/seniors)


811 INFO-SOCIAL, OPTION 2

Reach a psychosocial worker quickly in case of distress: grief, drug or alcohol abuse, job loss, depression, anxiety, suicidal thoughts, relationship problems, parenting troubles. 24/7.

AU BOUT DU FIL


Free telephone matching service for people aged 75 and over.

 [1-866-627-8653](tel:1-866-627-8653)

 [www.littlebrothers.ca/countering-isolation-companionship/encouraging-interactions/](http://www.littlebrothers.ca/countering-isolation-companionship/encouraging-interactions/)

FRIENDSHIP HELPLINE / SECOURS AMITIÉ


Anonymous & confidential helpline for anyone going through difficult times. 7 days/24 hours

 [1-800-667-3841](tel:1-800-667-3841)

 [www.secoursamitieestrie.org](http://www.secoursamitieestrie.org)

MONTÉRÉGIE HELPLINE / CENTRE D'ÉCOUTE MONTÉRÉGIE

Free and confidential helpline for anyone over 50 experiencing loneliness. 7 days.

 [1-877-658-8509](tel:1-877-658-8509)

 [www.ecoutemonteregie.org](http://www.ecoutemonteregie.org)

**— Mental health and assistance**

**SENIORS'S HELPLINE / TEL-AÎNÉS**

Anonymous Helpline for any senior who feels the need to talk about his or her problems in complete confidentiality. Available from 10:00 a.m. to 10:00 p.m.

☎ **514-353-2463**

💻 [www.tel-ecoute.org/programme-tel-aines](http://www.tel-ecoute.org/programme-tel-aines)

**SUICIDE PREVENTION**

**PROVINCIAL HELPLINE**

☎ **1-866-277-3553**

**HAUTE-YAMASKA SUICIDE PREVENTION CENTRE**

24/7 Helpline for people in distress, and their loved ones, as well as for the professionals involved.

☎ **450-375-4252**

💻 [www.cpsybm.ca/](http://www.cpsybm.ca/)  
↳ Website in French only

**JEVI ESTRIE SUICIDE PREVENTION**

24/7 telephone support for people in distress, their families and professionals.

☎ **819-564-1354**

💻 [www.jevi.qc.ca/en/](http://www.jevi.qc.ca/en/)

**SUICIDE.CA**

Information and assistance for people with suicidal thoughts and behaviours, those who are worried about a loved one or who are bereaved by suicide, as well as those who work with vulnerable clients.

☎ **1-866-277-3553**

💻 [www.suicide.ca/en](http://www.suicide.ca/en)

**TEL-AIDE**

Anonymous Helpline for any senior who feels the need to talk about his or her problems, or that thinks about suicide.

☎ **514-935-1101**

**DRUG & ALCOHOL ABUSE | ADDICTIONS**

**AL-ANON**

Support program for people whose lives are affected by someone else's drinking.

☎ **1-888-425-2666**

💻 [www.al-anon.org](http://www.al-anon.org)



— Mental health and assistance

**ALCOHOLICS ANONYMOUS**

Knowlton Serenity Group: meeting on Sundays at 10:00 a.m.

📍 **Centre Lac Brome, 270 Victoria St., Lac-Brome**

Knowlton Serenity Group (Women): Zoom Closed meetings on Mondays at 4:00 p.m.

📍 **Knowlton United Church, 243 Knowlton St., Lac-Brome**

🌐 [www.knowltonserenity.com](http://www.knowltonserenity.com)

**DRUG ADDICTION HELP AND REFERRAL / DROGUE, AIDE ET RÉFÉRENCE**

📞 **1-800-265-2626**

🌐 [www.aidedrogue.ca/en/](http://www.aidedrogue.ca/en/)

**SPECIALIZED ADDICTION REHABILITATION SERVICES** (Previously Foster ARC)

Programs for adults dealing with addiction: drugs, compulsive gambling, Internet. Also offers programs for those close to a person dealing with addiction. Individual counselling; education and support groups.

📞 **450-443-4413**

📞 **1-866-964-4413**

🌐 [www.santemonteregie.qc.ca/en](http://www.santemonteregie.qc.ca/en)

**GAMBLING: HELP AND REFERRAL / JEU AIDE ET RÉFÉRENCE**

📞 **1-800-461-0140**

🌐 [www.aidejeu.ca/en](http://www.aidejeu.ca/en)

**NARCOTICS ANONYMOUS**

📞 **1-855-544-6362**

🌐 [www.naquebec.org](http://www.naquebec.org)

## Notaries

**EDITH CHAPUT**

📍 **114, Church St., Cowansville**

📞 **450-306-1269**

🌐 [www.edithchaput.com](http://www.edithchaput.com)

**NOTAIRES LAC-BROME INC.**

📍 **35 Victoria St., Lac Brome**

📞 **450-242-1555**

**CHAMBRE DES NOTAIRES / CHAMBER OF NOTARIES**

Experienced notaries answer citizens' questions by offering general legal information. It should be noted, however, that the answers provided by the Chamber of Notaries do not constitute legal advice

📞 **1-800-263-1793**

🌐 [www.cnq.org/en](http://www.cnq.org/en)

## Transportation

**VOLUNTEER TRANSPORTATION, WELLNESS VOLUNTEER CENTRE**

Transportation to hospitals and clinics. Some conditions apply. Call at least 48 hours ahead to reserve a ride. Fees charged to cover gas and expenses.

📞 **450-242-2020**

🌐 [www.lacbrome.ca/en/leisure-sports-and-culture/community-life/seniors](http://www.lacbrome.ca/en/leisure-sports-and-culture/community-life/seniors)

## — Transportation

### ADAPTED TRANSPORTATION | TRANSPORT ADAPTÉ POUR NOUS INC.

Service from Monday to Saturday. Local travels and goes to Cowansville, Granby, Magog and Sherbrooke.

☎ 450-539-4711

🌐 [www.tapournous.ca/en](http://www.tapournous.ca/en)

### DESSERCOM

Personalized and secure medical transportation and accompaniment service for people requiring care, examinations or treatment in a private health establishment or in the health and social services network.

☎ 1-877-344-9844

🌐 [www.dessercom.com](http://www.dessercom.com)

### INTERMUNICIPAL PUBLIC TRANSIT BROME-MISSISQUOI

Call before noon the day before you need the service. \$6 - Exact change or buy 10 tickets (cash or cheque payable to MRC Brome-Missisquoi).

From Monday to Friday, 8 a.m. to 4 p.m.

☎ 450-263-7010

🌐 [www.mrcbm.qc.ca/en/transp\\_tc.php](http://www.mrcbm.qc.ca/en/transp_tc.php)

### QUEB TAXI

With service. Knowlton and surroundings. Montreal and airport.

☎ 450-243-6000

✉ [quebtaxiwithservice@gmail.com](mailto:quebtaxiwithservice@gmail.com)

🌐 Facebook: QUEB Taxi

### RIDE SHARING

🌐 [www.covoiturage.ca](http://www.covoiturage.ca)

🌐 Search for Covoiturage Sutton et environs on Facebook

### TAXI COWANSVILLE INC.

☎ 450-263-2222

## Violence

### ABUSE AND INTIMIDATION

#### CAAP

Abuse can take many forms, and many people experience it daily. It can take the form of violence or simple neglect. It is important to be able to identify it and help those who suffer.

☎ 1-877-767-2227

🌐 [www.fcaap.ca/maltraitance](http://www.fcaap.ca/maltraitance)

#### DIRA ESTRIE

Preventing and countering elder abuse. Support seniors in naming what is happening, first on their own behalf, and then with the appropriate people or authorities to put an end to the abuse. Inform seniors about their rights and possible remedies, as well as about relationship dynamics and the importance of assertiveness and self-esteem. Refer them, as needed, to other resources to help them in their situation. Accompany people in the steps they take to stop abuse.

📍 300, rue du Conseil, bur. 337, Sherbrooke

☎ 819-346-0679

✉ [info@dira-estrie.org](mailto:info@dira-estrie.org)

#### ELDER ABUSE HELPLINE

A provincial helpline and referral service for those seeking support and information in cases of elder mistreatment. The helpline offers services to the public and to professionals specialized in situations of elder abuse. 8:00 a.m. to 8:00 p.m., 7 days a week.

☎ 1-888-489-2287

🌐 [www.lignemaltraitance.ca/en](http://www.lignemaltraitance.ca/en)

— Violence




PREVENTING ELDER FINANCIAL ABUSE

 [www.lautorite.qc.ca/en/general-public/fraud-prevention/preventing-elder-financial-abuse](http://www.lautorite.qc.ca/en/general-public/fraud-prevention/preventing-elder-financial-abuse)

CRIMINAL

CRIME VICTIMS ASSISTANCE CENTRE / CAVAC ESTRIE



If you are a victim of physical abuse, threats, fraud, theft or any other type of crime, you should know that professional, free and confidential services are available through CAVAC. The victim's family and witnesses can also use the services of these non-profit organizations.

 1-877-822-2822     1-866-532-2822     [www.cavac.qc.ca](http://www.cavac.qc.ca)

DOMESTIC


HORIZON POUR ELLE (temporary lodging for women)

Horizon pour Elle offers a safe temporary shelter for women who are victims of domestic violence, with or without children. Crisis line 24/7. Free and confidential.

 450-263-5046     [www.horizonpourelle.ca/en](http://www.horizonpourelle.ca/en)




LE PASSANT (temporary lodging for men)

Temporary shelter for men going through tough times.

 436 Horner St., Granby     450-375-4404  
 [www.lepassant5.wixsite.com/monsite](http://www.lepassant5.wixsite.com/monsite)



RESOURCES FOR MEN IN HAUTE-YAMASKA

For men experiencing psychological distress or violent behaviour.

 739 Dufferin St., Granby     450-777-6680  
 [www.rhhy.qc.ca](http://www.rhhy.qc.ca)




SOS CONJUGAL VIOLENCE / S.O.S. VIOLENCE CONJUGALE

Offered 24/7, this service is anonymous, confidential and free. In just a few minutes, the victim can communicate with a safe shelter and get support.

 1-800-363-9010     [www.sosviolenceconjugale.ca](http://www.sosviolenceconjugale.ca)

TRANSITION POUR ELLES, INC. (temporary lodging for women)

Short and medium-term lodging for women of any background who are dealing with difficult situations.

 110 Dufferin St., Granby     450-777-1565  
 Facebook: [Transition pour elles](#)

VOIRLAVIOLENCE.CA




Domestic violence is often invisible and can take many forms. This website helps to demystify and recognize the signs of violence.

 [www.voirlaviolence.ca](http://www.voirlaviolence.ca)

SEXUAL

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