

HEALTH

- @ Matapédia CLSC.....418 865-2221
- @ Pointe-à-la-Croix CLSC418 788-5424
- @ Saint-Omer CLSC.....418 364-7064
- @ Caplan CLSC418 388-2572
- @ Paspébiac CLSC.....418 752-2572
- @ Maria Hospital.....418 759-3443
- @ UMF.....418 759-1336
Family Medicine Unit
- @ Rehabilitation Center.....418 534-4243

HELPFUL RESOURCES

- @ Accalmie.....418 788-2406
Help and Temporary Accommodation for persons facing difficulties
- @ Addiction Rehab Centre.....418 763-5000
- @ APHACS.....418 534-5516
Service Center for Adults with physical or Intellectual Disabilities
- Association for Persons with Visual disabilities.....418 388-2836
- @ Association TCC / AVC.....418 759-5120
Support Services for Victims of Brain Trauma
- @ Autisme Est du Québec.....1 855 827-2525
Support for Families and Persons with Autism Spectrum Disorder
- @ CALACS.....1 877 717-5252
Support for Females Victims of Sexual Abuse

- @ CASA.....418 752-5995
Committee for Anglophone Social Action
- @ CAVAC.....1 866 532-2822
Crime Victims Assistance Centre
- @ Convergence.....1 855 866-4455
Support for Men Facing Violence / Anger
- @ Épilepsie Gaspésie Sud.....418 752-6819
Support service for Persons with Epilepsy
- Espace Gaspésie - Les Îles..1 866 368-2015
Support Services to Prevent Violence Against Children

Food Support & Assistance Collective Cooking

- Volunteer Centre (CAB)
l'Ascension Escuminac.....418 865-2740
- f Source alimentaire Bonavignon..418 759-8000
- f Collectif Aliment-Terre.....418 752-5010
- @ Housing Assistance.....418 364-3333
- La Passerelle.....418 392-4888
Support for Mental Health
- f@LGBT Baie-des-Chaleurs.....581 886-5428
Association for Lesbians, Gays, Bisexuals and Transgenders
- Linda LeMore-Brown Foundation
*Financial Support for Persons Afflicted with Cancer
in MRC of Bonaventure*418 752-5995
- @ Maison Maguire.....418 364-3131
Activity Centre for Persons with Disabilities

- @ Nouveau Regard.....1 888 278-2280
Support for Persons Facing Mental Health Issues
- @ OGPAC.....418 759-5050
Support Services for Gaspésians Facing Cancer
- Support for Persons Living with Disabilities.....418 534-5676
- @ SAGÎM.....418 534-1313
Support for Persons Facing Alzheimer's Disease
- @ Youth Protection Services..1 800 463-4225

HELPLINES

- @ Alcoholics Anonymous.....418 391-3443
- @ Drugs : Help & Referral.....1 800 265-2626
- @ Gai Écoute.....1 888 505-1010
LGBT Help & Information Centre
- @ Gambling : Help & Referral..1 800 461-0140
- @ Kids Help Phone.....1 800 668-6868
- @ Senior Abuse Helpline.....1 800 489-2287
- SOS Conjugal Violence.....1 800 363-9010
24/7 Helpline
- @ Suicide Prevention.....1 866 277-3553
- @ Youth Help Phone.....1 800 263-2266

RIGHTS INFO & LEGAL HELP

- @ Centre de justice de proximité
Help & Referrals in Legal Affairs1 844 689-1505
- @ Consumers Protection Agency..1 888 672-2556
- Droits Devant.....418 759-8099
Legal Information and Support Services
- Legal Aid.....418 392-4458
- @ Mental Health Rights and Alternative Resources.....1 800 463-6192
- Pabok Action Committee for Unemployment418 689-2030
- f Restorative Justice.....418 759-3016
- @ Rights of Tenants & Landlords..1 877 907-8077

WOMEN

- f@ Centr'Elles.....1 888 364-3157
MRC of Avignon
- f@ Femmes en Mouvement.....418 534-4345
MRC of Bonaventure
- f@ L'Émergence.....1 866 759-3411
24/7 Support for Women and Children Victims of Abuse

This document produced by:

Centre intégré
de santé
et de services sociaux
de la Gaspésie

Québec

Réseau local Baie-des-Chaleurs



Tél.: 418 364-2000

Tél.: 418 752-6601

CASA
Tél.: 418 752-5995

The ATI Committee & the Welcoming services for newcomers of Avignon and Bonaventure MRC

f @ : Please don't hesitate to consult our websites and Facebook pages for more information about our services.

YOUTH

Youth Centre : Maisons des jeunes

f Saint-François-d'Assise.....	418 299-2454
Pointe-à-la-Croix.....	418 788-5989
Pointe-à-la-Garde.....	418 788-9010
f Carleton-sur-Mer.....	418 364-6144
f Maria.....	418 759-3308
New Richmond.....	418 392-5377
Caplan.....	418 388-2777
Saint-Alphonse.....	418 388-5178
f Bonaventure.....	418 534-4244
Saint-Elzéar.....	418 534-2644
Paspébiac.....	418 752-6661

Youth & Community Workers

MRC of Avignon.....	418 759-3016
MRC of Bonaventure.....	418 388-2777

FAMILY

Day Care Services

Aux Joyeux Marmots.....	418 364-1428
<i>Pointe-à-la-Croix / Carleton</i>	
f CPE de la Baie.....	418 534-2561
<i>Maria / Bonaventure</i>	
CPE Pouce-Pousse.....	418 392-6833
<i>New Richmond</i>	
CPE La Marinière.....	418 752-5956
<i>Paspébiac</i>	

Family Ties..... 418 752-7265

Various Services for Family Well-Being

Family Health Services

Family Support & Services (Ages 0-17)

@Please Refer to CLSC's numbers in the HEALTH Section of this Handbook

Le P'tit Bonheur

Family Support Services (Ages 0-6)

@Saint-Alphonse / Nouvelle.....418 759-3131
@Saint-Siméon / Port-Daniel.....418 752-5577

Maisons de la Famille

Family Support Services (Ages 0-12)

f MRC of Avignon.....418 865-2221
f@MRC of Bonaventure.....418 534-4449

f@Supportons-lait..... 418 391-2166

Breast-Feeding Support Services

SENIORS

Various Home Help Services

f Entre-Tiens d'Avignon.....418 364-3699
f Entre-Tiens Chaleurs.....418 534-3751

Volunteer Centre (CAB)

&
Senior Support Services and Information

L'Ascension Escuminac.....418 865-2740
f@Saint-Alphonse / Nouvelle.....418 759-3131
f@Saint-Siméon / Port-Daniel.....418 752-5577

* 50 Plus & Farmers Circle (Culture & Crafting)

Ask your municipality for more information

EMPLOYMENT & EDUCATION

@Cégep de la Gaspésie et des Îles
Carleton Cegep.....418 364-3341

@Commission scolaire
René-Levesque..... 418 534-3003
French Schoolboard

@Eastern Shores School Board...418 752-2247

@Employment Centre.....418 364-6679
MRC of Avignon

@Horizon Emploi.....418 534-3714
MRC de Bonaventure

@Local Employment Centre (All Ages)
MRC of Avignon.....418 364-3324
MRC of Bonaventure.....418 534-2823

@Le plaisir des mots.....418 392-2744
Literacy Teaching and Skills Upgrading

@SEMO.....1 800 883-5187
*Development or Improvement of Employment Opportunities for
Persons with Disabilities*

Carrefour jeunesse-emploi (Ages 16-35)
f@MRC of Avignon.....1 866-364-6660
f@MRC of Bonaventure.....418 534-3993

NEWCOMERS

Chaleur Bay / Les Plateaux Place aux Jeunes
Ages 18-35

f@MRC of Avignon.....581 362-0033
f@MRC of Bonaventure.....418 392-4440

Welcoming Service for Immigrants &
Newcomers aged 35+

f@MRC of Avignon.....418-392-9214
f@MRC of Bonaventure.....581 357-0122

OTHER SERVICES

@Hydro-Québec.....1 888 385-7252

@RAMQ
Health Insurance.....1 800 561-9749
Prescription Drugs Insurance..1 888 435-7999

Réseau Biblio.....418 534-2830
Public Libraries

@SAAQ.....1 800 361-7620
Vehicle License and Registration

@Service Canada.....1 800 926-9105
Social and Employment Insurance

f@Intermunicipal Transport.....1 877 521-0841
(RéGIM)

@Wildlife Protection.....418 763-3302

2016 - 2017

Handbook of Services

Chaleur Bay / Les Plateaux

Emergency services
911

Info Santé..... 811
Non-Urgent Health Advice

Poison control
Center.....1 800 463-5060

SOPFEU.....1 800 463-3349
Forest Fire Protection Society

Sûreté du Québec
Matapédia.....418 865-2115
New Richmond.....418 392-4411
New Carlisle.....418 752-2251