

ENGLISH-LANGUAGE GUIDE for the MRC DES PAYS-D'EN-HAUT

for the MRC DES PAYS-D'EN-HAUT



2014
2015



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INFO-SANTÉ 8-1-1

If you have a non-urgent health question, you should call Info-Santé. Info-Santé is the bilingual, province-wide telephone help line for answers to health questions. While there is a single number for the whole province, questions of a local nature are transferred to someone familiar with the resources available in the area.

A WORD FROM LESAN DES PAYS-D'EN-HAUT

Dear friends,

It is with great pride that the **Laurentian English Services Advisory Network (LESAN) des Pays-d'en-Haut** has the opportunity to bring you this resource guide for health and social services for families, youth and seniors.

This resource guide has been developed to promote health and social services that exist in our area, as well as the means to access them. It should be noted that in a primarily French-speaking region as such, not all services can be offered in English.

If language is a barrier to receiving services, do not hesitate to contact the **4 Korner's Family Resource Center's** office at **888-974-3940**. We are dedicated to helping the English-speaking community to the best of our ability. As such, we will do what we can to help with the available resources.



Should you find an error while consulting this resource guide, please let us know. You can call: 888-974-3940
or email us at: info@4kornerscenter.org.

Thank you for helping us make this guide even more efficient.

EMERGENCY NUMBERS

Ambulance – Police – Fire Department	9-1-1
Poison Control Centre	1-800-463-5060
Info-Santé	8-1-1
Sûreté du Québec	310-4141 *4141 (for municipalities without 911 services) or 514-598-4141
Sûreté du Québec for the MRC des Pays-d'en-Haut	450-227-6848
Crisis Intervention (Suicide)	8-1-1

SERVICES KEY/FLUENCY IN ENGLISH

In order to better serve the needs of the users of this guide, we have created a letter grade evaluation key to inform you of the level of English you can expect when contacting a service within this booklet. In other words, beside the contact information of each listed service, you will find a letter grade corresponding to the following*:

A	English spoken and understood. Services and documents are available in English.
B	English sometimes understood/translation available, but most services and documents are only available in French.
C	Little to no English service available. French only.

* Where there is no grade, the level of English could not be determined. Please note that due to turnover of human resources, these levels can change.

IMPORTANT NUMBERS

Senior Abuse	A	1-888-489-2287	www.aines.info.gouv.qc.ca
Sexual Assault	A	1-888-933-9007	www.agressionssexuelles.gouv.qc.ca
Al-Anon / Alateen	A	1-888-425-2666	www.al-anon-alateen.org
Alcoholics Anonymous	A	1-877-326-8018	www.aa-quebec.org
Allo-Prof (Homework help for students)	C	1-888-776-4455	www.alloprof.qc.ca
Ami-Québec (for family members of people suffering from mental health issues)	A	1-877-303-0264	www.amiquebec.org
Suicide Prevention	A	1-866-227-3553	http://cps-le-faubourg.org
Cocaine Anonymous	A	1-877-806-0581	www.cocainomanes-anonymes.org
Emotional Addiction	B	1-877-621-4744	www.daa-quebec.org
Éducation coup-de-fil (Family counselling)	A	1-866-329-4223	www.education-coup-de-fil.com
Elder Abuse phone line	A	1-888-489-2287	www.aideabusaines.ca
Gai écoute (support for LGBT)	B	1-888-505-1010	www.gai-ecoute.qc.ca
Grossesse secours (Pregnancy help)	A	514-271-0554	www.grossesse-secours.org
Info-crime Québec	A	1-800-711-1800	www.infocrime.org
Info-aidant (caregivers support line)	A	1-855-852-7795	www.lappui.org/laurentides
Kids Help Phone	A	1-800-668-6868	www.kidshelpphone.ca
Gambling Help and Referral	A	1-866-461-0140	www.jeu-aiderreference.qc.ca
Groupe Harmonie-santé (Nutrition)	A	1-877-427-6664	www.harmoniesante.com
Parents' line	B	1-800-361-5085	www.ligneparents.com
Narcotics Anonymous	A	1-800-879-0333	www.naquebec.org
Outremangeurs anonymes (Overeaters)		1-800-509-1939	www.outremangeurs.org
Parents-secours du Québec (Block Parents)	C	1-800-588-8173	www.parentsssecours.ca
SOS violence conjugal (Couple Abuse)	A	1-800-363-9010	www.sosviolenceconjugale.ca
Tel-Aide (listening centre)	A	514-935-1101	www.telaide.org
Tel-Jeunes (Youth listening centre)	A	1-800-263-2266	www.teljeunes.com
Narconon (support for family members of people suffering from addiction)	A	1-877-782-7409	www.narconon.ca
Laurentian Youth Protection	A	1-877-361-8665	www.cjlaurentides.qc.ca

LA MRC DES PAYS-D'EN-HAUT

1014, Valiquette Street, Sainte-Adèle

☎ 450-229-6637

📄 www.mrcpdh.org

TOWNS AND MUNICIPALITIES

Contact your municipality for information on local activities and religious services.

ESTÉREL

115, Dupuis Road, Estérel

☎ 450-228-3232

☎ Toll Free 1-877-928-3232

📄 www.villedesterel.com

LIBRARY

4, des Lilas Street, Sainte-Marguerite-du-Lac-Masson

☎ 450-228-4442

📄 www.reseaubiblioduquebec.qc.ca/sainte-marguerite-esterel

LAC-DES-SEIZE-ÎLES

47, de l'Église Street, Lac-des-Seize-Îles

☎ 450-226-3117

📄 www.lac-des-seize-iles.ca

LIBRARY

47, de l'Église Street, Lac-des-Seize-Îles

☎ 450-226-9942

📄 www.reseaubiblioduquebec.qc.ca/lac-des-seize-iles

MORIN HEIGHTS

567, du Village Road , Morin Heights

☎ 450-226-3232

📄 www.morinheights.com

LIBRARY

823, du Village Road, Morin Heights

☎ 450-226-3232, ext. 124

📄 www.reseaubiblioduquebec.qc.ca/morin-heights



PIEDMONT

670, Principale Street, Piedmont

☎ 450-227-1888

🌐 www.municipalite.piedmont.qc.ca

LIBRARY

33, de l'Église Avenue, Chalet Pauline-Vanier, Saint-Sauveur

☎ 450-227-2669, ext. 425

🌐 www.reseaubiblioduquebec.qc.ca/saint-sauveur-piedmont

SAINT-ADOLPHE-D'HOWARD

1881, du Village Road, Saint-Adolphe-d'Howard

☎ 819-327-2044

🌐 www.stadolphedhoward.qc.ca

LIBRARY

1881, du Village Road, Saint-Adolphe-d'Howard

☎ 819-327-2117

🌐 www.reseaubiblioduquebec.qc.ca/saint-adolphe-d'howard

SAINT-SAUVEUR

1, Place de la Mairie, Saint-Sauveur

☎ 450-227-4633

🌐 www.ville.saint-sauveur.qc.ca

LIBRARY

33, de l'Église Avenue, Chalet Pauline-Vanier, Saint-Sauveur

☎ 450-227-2669, ext. 425

🌐 www.reseaubiblioduquebec.qc.ca/saint-sauveur-piedmont

SAINTE-ADÈLE

1381, Sainte-Adèle Blvd, Sainte-Adèle

☎ 450-229-2921

🌐 www.ville.sainte-adele.qc.ca

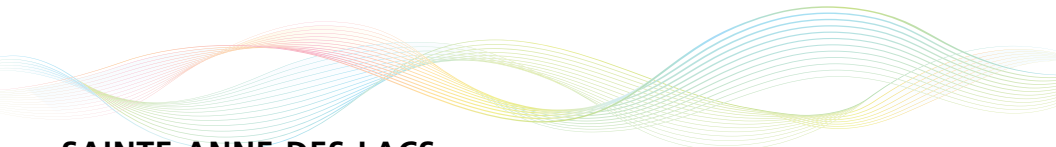
LIBRARY

Claude-Henri-Grignon Library

555, Sainte-Adèle Blvd, door 118

☎ 450-229-2921, ext 238

🌐 www.ville.sainte-adele.qc.ca



SAINTE-ANNE-DES-LACS

773, Sainte-Anne-des-Lacs Road, Sainte-Anne-des-Lacs

☎ 450-224-2675

🌐 www.sadl.qc.ca

LIBRARY

723, Sainte-Anne-des-Lacs Road, Sainte-Anne-des-Lacs

☎ 450-224-8332

🌐 www.reseaubiblioduquebec.qc.ca/sainte-anne-des-lacs

SAINTE-MARGUERITE-DU-LAC-MASSON

414, du Baron-Louis-Empain Street, Sainte-Marguerite-du-lac-Masson

☎ 450-228-2543

🌐 www.ste-marguerite.qc.ca

LIBRARY

4, des Lilas Street, Sainte-Marguerite-du-Lac-Masson

☎ 450-228-4442

🌐 www.reseaubiblioduquebec.qc.ca/sainte-marguerite-esterel

WENTWORTH-NORD

3488, Principale Route, Wentworth-Nord

☎ 450-226-2416

☎ Toll Free 1-800-770-2416

🌐 www.went-nord.qc.ca

LIBRARY

3455, Principale Route, Wentworth-Nord

☎ 450-226-2416 ext. 43

AGRESSION AND VIOLENCE

ACCROC

Services for violent men and teenagers.

330, Gauthier Street, Saint-Jérôme

☎ 450-569-9966

☎ Toll Free: 1-877-460-9966

📄 www.accroc.qc.ca

B

CALACS Laurentides

Help centre fighting against sexual assault.

☎ 450-565-6231

☎ Toll Free: 1-877-717-5252

📄 www.rqcalacs.qc.ca

A

CALACS L'Élan

Help centre for women and teenage victims (male and female) of sexual assault.

Sainte-Agathe-des-Monts

☎ 819-326-8484

☎ Toll Free: 1-866-915-8484

📄 www.rqcalacs.qc.ca

A

CETAS (Centre d'entraide et de traitement des agressions sexuelles)

Mutual aid and treatment centre for victims of sexual assault.

8, de la Salette Blvd, Suite 101C, Saint-Jérôme

☎ 450-431-6400

📄 www.macommunaute.ca

A

STOP

Intervention group for violent men of the Laurentians.

Sainte-Agathe-des-Monts

☎ 1-800-267-3919

B

L'Ombre-Elle

Support services for women regaining their independence.

Sainte-Agathe-des-Monts

☎ 819-326-1321

📄 www.lombrelle.qc.ca

A

Paix

Conjugal and family violence intervention in the Laurentians.

50, Corbeil Street, Sainte-Agathe-des-Monts

☎ 819-326-1400

☎ Toll Free: 1-800-267-3919

📄 www.organismepaix.ca

B

FOOD RELATED SERVICES

COLLECTIVE KITCHENS / COMMUNITY MEALS

Café Communautaire L'Entre-Gens

Community Meals.

1006, Valiquette Street, Sainte-Adèle

☎ 450-229-2211

C

Garde-Manger des Pays-d'en-Haut

Collective Kitchens

- 100, Morin Street, Sainte-Adèle

☎ 450-229-2011

- 205, Principale Street, Saint Sauveur

☎ 450-227-3757

B

La Rencontre

Community meals, collective kitchen, food banks.

2, Masson Road, Sainte-Marguerite-du-Lac-Masson

☎ 450-228-8606

B

Maison de la Famille des Pays-d'en-Haut

Collective Kitchen.

480, des Capucines Street, Sainte-Adèle

☎ 450-229-3354

📍 www.maisondela famille.com

B

Soupe Populaire Vallée de Saint-Sauveur

Community meals.

205, Principale Street, Saint-Sauveur

☎ 450 227-2423

A

FOOD BANKS

Garde-Manger des Pays-d'en-Haut

Food banks in Morin Heights, Lac-des-Seize-Îles, Laurel, Saint-Adolphe-d'Howard, Saint-Sauveur, Sainte-Adèle and Sainte-Marguerite-du-Lac-Masson.

☎ 450-227-3757

📍 www.gardemangerpdh.ca

B

Meals on Wheels – Entraide Bénévole des Pays-d'en-Haut

Friendly home delivery meal service.

1013, Valiquette Street, Sainte-Adèle

☎ 450-229-9020

☎ Toll Free: 1-855-226-5626

📍 www.entraidebenevolepdh.com

A

EDUCATION

Sir Wilfrid Laurier School Board

235, Montée Lesage, Rosemère

☎ 450-621-5600

☎ Toll Free: 1-866-621-5600

🌐 www.swlauriersb.qc.ca

- **Sainte-Agathe Academy**

26, Napoléon Street, Sainte-Agathe-des-Monts

☎ 819-326-2563

🌐 www.swlauriersb.qc.ca/schools/steagathe

- **Morin Heights Elementary School**

647, du Village Road, Morin Heights

☎ 450-226-2017

🌐 www.swlauriersb.qc.ca/schools/morinheights

- **Sainte-Adèle Elementary School**

60, Henri-Dunant Street, Sainte-Adèle

☎ 450-229-3226

🌐 www.swlauriersb.qc.ca/schools/steadele

- **Laurentian Regional High School**

448, Argenteuil Street, Lachute

☎ 450-562-8571

🌐 www.swlauriersb.qc.ca/schools/laurentian

FAMILIES

SENIORS

Appels Bon Matin et Visites Amicales

Good morning calls and friendly visits to seniors.

☎ 450-229-9020

☎ Toll Free: 1-855-226-5626

🌐 <http://www.entraidebenevolepdh.com/>

Association des grands-parents du Québec

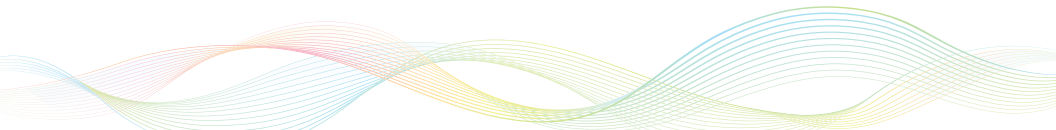
Phone support for grandparents.

☎ Toll Free: 1-888-624-7227

🌐 www.grands-parents.qc.ca

B

C



Centre de Zoothérapie Communautaire

Zootherapy programs (therapy involving animals) adapted for people with physical and/or mental disabilities, youth having trouble adapting, seniors and people affected by illness.

908, du Lac des Becs-Scies Road East, Saint-Sauveur

☎ 450-240-0371

📞 www.zootherapia.com

A

Coop Sore (Coopérative de Solidarité de Répit et d'Entraide pour proches aidants)

A solidarity co-op offering respite and help for live-in caregivers and seniors with loss of autonomy.

170, des Épinettes Street, Morin Heights

☎ 450-226-2466

B

Entraide Bénévole des Pays-d'en-Haut

Services for individuals experiencing a permanent or temporary loss of autonomy.

1013, Valiquette Street, Sainte-Adèle

☎ 450-229-9020

☎ Toll Free: 1-855-226-5626

A

FADOQ Laurentides (Federation of Golden Age Clubs of Quebec)

Promotes physical, intellectual, social, cultural and outdoor activities for people 50 years of age and older.

499, Charbonneau Street, Suite 201, Mont-Tremblant

☎ 819-429-5858

☎ Toll Free: 1-800-828-3344

📞 www.fadoqlaurentides.org

C

Laurentians CARE

Laurentians Caregivers Association, Resources and Education.

☎ Toll Free: 1-855-522-7372

A

FAMILY

4 Korner's Family Resource Center

Provides access to information, resources and services in English.

50 Corbeil Street, Sainte-Agathe-des-Monts

☎ 819-324-4000 ext. 4330

☎ Toll Free: 1-888-974-3940

📄 www.4kornerscenter.org

A

Centre Pleine Lune

Prenatal courses and workshops as well as accompaniment services for women during delivery.

14A, Saint-Donat Street, Sainte-Agathe-des-Monts

☎ 819-323-4440

📄 www.centrepleinelune.com

B

La Rencontre

Social outings, community projects, referrals.

2, Masson Road, Sainte-Marguerite-du-Lac-Masson

☎ 450-228-8606

B

Laurentian Region Cancer Support Group

Peer support for cancer patients, caregivers and their families.

☎ 450-226-3641

📄 cancer.laurentia@yahoo.ca

A

Ligue la Leche

Breastfeeding education and support group.

☎ 819-322-7954 or Toll Free: 1-866-255-2437

📄 www.allaitement.ca

C

Maison de la Famille des Pays-d'en-Haut

Prevention, stimulation and support activities and services for families with young children between 0-12 years of age.

480, des Capucines Street, Sainte-Adèle

☎ 450-229-3354

📄 www.maisondlafamille.com

B

Maison des parents d'enfants handicapés Laurentides

Centre for parents of children with disabilities.

909, Guy Street, Saint-Jérôme

☎ 450-431-7428

📄 www.lamaisondesparents.org

B

PANDA

Services for children with attention deficit-hyperactivity disorder (ADHD).

2, du Ravin Road, Sainte-Thérèse-de-Blainville

☎ 450-979-7263

☎ Toll Free: 1-877-979-7263

📄 www.pandastb.com

A

Parents-Uniques des Laurentides

Reception, documentation and references for single parents and blended families.

14, Brissette Street, Sainte-Agathe-des-Monts

☎ 819-324-1004

☎ Toll Free: 1-877-324-1004

📄 www.parentsuniques.org

B

WOMEN

Réseau des femmes des Laurentides

Activities promoting the improvement of women's living conditions.

342, Parent Street, Saint-Jérôme

☎ 450-431-1896

📄 www.femmeslaurentides.org

C

YOUTH

Accueil Communautaire Le Labyrinthe

For youth between 16-25 years of age living without permanent housing.

1041, Blondin Street, Sainte-Adèle

☎ 450-229-4848

C

Carrefour Jeunesse Emploi des Pays-d'en-Haut

Help finding employment, returning to school or starting a business for adults between 16-35 years of age.

22, Goyer Street, Saint-Sauveur

☎ 450-227-0074 or Toll Free: 1-866-899-0074

📄 www.cjepdh.ca

B

Écluse des Laurentides

Outreach for people living in social exclusion, isolation and/or poverty.

22A, Goyer Street, Saint-Sauveur

☎ 450-744-1393 Administration

☎ 450-569-7197 Saint-Sauveur Street Worker

📄 www.ecluse.org

B

Maison des Jeunes de Sainte-Adèle

Services for youth between 12-17 years of age.

1215, du Bourg-Joli Street, Sainte-Adèle

☎ 450-229-7452

🌐 www.mdj-ste-adele.org

B

Maison des Jeunes de Saint-Sauveur/Piedmont

Services for youth between 12-17 years of age.

57, de l'Église Avenue, Saint-Sauveur

☎ 450-227-4129

B

DAYCARES

CENTRES DE LA PETITE ENFANCE (CPE)

Registration on waiting list

☎ 450-569-6424 (Laurentian Area)

☎ Toll Free: 1-888-565-1231 ext. 24

🌐 www.bila.ca

B

La Barbouille (CPE)

500, des Capucines Street, Sainte-Adèle

☎ 450-229-4616

B

De La Vallée (CPE)

755, Principale Street, Piedmont

☎ 450-227-4416

B

Main dans la Main

Administration office for home daycares

41-A, de l'Église Avenue, Saint-Sauveur

☎ 450-227-9409

B

Main dans la Main (CPE)

1808, du Village Road, Saint-Adolphe-d'Howard

☎ 819-327-2311

🌐 <https://gw.micro-acces.com/cpemaindanslamain>

B

Val-des-Neiges (CPE)

867, du Village Road, Morin Heights

☎ 450-226-2221

A



HOUSING

RESIDENTIAL AND LONG-TERM CARE CENTRES (CHSLD)

Centre d'hébergement des Hauteurs

707, Sainte-Adèle Blvd, Sainte-Adèle

☎ 450-229-6601

YOUTH HOUSING

Accueil Communautaire Le Labyrinthe

For youth between 16-25 years of age living without permanent housing.

1041, Blondin Street, Sainte-Adèle

☎ 450-229-4848

C

AFFORDABLE HOUSING

Habitat Saint-Sauveur-des-Monts

Seniors.

157, Lac Millette Road, Saint-Sauveur

☎ 450-227-5837

Habitation du Mont-du-Rocher

Families, singles and seniors.

931, Sainte-Adèle Blvd, Sainte-Adèle

☎ 450-229-4249

Habitation Saint-Adolphe-d'Howard

Seniors.

200, J-A-Préfontaine Street, Office 21, Saint-Adolphe-d'Howard

☎ 819-327-3068

C

Office Municipal d'Habitation de Sainte-Adèle

Families and seniors.

800, Blondin Street, Sainte-Adèle

☎ 450-229-2264

Office Municipal d'Habitation de Sainte-Marguerite-du-Lac-Masson

Seniors.

39, des Pins Street, Sainte-Marguerite-du-Lac-Masson

☎ 450-229-0523

PRIVATE HOUSING FOR SENIORS

Château des Aînés

27, Bellevue Street, Morin Heights

☎ 450-226-6393

B

La Marquise

50, Domaine de la Marquise, Saint-Sauveur

☎ 450-227-5313

B

Les Résidences Desjardins

55, Hochar Street, Saint-Sauveur

☎ 450-227-2241

☎ Toll Free: 1-866-568-2241

🌐 www.residencesdesjardins.phaq.com

B

Les Résidences du Manoir

☎ Toll Free: 1-877-333-0933

🌐 www.residencesdumanoir.com

- **Manoir de la Falaise**

101, Principale Street, Saint-Sauveur

☎ 450-227-5994

B

- **Manoir de la Vallée**

100, Mont-Molson Avenue, Saint-Sauveur

☎ 450-240-1333

B

- **Manoir Saint-Adolphe**

1544, des Musiciens Street, Saint-Adolphe-d'Howard

☎ 450-226-1168

B

- **Manoir Sainte-Adèle**

201, Lesage Street, Sainte-Adèle

☎ 450-229-4611

B

Manoir des Pays-d'en-Haut

220, Lesage Street, Sainte-Adèle

☎ 450-229-6653

🌐 www.manoirdespaysdenhaut.com

C

Terrasses Les Capucines

431, des Capucines Street, Sainte-Adèle

☎ 450-229-7877



HEALTH RESOURCES

REHABILITATION CENTERS

Centre le Florès

Re-adaptation for individuals with intellectual disabilities or a developmental disorder.

201, Saint-Vincent Street, Sainte-Agathe-des-Monts

☎ 819-326-2182 or Toll Free: 1-877-569-2970

🌐 www.centreduflores.com

A

Centre de Réadaptation Le Bouclier

Re-adaptation for individuals with a physical disability.

- 144, Principale Street, Sainte-Agathe-des-Monts

☎ 819-326-0454

🌐 www.bouclier.qc.ca

A

- 234, St-Vincent Street, 3rd floor, Sainte-Agathe-des-Monts

☎ 819-324-4011

☎ Toll Free: 1-855-766-6387

- 255, du Palais Street, Saint-Jérôme

☎ 450-560-9898

MEDICAL CLINICS/HEALTH COOPERATIVES

Centre de Médecine Familiale

75, De la Gare Street, Block L-4, Saint-Sauveur

☎ 450-227-1864

A

Centre Médical de Saint-Sauveur

70, Principale Street, Saint-Sauveur

☎ 450-227-8436

☎ 450-327-5562 (for appointments call the night before after 8 pm)

B

Clinique de Vaccination Voyageur Santé Voyage Évasion

21, de L'Église Avenue, Saint-Sauveur

☎ 450-227-6555

B

Clinique Médicale Sainte-Adèle

1150, du Bourg-Joli Street, Sainte-Adèle

☎ 450-229-6633

C

Clinique Radiologique des Laurentides

70, Principale Street, Saint-Sauveur

☎ 450-227-4000

B

Coop Santé Lac Masson

25, des Pins Street, Sainte-Marguerite-du-Lac-Masson

☎ 450-228-3100

🌐 www.macoopsantesme.org

B

Coop Santé Saint-Adolphe-d'Howard

1937, du Village Road, Saint-Adolphe-d'Howard,

☎ 819-327-3534

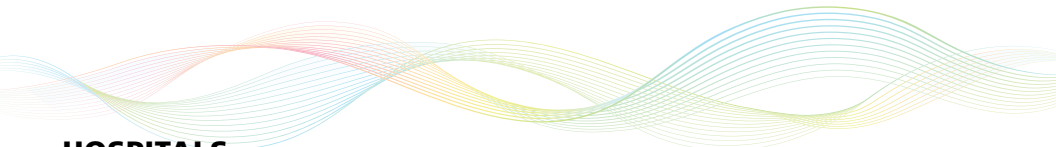
B

MINISTER OF HEALTH AND SOCIAL SERVICES

CSSS des Pays-d'en-Haut

🌐 www.cssspdh.com

- **C.L.S.C. Piedmont Point of Service**
694, Avila Road, Piedmont
☎ 450-227-1571
☎ Toll Free: 1-800-363-2482
- **Centre d'hébergement des Hauteurs / Head Office**
707, Sainte-Adèle Blvd, Sainte-Adèle
☎ 450-229-6601
☎ Toll Free: 1-800-363-2520
- **C.L.S.C. Saint-Sauveur Point of Service**
150, Principale Street, Saint-Sauveur
☎ 450 227-3447
☎ Toll Free: 1-866-363-2525



HOSPITALS

Centre Hospitalier Laurentien

234, Saint-Vincent Street, Ste-Agathe-des-Monts

☎ 819-324-4000

Hôpital d'Argenteuil

145, de la Providence Blvd, Lachute

☎ 450-562-3761

Hôtel-Dieu de Saint-Jérôme

290, de Montigny Street, St-Jérôme

☎ 450-431-8200

COMMUNITY HEALTH SERVICES

Échelon des Pays-d'en-Haut

Services for individuals who suffer or have suffered from problems related to mental health.

734, Principale Street, Piedmont

☎ 450-227-1996

✉ echelon.pdh@sympatico.ca

C

Centre Sida Amitié

HIV/AIDS

527, Saint-Georges Street, Saint-Jérôme

☎ 450-431-7432

✉ www.cocqsida.com

C

DRUG ADDICTION, ALCOHOLISM & OTHER DEPENDENCIES

Al-Anon / Alateen

 Toll Free: 1-888-425-2666

 www.al-anon-alateen.org

A

Alcoholics Anonymous

Northwest Region of Québec

CP 361, Saint-Jérôme

 450-560-3902

 Toll Free: 1-877-326-8018

 www.aa-quebec.org

A

Centre de réadaptation en dépendance des Laurentides

295, De Villemure Street, Saint-Jérôme

 450-432-1395

 Toll Free: 1-888-345-1395

 www.dependancelaurentides.com

A

Tangage des Laurentides

Drug addiction prevention program in schools and community environments.

12, Saint-Donat Street, Sainte-Agathe-des-Monts

 819-324-2261

 www.ledcl.qc.ca

LESAN

Bringing Communities Together

Laurentian English Services Advisory Network (LESAN) is the umbrella name for all the English Committees that are dispersed throughout the Laurentians. **LESAN** is sponsored by **4 Korners Family Resource Center** and its primary purpose is to enable the Anglophone community to establish common goals and therefore be in a position to speak with one voice to promote better services in the English language.

4 Korners Family Resource Center is a non-profit organization that is dedicated to helping Laurentian families, youth and seniors access information, resources and services in English.

Together, we are building a vital, informed and strong community.

1-888-974-3940

www.4kornerscenter.org

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Agence de la santé
et des services sociaux
des Laurentides

Québec



MORIN-HEIGHTS
1855



4Korners

Family Resource Center
A Cornerstone of the Community

www.4kornerscenter.org

Opening hours

In Deux-Montagnes:

Monday - Friday from 8:30 am to 3:30 pm

In Ste-Agathe-des-Monts:

Tuesday from 9:00 am to 3:00 pm

HEAD OFFICE

1906, Chemin d'Oka
Deux Montagnes,
Québec J7R 1N4
Tel.: 450-974-3940
Fax: 450-974-0147

SATELLITE OFFICE

50, rue Corbeil
Ste-Agathe-des-Monts
Québec J8C 1X2
Tel.: 819-324-4000 ext. 4330
Toll Free: 1-888-974-3940

General information

Email: info@4kornerscenter.org

On Facebook: 4Korners Center