

# HAUT-SAINT-FRANÇOIS RESSOURCES

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CONTINUUM HSF

Working better together to meet people's needs

Mieux travailler ensemble pour répondre aux besoins des personnes

LE RÉSEAU  
**D'ÉCLAIREURS**



## HEALTH

<u>CLSC</u>	819 821-4000 ext. 38232	Centralized reception line for all requests and needs
Psychosocial emergency	819 821-4000 ext. 0	Distress, crisis, violence, suicidal thoughts and more
Info-Santé (24/7)	811 option 1	Medical information
<u>Info-Social (24/7)</u>	811 option 2	Psychological support
<u>Primary care access point</u>	811 option 3	Medical consultation for people without a family doctor
<u>GMF Haut-Saint-François</u>	819 875-5535	Medical clinic - Emergencies - Other services
<u>Maison Cinquième Saison</u>	819 554-8129	Palliative care, day center

## FOOD AID

<u>Moisson HSF</u>	819 451-2781	Food baskets, solidarity grocery store, activities
<u>Moisson Cookshire</u>	819 875-1431 (Thurs.)	Food baskets
<u>Centre d'action bénévole</u>	819 560-8540	Meals on wheels (East Angus), frozen food
<u>Cuisines collectives HSF</u>	819 832-1176	Cooking workshops and food autonomy

## SUPPORT AND LISTENING

<u>Carrefour jeunesse-emploi</u>	819 832-1513	16 to 35 years old : no matter your need, contact us
<u>Centre d'action bénévole</u>	819 560-8540	Elders and care-givers
<u>La Passerelle</u>	1 877 447-3423	Women's center, welcomes women and gender pluralism
<u>La Relève   Maison des familles</u>	819 875-5050	Families
<u>Virage santé mentale</u>	819 877-2674 (Mon. to Thurs.)	Mental health
<u>Intro-Travail</u>	819 832-1750	Employment assistance (18 +)
<u>La Méridienne</u>	1 888 699-3050	Domestic violence (women and children)
<u>L'Étoile Duo</u>	873-825-7227	Social perinatal care (0 to 5 years old)
<u>Service d'aide à la recherche de logement (SARL)</u>	819 943-4281	Housing search, information and support

## NEEDS AND OTHER SERVICES

<u>Animation jeunesse</u>	819 943-4571	Youth centers 12 to 17 years old (Dudswell, Scotstown, Weedon)
<u>CSEP (Centre service éducatif populaire)</u>	819 832-4059	Workshops and teachings
<u>Maison des jeunes Actimaje</u>	819 832-4856	12 to 17 years old, youth center in East Angus
<u>Les Étincelles de bonheur</u>	819 832-3540	Activities and services (ID-ASD-PD)
<u>Services Québec</u>	819 832-2403	Governmental services
<u>Aide à domicile</u>	819 832-2200	Cleaning, cooking, assistance and other services
<u>Transport HSF</u>	819 832-2711	Transportation services
<u>Adult education</u>	819 832-3637	16 +, many possibilities

## SECURITY

Youth protection	1 800 463-1029	Report a situation 24/7
<u>Service de police de Cookshire</u>	819 875-3331	Reports, complaints, inquiries

## COMMUNITY OUTREACH WORKERS

Nancy Orichfsky   12 to 17	873 825-7272	Support, referral, information
Cindy Couture   0 to 100	819 570-1134	BILINGUAL - Support, inform, refer
Annie Bouchard   seniors	819 560-8540	Support, inform, refer
Loïc Arguin-Mercier	819 570-0218	Outreach worker / homelessness