

Community Resource Guide



**GATINEAU
VALLEY
2016**



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is produced by :*

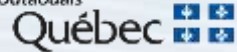


Voix et solidarité
des aidants naturels
de la Vallée-de-la-Gatineau

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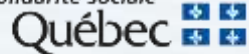
Centre intégré
de santé
et de services sociaux
de l'Outaouais



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Despite our best efforts to ensure exact and up-to-date information before publication, some errors may have occurred due to circumstances beyond our control.



Food Services

Canadian Food Inspection Agency

Toll-free 1-800-442-2342
www.inspection.gc.ca



Gracefield Food Bank

42, rue Principale, Gracefield, Qc J0X 1W0
(819) 463-1469

MISSION :

Food bank, emergency relief.

BY APPOINTMENT ONLY.

SERVICES PROVIDED :

Some documents are required; services provided at low-cost. Call before noon on Wednesdays and leave a message with your contact information in order to setup an appointment. Pickup on Friday mornings.



Maniwaki Food Bank Pain Quotidien

318, rue du Couvent, Maniwaki, Qc J9E 1H4

MISSION :

Food bank, emergency relief.

SERVICES PROVIDED :

Drop in for more information. Some documents are required; services provided at low-cost. Opening hours : first 3 Tuesdays and last 3 Wednesdays of each month, from 9:30AM to 11AM.



La Popote roulante Vallée de la Gatineau

446, rue de la Montagne, Maniwaki, Qc J9E 1K6
(819) 441-3596
entraidevallee@videotron.ca

MISSION :

Mainly to provide hot meals and thereby foster food autonomy and contribute to at-home service delivery.

SERVICES PROVIDED :

Hot meal delivery to seniors, sick or vulnerable persons.



L'Entraide de la Vallée

446, rue de la Montagne, Maniwaki, Qc J9E 1K6
(819) 441-3596
entraidevallee@videotron.ca

MISSION :

Food transformation services provided to food security groups such as local food banks and the popote roulante.

SERVICES PROVIDED :

Healthy eating awareness, community outreach and food security. Extra foodstuffs collection from grocery stores and transformation into distributable meals.



Bénévoles de la santé

309, boul. Desjardins, Maniwaki, Qc J9E 2E7
(819) 449-4690, Ext. 459

MISSION :

Offer support to Maniwaki hospital visitors and residents of the Maniwaki CHSLD.



Équipes des bénévoles de la Haute-Gatineau

198, rue Notre-Dame, Suite 104
Maniwaki, Qc J9E 2J5
(819) 449-7666 / Toll-free 1-866-463-1777
equipedebenevoles@hotmail.com

MISSION :

Medical Transportation service for seniors and/or vulnerable persons.

Limited to residents of the northern sector of the MRC.

SERVICES PROVIDED :

Transportation and assistance services for health-related reasons.



Maison de la famille

224, rue Notre-Dame, Maniwaki, Qc J9E 2J5

(819) 441-0282

www.maisondelafamillevg.com

maisondelafamille@videotron.ca

MISSION :

Provide a welcoming space for discussion, exchanging support, getting information. No cost.

Parents can access support services and tools for healthy family living.

Foster social inclusiveness.

SERVICES PROVIDED :

Promotion of parental skills, adaptation and raising awareness of the roles of fathers and mothers. Promote healthy growth, security and overall development of children, physically, emotionally and cognitively.



Maniwaki, Déléage and Egan-Sud Public Library

14, rue Comeau, Maniwaki, Qc J9E 2R8
(819) 449-2738
www.reseaubiblioduquebec.qc.ca
admmaniwaki@crsbpo.qc.ca



Aumond Municipal Library

664, rue Principale, Aumond, Qc J0W 1W0
(819) 441-2300
www.reseaubiblioduquebec.qc.ca
admaumond@crsbpo.qc.ca



Blue Sea Municipal Library

2, ch. Blue Sea Nord, Blue Sea, Qc J0X 1C0
(819) 463-3919
www.reseaubiblioduquebec.qc.ca
admblysea@crsbpo.qc.ca



Bois-Franc Municipal Library

466, Highway 105, Bois-Franc, Qc J9E 3A9

(819) 441-0645

www.reseaubiblioduquebec.qc.ca

admboisfranc@crsbpo.qc.ca



Bouchette Municipal Library

36, rue Principale, Bouchette, Qc J0X 1E0

(819) 465-2555

www.reseaubiblioduquebec.qc.ca

admbouchette@crsbpo.qc.ca



Gracefield Municipal Library

3, rue de la Polyvalente, Gracefield, Qc J0X 1W0

(819) 463-1180

www.reseaubiblioduquebec.qc.ca

admgracefield@crsbpo.qc.ca



Grand-Remous Municipal Library

1508, Route Transcanadienne
Grand-Remous, Qc J0X 1E0
(819) 438-2168, Ext. 229
www.reseaubiblioduquebec.qc.ca
admgrandremous@crsbpo.qc.ca



Kazabazua Public Library

373, Highway 105, Kazabazua, Qc J0X 1X0
(819) 467-5746
www.reseaubiblioduquebec.qc.ca
admkaz@crsbpo.qc.ca



Lac-Sainte-Marie Municipal Library

106, ch. Lac Ste-Marie, Lac Ste-Marie, Qc J0X 1Z0
(819) 463-5437, Ext. 233
www.reseaubiblioduquebec.qc.ca
admstemarie@crsbpo.qc.ca



Low Municipal Library

4, ch. D'amour, Low, Qc J0X 2C0
(819) 422-3218
www.reseaubiblioduquebec.qc.ca
admlow@crsbpo.qc.ca



Messines Municipal Library

3, ch. de la Ferme, Messines, Qc J0X 2J0
(819) 465-2637
www.reseaubiblioduquebec.qc.ca
admmissines@crsbpo.qc.ca



Montcerf-Lytton Municipal Library

16, rue Principale Nord,
Montcerf-Lytton, Qc J0W 1N0
(819) 449-2065
www.reseaubiblioduquebec.qc.ca
admmtcerf@crsbpo.qc.ca



Poltimore and Denholm Public Library

2720, route Principale, Val-des-Monts, Qc J8N 3B6
(819) 457-4467

www.reseaubiblioduquebec.qc.ca

bibliopoltimore@crsbpo.qc.ca



Ste-Thérèse-de-la-Gatineau Municipal Library

29, ch. Principal

Ste-Thérèse-de-la-Gatineau, Qc J0X 2X0

(819) 449-7964

www.reseaubiblioduquebec.qc.ca

admtherese@crsbpo.qc.ca



Bargain Stores

Gracefield Bargain Store

42, rue Principale, Gracefield, Qc J0X 1W0
(819) 463-1469



CARRO Bargain Store (Maniwaki)

204, rue Laurier, Maniwaki, Qc J9E 2K9
(819) 449-4057



Messines Bargain Store

15, ch. de l'Entrée Nord, Messines, Qc J0X 2J0
(819) 465-2591



Albatros Gatineau Valley (Maniwaki)

15, rue Principale, Montcerf-Lytton, Qc J0W 1N0
(819) 449-4540

www.fmaq.ca

wardoconnor777@gmail.com

MISSION :

Volunteer assistance to end-of-life patients, at home, in hospital or in residence (CHSLDs).

Support services during terminal stage illness at no cost. Family support services.

SERVICES PROVIDED :

Assistance: at-home, in hospital or in residence.

Moral support for patients and families.

Grief counselling.



Suicide Détour

181, rue Notre-Dame, Maniwaki, Qc J9E 2J6

(819) 441-1010

www.suicidedetour.ca

suicide-detour@bellnet.ca

MISSION :

Emergency intervention for persons in distress, caregiver support, grief counselling for residents of the Gatineau Valley.

SERVICES PROVIDED :

Suicide Détour offers 4 types of services : individual or group support, awareness raising and wellness promotion. It also delivers the "Zippy's Friends" and "Passport : Gear Up for Life" programs. "Sentinels" suicide prevention training offered to volunteers.



Hauts-Bois de l'Outaouais School Board

*CHSBO Hauts-Bois de l'Outaouais
School Board*

331, rue du Couvent, Maniwaki, Qc J9E 1H5
(819) 449-7866 / Toll-free 1-888-831-9606
info@cshbo.qc.ca

*CFER Business Training and Recycling
Centre of the Gatineau Valley*

247, rue Moncion, Maniwaki, Qc J9E 2G6
(819) 449-7900, Ext. 15274

*CEHG Cité Étudiante
de la Haute-Gatineau High School*

211, rue Henri-Bourassa, Maniwaki, Qc J9E 1E4
(819) 449-7900. Ext. 15239



CSHBO - Cœur-de-la-Gatineau Sector

Notre-Dame-de-Grâce Elementary School

47, rue Principale, C.P. 40, Bouchette, Qc J0X 1E0
(819) 465-2195, Ext. 13221

Reine-Perreault Elementary School

2, ch. Blue Sea, C.P. 130, Blue Sea, Qc J0X 1C0
(819) 463-2708, Ext. 13321

St-Nom-De-Marie Elementary School

8, rue Laramée, Lac Ste-Marie, Qc J0X 1Z0
(819) 467-5597, Ext. 1312

Ste-Thérèse Elementary School

1, ch. de l'École, Cayamant, Qc J0X 1Y0
(819) 463-2216, Ext. 13421

Sacré-Cœur Elementary and High Schools

11, ch. de Blue Sea, C.P. 313, Gracefield, Qc J0X 1W0
(819) 463-2949, Ext. 13521



**CSHBO - Le Rucher Vallée-de-la-Gatineau
Sector**

Académie Sacré-Cœur Elementary School

248, rue Notre-Dame, Maniwaki, Qc J9E 2J8
(819) 449-4698, Ext. 14821

Christ-Roi Elementary School

148, boul. Desjardins, Maniwaki, Qc J9E 2E1
(819) 449-2331, Ext. 14222

PieXII Elementary School

122, rue Comeau, Maniwaki, Qc J9E 2S8
(819) 449-1291, Ext. 14322

Dominique-Savio Elementary School

8, rue du Collège, Montcerf-Lytton, Qc J0W 1N0
(819) 449-3283, Ext. 14721



**CSHBO - Le Rucher Vallée-de-la-Gatineau
Sector (cont'd)**

Laval Elementary School

29, ch. Principal
Ste-Thérèse-de-la-Gatineau, Qc J0X 2X0
(819) 449-2846, Ext. 14221

Sacré-Cœur Elementary School

1317, Route Transcanadienne
C.P. 106, Grand-Remous, Qc J0W 1E0
(819) 438-2888, Ext. 14721

St-Boniface Elementary School

459, Route 105, C.P. 5, Bois-Franc, Qc J9E 3A9
(819) 449-3748. Ext. 14721

Ste-Croix Elementary School

8, ch. de la Ferme, Messines, Qc J0X 2J0
(819) 465-2142, Ext. 14221



CSHBO – Adult Education

Notre-Dame-du-Désert Centre

335, rue Du Couvent, Maniwaki, Qc J9E 1H5
(819) 449-6644, Ext. 17252

St-Eugène Centre

67, ch. Rivière Gatineau, Déléage, Qc J9E 3A5
(819) 449-7789, Ext. 17321

St-Joseph Centre

67, rue St-Joseph, C.P. 418, Gracefield, Qc J0X 1W0
(819) 463-3644, Ext. 17132



CSHBO – Vocational Training

*CFP Vallée-de-la-Gatineau
Vocational Training Centre*

211, rue Henri-Bourassa, Maniwaki, Qc J9E 1E4
(819) 449-7922, Ext. 19265



Ministry of Education, Leisure and Sport

Toll-free 1-855-390-7130
www.education.gouv.qc.ca/en/



Government of Canada

Indigenous and Northern Affairs Canada

Toll-free 1-800-567-9604
www.aadnc-aandc.gc.ca



Canadian Food Inspection Agency

Toll-free 1-800-442-2342
www.inspection.gc.ca



Canada Revenue Agency

Toll-free 1-800-267-6999
www.cra-arc.gc.ca



Veterans Affairs Canada

Toll-free 1-866-522-2022
www.vac-acc.gc.ca



Citizenship and Immigration Canada

Toll-free 1-888-242-2100

www.cic.gc.ca



Parole Board of Canada

Toll-free 1-800-874-2652

www.pbc-clcc.gc.ca



Status of Women Canada

Toll-free 1-888-645-4141

www.cfc-swc.gc.ca



Environment Canada

Toll-free 1-866-283-2333

www.ec.gc.ca



Royal Canadian Mounted Police

Toll-free 1-800-771-5401
www.rcmp-grc.gc.ca/en



Youth Infoline

Toll-free 1-800-935-5555
www.youth.gc.ca



Department of Justice Canada

(514) 283-4934
www.justice.gc.ca



Social Insurance Number

Toll-free 1-800-808-6352
www.servicecanada.gc.ca



Heritage Canada

Toll-free 1-866-811-0055
www.pch.gc.ca



Passports

Toll-free 1-800-567-6868
www.pptc.gc.ca



Federal Allowances and Benefits

Toll-free 1-800-387-1194
www.servicecanada.gc.ca



Pensions Canada - OAS Old Age Security Pensions

Toll-free 1-800-277-9915
www.servicecanada.gc.ca



Health Canada

Toll-free 1-800-561-3350
www.hc-sc.gc.ca



Service Canada

100, rue Principale Sud, Suite 220
Maniwaki, Qc J9E 3L4
Toll-free 1-800-622-6232
www.servicecanada.gc.ca



Canadian Security Intelligence Service

Toll-free 1-877-223-2265
www.csis-scrs.gc.ca



Correctional Service of Canada

(819) 997-2662
www.csc-scc.gc.ca



CMHC Canadian Mortgage and Housing Corporation

Toll-free 1-800-668-2642
www.cmhc-schl.gc.ca/en



CLE Local Employment Centre

100, rue Principale Sud, Suite 240
Maniwaki, Qc J9E 3L4
(819) 449-4284 / Toll-free 1-800-567-9209
www.mess.gouv.qc.ca/Index_en.asp



Work Injuries Commission

Toll-free 1-800-676-2281
www.tat.gouv.qc.ca



Public Pension and Insurance Plans Administrative Tribunal

Toll-free 1-800-463-5533
www.carra.gouv.qc.ca

CSST Workplace Health and Safety Commission

Toll-free 1-866-302-2778
www.csst.qc.ca





Pay Equity Commission

Toll-free 1-888-528-8765
www.ces.gouv.qc.ca/english.asp



Labour Standards Board of Quebec

Toll-free 1-800-265-1414
www.cnt.gouv.qc.ca/en/home/index.html



Human and Youth Rights Commission

Toll-free 1-800-361-6477
www.cdpdj.qc.ca/en/Pages/default.aspx



Council on the Status of Women

(819) 772-3022 / Toll-free 1-800-463-2851
www.csf.gouv.qc.ca



Public Curator of Quebec

Toll-free 1-800-363-9020

www.curateur.gouv.qc.ca/cura/en/index.html



Crime Victims Compensation

Toll-free 1-800-561-4822

www.ivac.qc.ca/EN_acts.asp

ivac@csst.qc.ca



Savings and Investments Quebec

Toll-free 1-800-463-5229

www.epq.gouv.qc.ca/A/Info/principal.aspx



Ministry of Culture and Communications

(819) 772-3002

www.mcc.gouv.qc.ca



Ministry of Families

Toll-free 1-877-216-6202
www.mfa.gouv.qc.ca



Ministry of Justice

266, rue Notre-Dame, Maniwaki, Qc J9E 2J8
(819) 449-3222 / Toll-free 1-866-536-5140
www.justice.gouv.qc.ca/english/accueil.asp

SERVICES PROVIDED :

Maniwaki Courthouse.



Ministry of Health and Social Services

Toll-free 1-877-644-4545
www.msss.gouv.qc.ca/en/index.php



Ministry of Public Security

Toll-free 1-888-643-2433

www.securitepublique.gouv.qc.ca/en.html



Ministry of Education, Leisure and Sport

Toll-free 1-877-643-3750

www.education.gouv.qc.ca/en/



Ministry of Labour, Employment and Social Solidarity

Toll-free 1-888-772-3694

www.mess.gouv.qc.ca/Index_en.asp



Ministry of Immigration and Cultural Communities

Toll-free 1-877-864-9191

www.immigration-quebec.gouv.qc.ca/en/index.php



Ministry of Natural Resources

Toll-free 1-866-248-6936

mern.gouv.qc.ca/english/department/index.jsp



Ministry of Transportation

Toll-free 1-888-355-0511

www.mtq.gouv.qc.ca/en/Pages/default.aspx

SERVICES PROVIDED :

Call toll-free 5-1-1 for Quebec Traffic and Road Work Advisories.



Ministry of Sustainable Development, Environment, Fauna and Parks

Toll-free 1-800-561-1616

www.mddelcc.gouv.qc.ca/index_en.asp



Quebec Labour Office

Toll-free 1-800-643-4817
www.travail.gouv.qc.ca



Consumer Protection Bureau

Toll-free 1-888-672-2556
www.opc.gouv.qc.ca/en/home/



OPHQ Quebec Bureau for Disabled Persons

Toll-free 1-800-567-1465
www.ophq.gouv.qc.ca



Office Québécois de la langue française

Toll-free 1-888-873-6202
www.oqlf.gouv.qc.ca



Quebec Ombudsman

Toll-free 1-800-463-5070
protecteurducitoyen.qc.ca/en
protecteur@protecteurducitoyen.qc.ca



Recyc-Quebec Salvage and Recycling Society

Toll-free 1-800-807-0678
www.recyc-quebec.gouv.qc.ca



RAMQ Quebec Public Health Insurance

Toll-free 1-800-561-9749
www.ramq.gouv.qc.ca/en/Pages/home.aspx



Quebec Pension Plans - Retirement Quebec

Toll-free 1-800-463-5185
www.rrq.gouv.qc.ca



RBQ Quebec Building Agency

Toll-free 1-800-361-0761

www.rbq.gouv.qc.ca/en/home.html



Quebec Housing Agency

Toll-free 1-800-683-2245

www.rdl.gouv.qc.ca/en/accueil/accueil.asp



Revenue Quebec

Toll-free 1-866-840-6939

www.revenuquebec.ca/en/default.aspx



Office for Community Action and Social Initiatives

Toll-free 1-800-577-2844

www.mess.gouv.qc.ca/sacais



Services Quebec

Toll-free 1-877-644-4545

www.gouv.qc.ca/EN/Pages/Accueil.aspx



SAAQ Automobile Insurance Quebec (Gracefield)

32, rue Principale, Gracefield, Qc J0X 1W0

(819) 463-2844 / Toll-free 1-800-351-7620

www.saaq.gouv.qc.ca/en/index.php



SAAQ Automobile Insurance Quebec (Maniwaki)

100, rue Principale Sud, Suite 242

Maniwaki, Qc J9E 3L4

(819) 449-1475 / Toll-free 1-800-351-7620

www.saaq.gouv.qc.ca/en/index.php



SHQ Quebec Housing Society

Toll-free 1-800-463-4315

www.habitation.gouv.qc.ca/english.html



Government of Quebec

Quebec Infrastructure Society

Toll-free 1-877-747-9911
www.sqi.gouv.qc.ca



SOS Conjugal Violence

Toll-free 1-800-363-9010



Halte-Femme Haute-Gatineau

Maniwaki, Qc

(819) 449-4545

www.halte-femme.haute-gatineau.ca

info@halte-femme.haute-gatineau.ca

MISSION :

Women's shelter and support for victims of abuse or facing complex social problems, and for their children.

SERVICES PROVIDED :

Emergency shelter, intervention, assistance.

24h/24 Support / Info / Referral Hotline.

Counselling, consultations, awareness and prevention workshops, public education, parental support, guidance counselling.

Post-crisis follow-up and support groups.



Maison Amitié de la Haute-Gatineau

108, rue Christ-Roi, Maniwaki, Qc J9E 1C3

Day Centre : (819) 449-4570

Emergency Shelter : (819) 449-8137

Administration : (819) 449-6777

MISSION :

Support and shelter for persons struggling with severe chronic mental illness.

Recovery and social reinsertion programming.

SERVICES PROVIDED :

Temporary shelter, day centre, literacy training.

Follow-up on community participation.

Recovery and social reinsertion services.



Vallée-Jeunesse

287, rue Moncion, Maniwaki, Qc J9E 2C6

(819) 449-8168

www.valleejeunesse.ca

cshbo@valleejeunesse.ca

MISSION :

Promote academic perseverance and social engagement by contributing to the full development of at-risk youth and young adults.

SERVICES PROVIDED :

Psychosocial Services..

School-based programming.



Education

Kitigan Zibi Education Sector

54 Makwa Mikan, Maniwaki, Qc, J9E 3B1
Members of the Kitigan Zibi Education Sector
Administration can be reached at (819) 449-1798 /
Toll-free 1-800-263-1798

Kitigan Zibi Kikinamadinan School

41 Kikinamage Mikan, Maniwaki, Qc, J9E 3B1
All employees of the Kitigan Zibi Kikinamadinan
School can be reached at (819) 449-1275

*Kitigan Zibi Education Sector
c/o Post Secondary Student Support
Program Officer*

41 Kikinamage Mikan, Maniwaki, Qc, J9E 3B1
School can be reached at (819) 449-1275



Health and Social Services

Kitigan Zibi Health & Social Services

P.O. Box 160, 8 Kikinamage Mikan
Maniwaki, Qc, J9E 3B1
Employees of the Kitigan Zibi Anishinabeg
Health & Social Services can be reached at
(819) 449-5593, Ext. 4 / (819) 449-3803 /
Toll-free 1-866-660-5593

Waseya House Crisis Shelter

(819) 449-7425

Kiweda Group Home

(819) 449-6299

Confidential Medical Information

Fax (819) 449-6916 (Medical Clerk Access Only)



Health and Social Services (cont'd)

*Confidential Social Services /
Youth Protection Information*

Fax (819) 449-7927 (Social Worker Access Only)

Medical Transportation

Coordinator Cell Phone (819) 449-0667

Widokazowin Center

(819) 449-2323



Kitigan Zibi Police Department

P.O. Box 220, 10 Kikinamage Mikan

Maniwaki, Qc, J9E 3B4

All employees of the Kitigan Zibi Police Department
can be reached at (819) 449-6078 (Admin Office) /
(819) 449-6000 (Emergencies)



Kitigan Zibi Wanaki Treatment Centre

Angela Miljour - Interim Director

(819) 449-7000

www.wanakicentre.com



Habitations Montcerf-Lytton

15, rue Principale Nord
Montcerf-Lytton, Qc J0W 1N0
Ward O'Connor : (819) 664-4909

MISSION :

Offer low-income housing to off-reserve Native persons, retirees, etc



Logement en santé Vallée-de-la-Gatineau

147, boul. Desjardins, Maniwaki, Qc J9E 2C9
(819) 449-6779

logementensante.asec@outlook.com

MISSION :

Acquire, build and manage affordable, quality community housing for rent to low-income households.

SERVICES PROVIDED :

Encouraging public support for a pilot-project construction in Gracefiled developed for single persons or couples aged 45+ living in the Gatineau Valley. Community support and in-house services planning.



Office municipal d'habitation de Gracefield

2, rue du Foyer, Gracefield, Qc J0X 1W0
(819) 463-2027
www.habitation.gouv.qc.ca

MISSION :

Assist seniors in procuring adequate housing.

SERVICES PROVIDED :

Sign up year-round for available low-income housing.



Office municipal d'habitation de Grand-Remous

1346, Route Transcanadienne
Grand-Remous, Qc J0W 1E0
(819) 305-3055
www.habitation.gouv.qc.ca

MISSION :

Assist seniors and low-income persons in procuring adequate housing.

SERVICES PROVIDED :

Sign up year-round for available low-income housing.



Office municipal d'habitation de Maniwaki

180, boul. Desjardins, Maniwaki, Qc J9E 2E2
(819) 449-4556
www.habitation.gouv.qc.ca

MISSION :

Assist seniors and low-income persons in procuring adequate housing.

SERVICES PROVIDED :

Sign up year-round for available low-income housing.



Housing

Quebec Housing Agency

Toll-free 1-800-683-2245
www.rdl.gouv.qc.ca



CMHC Canadian Mortgage and Housing Corporation

Toll-free 1-800-668-2642
www.schl.gc.ca



SHQ Quebec Housing Society

Toll-free 1-800-463-4315
www.habitation.gouv.qc.ca



Quebec Infrastructure Society

Toll-free 1-877-747-9911
www.sqi.gouv.qc.ca



Municipal Offices

MRC Vallée-de-la-Gatineau

7, rue de la Polyvalente, Gracefield, Qc J0X 1W0
(819) 463-3241 / Toll-free 1-877-463-3241
www.mrcvg.qc.ca
info@mrcvg.qc.ca



Municipality of Aumond

679, rue Principale, Aumond, Qc J0W 1W0
(819) 449-4006
www.aumond.ca
info@aumond.ca



Municipality of Blue Sea

7, rue Principale, Blue Sea, Qc J0X 1C0
(819) 463-2261
www.blueseas.ca
info@blueseas.ca



Municipal Offices

Municipality of Bois-Franc

466, Route 105, Bois-Franc, Qc J9E 3A9
(819) 449-2252
www.bois-franc.ca
info@bois-franc.ca

Municipality of Bouchette

36, rue Principale, Bouchette, Qc J0X 1E0
(819) 465-2555
www.bouchette.ca
mun.bouchette@ireseau.com



Municipality of Cayamant

6, ch. Lachapelle, Cayamant, Qc J0X 1Y0
(819) 463-3587
www.cayamant.ca
info@cayamant.ca



Municipal Offices

Municipality of Déléage

175, Highway 107, Déléage, Qc J9E 3A8
(819) 449-1979
reception@deleage.ca
www.deleage.ca



Municipality of Denholm

419, ch. du Poisson-Blanc, Denholm, Qc J8N 9C8
(819) 457-2992
www.municipalite.denholm.qc.ca
info@municipalite.denholm.qc.ca



Municipality of Egan-Sud

95, Highway 105, Egan-Sud, Qc J9E 3A9
(819) 449-1702
info@egan-sud.ca
www.egan-sud.ca



Municipal Offices

Municipality of Grand-Remous

1508, Route Transcanadienne
Grand-Remous, Qc J0W 1E0
(819) 438-2877
www.grandremous.ca
info@grandremous.ca



Municipality of Kazabazua

30, rue Begley, Kazabazua, Qc J0X 1X8
(819) 467-2852
www.kazabazua.ca
infos@kazabazua.ca



Municipality of Lac-Sainte-Marie

106, ch. Lac Ste-Marie, Lac Ste-Marie, Qc J0X 1Z0
(819) 467-5437
www.lac-sainte-marie.com
municipalite@lac-sainte-marie.com



Municipal Offices

Municipality of Low

4, ch. D'Amour, Low, Qc J0X 2C0
(819) 422-3528
www.lowquebec.ca
info@lowquebec.ca



Municipality of Messines

70, rue Principale, Messines, Qc J0X 2J0
(819) 465-2323
www.messines.ca
info@messines.ca



Municipality of Montcerf-Lytton

18, rue Principale Nord
Montcerf-Lytton, Qc J0W 1N0
(819) 449-4578
www.montcerf-lytton.com
mun.montcerf@ireseau.com



Municipal Offices

Municipality of Ste-Thérèse-de-la-Gatineau

27, ch. Principal
Ste-Thérèse-de-la-Gatineau, Qc J0X 2X0
(819) 449-4134
www.sainte-therese-de-la-gatineau.ca
info@sainte-therese-de-la-gatineau.ca



City of Gracefield

351, Higyway 105, C.P. 329, Gracefield, Qc J0X 1W0
(819) 463-3458
www.gracefield.ca
infos@gracefield.ca



City of Maniwaki

186, rue Principale Sud, Maniwaki, Qc J9E 1Z9
(819) 449-2800
www.ville.maniwaki.qc.ca
maniwaki@ville.maniwaki.qc.ca



Emergency / Hotlines

	Phone Toll-free
<i>Poison Control Centre</i>	1-800-463-5060
<i>Drugs : Help & Referral</i>	1-800-265-2626
<i>Crime Stoppers</i>	1-800-711-1800
<i>Gay Line</i>	1-888-505-1010
<i>Hydro-Quebec Outages and Emergencies</i>	1-800-790-2424
<i>Health & Social Services Hotline</i>	8-1-1
<i>Kids Help Phone</i>	1-800-668-6868
<i>Gambling : Help & Referral</i>	1-800-461-0140
<i>Parents Line</i>	1-800-361-5085
<i>Sexual Assault Helpline</i>	1-888-933-9007
<i>SOPFEU Forest Fires</i>	1-800-463-3389
<i>Tel-Aide Outaouais</i>	1-800-567-9699
<i>Tel-Jeunes Youth Hotline</i>	1-800-263-2266 or SMS text 514-600-1002
<i>Emergency (Ambulance, Fire, Police)</i>	9-1-1



Jean-Bosco Centre

204, rue Laurier, Maniwaki, Qc J9E 2K9
(819) 449-4057
centrebosco@bellnet.ca

MISSION :

Contribute to social and professional integration of those with severe functional limitations,
Develop work opportunities for disabled persons.

SERVICES PROVIDED :

Programming specific to those with intellectual disabilities : job placement, social activities.
Operation of a secondhand clothing store and a commercial shredding service.



Coopérative de solidarité d'aide domestique de la Vallée-de-la-Gatineau

131, rue King, Maniwaki, Qc J9E 2L2
(819) 441-0227
www.csadvq.ca
csadvq@videotron.ca

MISSION :

Domestic support service for residents of the
MRC aged 18+.

SERVICES PROVIDED :

Heavy-duty and regular housework. Assistance
running errands. Meal preparation service (no
special diets). Some yardwork. Emergency
callbutton service. Medication reminder program.



Disabled Persons

Coopérative de solidarité Les ateliers Boirec

136, ch. Du Parc Industriel, Maniwaki, Qc J9E 3P3
(819) 441-2229

MISSION :

Social insertion of persons with intellectual or physical disabilities. Remarketing of wood-based materials otherwise discarded by the regional forestry industry.

SERVICES PROVIDED :

Employment opportunities for persons with intellectual or physical disabilities.
Labour skills and team development.
Social empowerment and improvements in personal autonomy.



OPHQ Quebec Bureau for Disabled Persons

Toll-free 1-800-567-1465
www.ophq.gouv.qc.ca



Associations / Social Clubs

Contact your municipal office for more information
on local associations and clubs

Kazabazua Cultural, Social and Golden Age Association

Marie-Thérèse Kazeef : (819) 467-2580



Bel âge de Blue Sea Seniors Club

7, rue Principale, Blue Sea, Qc J0X 1C0
Roger Lacaille : (819) 463-4967



Low Seniors Club

4-C, ch. D'Amour, Low, Qc J0X 2C0
(819) 422-1865 / Toll-free 1-844-422-3548



Ste-Famille-d'Aumond Golden Age Club

Aumond, Qc J0W 1W0
Reno St-Amour : (819) 449-3715



Associations / Social Clubs

Contact your municipal office for more information
on local associations and clubs

Bois-Franc Seniors Club

466, Highway 105, Bois-Franc, Qc J9E 3A9
Conrad Hubert : (819) 449-4328



Déléage Seniors Club

Antoinette Millar : (819) 449-4320



L'Assomption Seniors Club

267, rue des Oblats, Maniwaki, Qc J9E 1G6
(819) 449-1657



Les cœurs joyeux Seniors Club

Grand-Remous, Qc J0W 1E0
Raymonde Lachaine : (819) 438-2686



Associations / Social Clubs

Contact your municipal office for more information
on local associations and clubs

Les Geais Bleu Golden Age Club

10, rue du Centre, Lac Ste-Marie, Qc J0X 1Z0
Michelle Beaudoin : (819) 467-3721



Les joyeux copains Seniors Club

Montcerf-Lytton, Qc J0W 1N0
Micheline Lamarche : (819) 449-2960



Messines Seniors Club

Messines, Qc J0X 2J0
Paul : (819) 465-2750



FADOQ Sainte-Thérèse-de-la-Gatineau Quebec Federation of Seniors Clubs

Jean-Pierre Major : (819) 449-7387



Associations / Social Clubs

Contact your municipal office for more information
on local associations and clubs

Bouchette Seniors Club – Les Bons vivants

36, rue Principale, Bouchette, Qc J0X 1E0
Réal Bélec : (819) 465-2589



Gracefield Seniors Club – Les Joyeux Vivants

Suzanne : (819) 463-2027



Les Porteurs de bonheur Seniors Club

6, ch. Lachapelle, Cayamant, Qc J0X 1Y0
Léona Matthews : (819) 463-1035



Associations / Social Clubs

Contact your municipal office for more information
on local associations and clubs

AFÉAS – Quebec Association of Women for Social Action and Education

MISSION AND CORE VALUES :

Maintain and defend women's rights and achievements. Encourage overall social participation of women, including public speaking and activism. Promote the value of women as workers (paid and/or unpaid labour) and citizens. Highlight and support women's opinions on social issues and in the public arena.

SERVICES PROVIDED:

AFÉAS membership includes access to special services such as :

- Visa Classic Desjardins credit services
- Discounts on certain goods and services : paint, eyewear, hearing aids, hotel rentals, etc.
- Rebates or other special offers from selected regional partners.



Associations / Social Clubs

Contact your municipal office for more information
on local associations and clubs

AFÉAS Bouchette

Hélène Larivière : (819) 449-6525

www.afeas.qc.ca

h.lariviere@videotron.ca



AFÉAS Gracefield

42, rue Principale, C.P. 305, Gracefield, Qc J0X 1W0

Denise Fleury-Rochon : (819) 467-2169



Associations / Social Clubs

Contact your municipal office for more information
on local associations and clubs

AREQ – Region 07 – Upper Gatineau Sector

313, rue Beaulieu, Maniwaki, Qc J9E 1B1

2014-17 Mandate, Chairperson :

Francine Guy (819) 449-4747

<http://regionoutaouais.areq.ca/>

fguy@videotron.ca

MISSION :

The AREQ – Association of Retired Employees of the Education and Public Service Sectors of Quebec (CSQ) – promotes the interests and defends cultural, social and economic rights of its members and of seniors in general. Their work contributes to social improvements in equality, democracy, solidarity and pacifism.



Associations / Social Clubs

Contact your municipal office for more information
on local associations and clubs

Cercle des fermières de Maniwaki

289, rue Hill, Maniwaki, Qc J9E 2G9
(819) 449-2818
www.cfq.qc.ca

MISSION :

Improving living conditions for women and families
and skillsharing of cultural and handicraft heritage.



Knights of Columbus – Local 3063

239, rue King, Maniwaki, Qc J9E 2L6
Réjean Lafond : (819) 449-3063
www.chevaliersdecolomb.com
geraldclement1945@gmail.com



Knights of Columbus Dr. Jean-Thomas L'Écuyer – Local 11973

335, rue Wilfrid-Leblanc, Maniwaki, Qc J9E 1X7
Gilles Pelletier : (819) 449-3295
www.chevaliersdecolomb.com



Associations / Social Clubs

Contact your municipal office for more information
on local associations and clubs

Low District Lions' Club

18, ch. Brennan, Low, Qc J0X 2C0
(819) 467-3080
lowlions@hotmail.com



Maniwaki Lions' Club

175, rue Commerciale, Maniwaki, Qc J9E 3G9
Serge Boisvert : (819) 449-5782
sboisvert@tlb.sympatico.ca



Club Optimiste Aumond, Déléage and Maniwaki

Contact your municipal office for more information
www.optimiste.org



Club Optimiste Blue Sea

2, ch. du Passant, Blue Sea, Qc J0X 1C0
(819) 463-3282
www.optimiste.org



Associations / Social Clubs

Contact your municipal office for more information
on local associations and clubs

Richelieu Club

Gilles Michaud : (819) 449-5160
net.unique@videotron.ca



La Québécoise Richelieu Club

Madeleine Saumure : (819) 463-0584
madosaumure@hotmail.com



Associations / Social Clubs

Contact your municipal office for more information
on local associations and clubs

Femmes d'action de Gracefield

28, ch. Bertrand, Gracefield, Qc J0X 1W0
819-463-4772
femmesdactiongracefield@hotmail.com

MISSION :

Not-for-profit community organisation that advocates for women's welfare, since 1986. Working with grassroots movements, funds are raised and redistributed to women-positive groups. Since its beginning, almost \$39,000 have been distributed in the region.

SERVICES PROVIDED :

Regional meetings open to all women, every 2nd and 4th Wednesday.

Filles d'Isabelle de Montcerf-Lytton

198, ch. de l'Aigle, Montcerf-Lytton, Qc J0W 1N0
(819) 449-6772



Associations / Social Clubs

Contact your municipal office for more information
on local associations and clubs

Maniwaki Royal Canadian Legion

136, rue du Souvenir, Maniwaki, Qc J9E 2H1
Annie Paquette : (819) 449-4487



Maniwaki Crafters' Circle – Les Amies du bricolage

253, rue des Oblats, Maniwaki, Qc J9E 1G6
Anna Gagnon : (819) 449-2325

MISSION :

Foster women-positive social inclusiveness during
Tuesday afternoon meetings in the basement of
St-Patrick Church.

SERVICES PROVIDED :

Variety of handicrafts. Knitting, crochet.



**CISSS Outaouais,
Gatineau Valley Territory**

Maniwaki Hospital

309, boul. Desjardins, Maniwaki, Qc J9E 2E7
(819) 449-2300 / Toll-free 1-844-449-2323

CLSC Maniwaki Service Centre

149, rue Principale Nord, Maniwaki, Qc J9E 2B7
(819) 449-2513 / Toll-free 1-844-255-2513

CLSC Gracefield Service Centre

12-A, rue Principale, C.P.311, Gracefield, Qc J0X 1W0
(819) 463-2604 / Toll-free 1-844-463-2604

CLSC Low Service Centre

334, Highway 105, C.P. 330, Low, Qc J0X 2C0
(819) 422-3548 / Toll-free 1-844-422-3548



**CISSS Outaouais,
Gatineau Valley Territory (cont'd)**

CHSLD Foyer Père Guinard Residence

177, rue des Oblats, Maniwaki, Qc J9E 1G5
(819) 449-4900

CHSLD Gracefield Residence

1, rue du Foyer, Gracefield, Qc J0X 1W0
(819) 463-2100

Outaouais Youth Centres

208, rue Commerciale, Suite 20
Maniwaki, Qc J9E 1P4
(819) 449-4880 / Toll-free 1-888-449-4880
www.cjoutaouais.qc.ca



**CISSS Outaouais,
Gatineau Valley Territory (cont'd)**

La RessourSe Regional Readaptation Centre

244, rue Champlain, Maniwaki, Qc J9E 1L5
(819) 449-5248
www.crr-la-ressource.qc.ca

Outaouais Addiction Recovery Centre

244, rue Champlain, Maniwaki, Qc J9E 1L5
(819) 449-5549
www.dependanceoutaouais.org

Pavillon du Parc

131, rue King, Maniwaki, Qc J9E 2L2
(819) 449-3235



CISSS Outaouais, Gatineau Valley Territory (cont'd)

Le comité des usagers

Leave a message at (819) 449-4690, Ext. 682

MISSION :

Members of the Users' Committee are elected among the community to monitor health or social service users' rights and ongoing improvements to living conditions in all facilities and residences.

SERVICES PROVIDED :

Users' Committees are entrusted with several duties : Informing users of their rights and obligations. Promoting continued improvement in the quality of living conditions for residents and Evaluating their satisfaction with services provided. The Committee advocates for users rights and interests in the public eye and offers assistance to users, including in registering complaints.



Medical Clinics

Maniwaki Medical Centre

179, boul. Desjardins, Maniwaki, Qc J9E 2C9
(819) 449-5583

Du Cap Medical Clinic

153, rue Commerciale, Maniwaki, Qc J9E 1P1
(819) 449-7136

Grand-Remous Health Clinic

1508, Route Transcanadienne
Grand-Remous, Qc J0W 1E0
(819) 438-1297

Haute-Gatineau Health Clinic

30, rue Principale, Gracefield, Qc J0X 1W0
(819) 463-0100



Health and Social Services Hotline

Toll-free 8-1-1



Coopérative de solidarité d'aide domestique de la Vallée-de-la-Gatineau

131, rue King, Maniwaki, Qc J9E 2L2
(819) 441-0227
www.csadvq.ca
csadvq@videotron.ca

MISSION :

Domestic support service for residents of the MRC aged 18+.

SERVICES PROVIDED :

Heavy-duty and regular housework. Assistance running errands. Meal preparation service (no special diets). Some yardwork. Emergency callbutton service. Medication reminder program.



Maison Amitié de la Haute-Gatineau

108, rue Christ-Roi, Maniwaki, Qc J9E 1C3

Day Centre : (819) 449-4570

Emergency Shelter : (819) 449-8137

Administration : (819) 449-6777

MISSION :

Support and shelter for persons struggling with severe chronic mental illness.

Recovery and social reinsertion programming.

SERVICES PROVIDED :

Temporary shelter, day centre, literacy training.

Follow-up on community participation.

Recovery and social reinsertion services.



PIED – Dynamic Balance Program

Contact your local CLSC (Maniwaki, Gracefield, Low)
(819) 449-2513 / Toll-free 1-844-255-2513

MISSION :

Falls prevention program for at home seniors.

SERVICES PROVIDED :

Group exercise program designed to improve balance and leg strength. Interactive prevention materials for healthy lifestyle improvement and for raising awareness of risk factors.



Regroupement Vallée-de-la-Gatineau en santé

224, rue Notre-Dame, Maniwaki, Qc J9E 2J5
(819) 441-0282

MISSION :

Community action designed to collectively improve public well-being in the MRC.

VISION :

To live in a MRC where communities help each other freely develop into healthier publics and environments.

CORE VALUES :

Respect, commitment, creativity,
openmindedness, sharing and fun!

SERVICES PROVIDED :

Community Action planning meetings,
Project management support,



Kazabazua Cultural, Social and Golden Age Association

373, Highway 105, CP 149, Kazabazua, Qc J0X 1X0
(819) 467-5746

<http://kazculture.weebly.com>

MISSION :

Not-for-profit group that raises funds by organising activities such as dances and social club meetings. Provides family-friendly cultural programming that develops literacy, computer skills, fine arts and painting techniques, etc.

SERVICES PROVIDED :

The Association also hosts a variety of training and information workshops and operates the Kazabazua Cultural Centre, where the whole community (youth, families, seniors) can meet, socialise, learn or receive assistance.



ASEC Haute-Gatineau Community Solidarity Association

147, boul. Desjardins, Maniwaki, Qc J9E 2C9
(819) 449-6779
asec.valleedelagatineau@hotmail.com

MISSION :

This collective rights advocacy group works towards recognition and respect of civil rights for all persons.

ROLE OF ASEC :

Provides assistance and information sessions on matters relating to rights recognition. Offers special assistance with income tax declarations (especially for low-income households) and campaigns for improvements in rights advocacy.



Carrefour jeunesse emploi

217, rue Principale Sud, Maniwaki, Qc J9E 2A3
(819) 441-1165
www.cjevg.qc.ca
info@cjevg.qc.ca

MISSION :

Services designed to improve living conditions for youth aged 16 to 35 by employment support, return to studies or training or for launching a business.

JOB SEARCH SUPPORT :

Employment opportunities research assistance.
Tailored individual support for writing resumes, drafting letters, preparing for interviews, networking and more.

PROGRAMMING OFFERED :

IDEO 16-17, Youth Entrepreneurship Contest,
Make Way for Youth / Place aux jeunes,
Complicité emploi, Personal Finance: I'm in Charge.



Outaouais Community Legal Centre

116-C, rue King, Maniwaki, Qc J9E 2L3
(819) 449-4800 / Toll-free 1-800-842-2213
www.aidejuridiqueoutaouais.ca

MISSION :

Free or with cost legal aid services for low-income persons.

Me Chloé Vendette :

civil law, family law, youth rights

Me Éric Raymond : criminal and penal law,
adolescents and the penal justice system.

SERVICES PROVIDED :

Representation and assistance by a lawyer during court hearings or appeals, prosecution or defense according to the prescription of the Law.

Consultations with a lawyer and legal information.



CAVAC Crime Victims Support Centre

Address by request, Maniwaki, Qc J9E 1R4
(819) 441-0986
www.cavac.qc.ca
cavacmaniwaki@videotron.ca

MISSION :

CAVAC provides first-line services to crime victims, to their loved ones, and witnesses of criminal acts.

SERVICES PROVIDED :

The CAVAC network offers professional, confidential services at no-cost. They strive to equip victims with tools for reestablishing balance during their recovery process.



Communauté Métis et Autochtone de Maniwaki

270, rue Notre-Dame, Maniwaki, Qc J9E 2J8

(819) 441-2444

www.autochtones-maniwaki.com

admin@autochtones-maniwaki.com

MISSION :

Promote and advocate in the interest of Native persons (Aboriginal, Inuit and Metis) living off-reserve in Quebec.

SERVICES PROVIDED :

Job skills training, Human Resource development.

Facilitate participation in programming designed for Native persons. Information services.



Waskahegen Corporation

125, rue Laurier, Maniwaki, Qc J9E 2K5

(819) 449-1436

www.waskahegen.com

maniwaki@waskahegen.com

MISSION :

Provide improved living conditions for Native persons living off-reserve. Foster economic development within the community. Assist the Native Alliance in advocating for the rights and interests of its members.



Be and Become

373, Highway 105, Kazabazua, Qc J0X 1X0

(613) 700-6434

www.etreteevenir.ca

bonnie@iheartmyart.ca

MISSION :

To provide grassroots-level social support to youth in the southern sector of the MRC.

SERVICES PROVIDED :

Community networking platform for youth, referrals to youth resources and mentorship programming.



Jardin au Bord de la Rivière 2000

302, rue Gatineau, Maniwaki, Qc J9E 2V5
(819) 334-1954

SERVICES PROVIDED :

These community gardens cover 700 sq. feet, divided into plots. Tools such as a rototiller are available to borrow on-site. An irrigation system delivers water near each plot.

Composting bins are available and workshops are offered to beginners.

Gardening opens in April. Limit of one (1) plot per family.

Membership is \$20.



Kaz Media Arts

373, Highway 105, Kazabazua, Qc J0X 1X0
(613) 700-6434
www.kazmediaarts.com
kazmediaarts@gmail.com

MISSION :

Foster original new media productions.

SERVICES PROVIDED :

Documentary video production, website construction, New Media workshop series.



Gracefield Charitable Works

42, rue Principale, Gracefield, Qc J0X 1W0
(819) 463-2857

SERVICES PROVIDED :

Weekly food distribution by appointment (see *Gracefield Food Bank*). Secondhand clothing also available.



Table de concertation des aînés et retraités de la Vallée-de-la-gatineau

14, rue de l'Église, Lac Ste-Marie, Qc J0X 1Z0
tcarvg@hotmail.com

MISSION :

Defend and promote the interests of its members and of seniors in general.

SERVICES PROVIDED :

Organisation that represents seniors of the Gatineau Valley region, monitors their well-being and advocates for their best interests. Inform members and the public about regional services such as healthcare, leisure activities or other information sources. Work to improve quality of life for our territory's seniors and retirees with the help of a concerted group of partners.



Vallée-de-la-Gatineau Tourism Bureau

186, rue King, Suite 104, Maniwaki, Qc J9E 3N7
(819) 463-3241 / Toll-free 1-877-363-3241
www.tourismevalleedelagatineau.com
tourisme@mrcvg.qc.ca

MISSION :

Provide information to tourists and assist in planning activities or stays in the Gatineau Valley.

SERVICES PROVIDED :

Vallée-de-la-Gatineau Tourism offices are found in: Low, Aumont and Grand-Remous.

The Tourism Kiosk is located in Maniwaki.



Voix et solidarité des aidants naturels de la Vallée-de-la-Gatineau

147, boul. Desjardins, Maniwaki, Qc J9E 2C9
(819) 441-1001 / Toll-free 1-855-448-1818
www.voixetsolidarite.org
voix.solidarite.VG@hotmail.com

MISSION :

Bring natural caregivers together to improve wellness and act in their common interest. Rights advocacy. Events that promote healthy lifestyles. Support hotline, training, assistance.

SERVICES PROVIDED :

Information, workshops. Themed "Coffee-chats"
At-home respite services. Free newsletter to members. Assistance in caregiving-related processes. Referrals if needed.



Carrefour jeunesse emploi

217, rue Principale Sud, Maniwaki, Qc J9E 2A3
(819) 441-1165
www.cjevg.qc.ca
info@cjevg.qc.ca

MISSION :

Services designed to improve living conditions for youth aged 16 to 35 by employment support, return to studies or training or for launching a business.

JOB SEARCH SUPPORT :

Employment opportunities research assistance.
Tailored individual support for writing resumes, drafting letters, preparing for interviews, networking and more.

PROGRAMMING OFFERED :

IDEO 16-17, Youth Entrepreneurship Contest,
Make Way for Youth / Place aux jeunes,
Complicité emploi, Personal Finance: I'm in Charge.



Familles d'abord

8, rue Laramée, Lac Ste-Marie, Qc J9E 1Z0
(819) 467-3774
famillesdabord2015@gmail.com

MISSION :

Support families in the southern sector of the MRC Vallée-de-la-Gatineau and throughout the MRC Collines-de-l'Outaouais.

SERVICES PROVIDED :

Family play workshops, health promotion and information, parental support network, single mother programming, respite services.



Youth Services

Jeunesses sans frontières de la Vallée-de-la-Gatineau

119, rue St-Jospeh, Gracefield, Qc J0X 1W0
(819) 463-4030
jsfvg@hotmail.com

SERVICES PROVIDED :

Youth Centre, services for 12 to 17 year-olds.

Workshops : addictions prevention, cooking, events, daytrips, fundraisers, table-tennis, billiards, internet access, etc.

Like our Facebook page!



Youth Infoline

Toll-free 1-800-935-5555
www.jeunesse.gc.ca



Maison de la famille

224, rue Notre-Dame, Maniwaki, Qc J9E 2J5
(819) 441-0282
www.maisondelafamillevg.com
maisondelafamille@videotron.ca

MISSION :

Provide a welcoming space for discussion, exchanging support, getting information. No-cost. Parents can access support services and tools for healthy family living. Foster social inclusiveness.

SERVICES PROVIDED :

Promotion of parental skills, adaptation and raising awareness of the roles of fathers and mothers. Promote healthy growth, security and overall development of children, physically, emotionally and cognitively.



Mani-Jeunes inc.

86, rue Roy, Maniwaki, Qc J9E 3G9
(819) 449-6609
mani-jeunes@bellnet.ca

MISSION :

Operate a youth centre for 12 to 18 year-olds and programming where youth, with proper adult mentorship, can develop critical thinking, social activism, and sense of responsibility.

SERVICES PROVIDED :

Healthy Lifestyles : Workshops, Group discussions, Homework Tutoring, Multisports;

Sports : Hockey, camping, dance, basketball, soccer, Kinect ;

Creative : Collage, painting, improv, simulated stained glass, music, theater ;

Cultural : Humanitarian trips, movies, youth newspaper;

Leisure : Board games, billiards, dances, video games, Internet ;

Daytrips : La Ronde, waterslide park, all-night events, sugar shack ;

Fundraising : Bottle Collection, Gratt-o-thon, In-house canteen ;

NEW! L'Escale, Room 132 CEHG High School



Regroupement Vallée-de-la-Gatineau en santé

224, rue Notre-Dame, Maniwaki, Qc J9E 2J5
(819) 441-0282

MISSION :

Community action designed to collectively improve public well-being in the MRC.

VISION :

To live in a MRC where communities help each other freely develop into healthier publics and environments.

CORE VALUES :

Respect, commitment, creativity, open-mindedness, sharing and fun!

SERVICES PROVIDED :

Community Action planning meetings,
Project management support,
Stakeholder Networking Assistance.



Suicide Détour

181, rue Notre-Dame, Maniwaki, Qc J9E 2J6
(819) 441-1010
www.suicidedetour.ca
suicide-detour@bellnet.ca

MISSION :

Emergency intervention for persons in distress, caregiver support, grief counselling for residents of the Gatineau Valley.

SERVICES PROVIDED :

Suicide Détour offers 4 types of services : individual or group support, awareness raising and wellness promotion. It also delivers the "Zippy's Friends" and "Passport : Gear Up for Life" programs. "Sentinels" suicide prevention training offered to volunteers.



Vallée-Jeunesse

287, rue Moncion, Maniwaki, Qc J9E 2C6

(819) 449-8168

www.valleejeunesse.ca

cshbo@valleejeunesse.ca

MISSION :

Promote academic perseverance and social engagement by contributing to the full development of at-risk youth and young adults.

SERVICES PROVIDED :

Psychosocial Services..

School-based programming.



Albatros Gatineau Valley (Maniwaki)

15, rue Principale, Montcerf-Lytton, Qc J0W 1N0
(819) 449-4540

www.fmaq.ca

wardoconnor777@gmail.com

MISSION :

Volunteer assistance to end-of-life patients, at home, in hospital or in residence (CHSLDs).

Support services during terminal stage illness at no cost. Family support services.

SERVICES PROVIDED :

Assistance: at-home, in hospital or in residence.

Moral support for patients and families.

Grief counselling.



Adoption Vivere Canada

15, rue Principale Nord, Montcerf-Lytton, Qc J0X 1N0
Toll-free 1-866-445-9695
www.adoptionviverecanada.com
viverecanada@gmail.com

MISSION :

No-cost, confidential support services for biological parents struggling with a difficult pregnancy and who are considering newborn adoption options : full, semi-open or closed.

SERVICES PROVIDED :

Prenatal referrals to regional social integration services and adoption agencies. Public awareness campaigns for promotion of full or semi-open adoption options for Canadian newborns.



Familles d'abord

8, rue Laramée, Lac Ste-Marie, Qc J9E 1Z0
(819) 467-3774
famillesdabord2015@gmail.com

MISSION :

Support families in the southern sector of the MRC Vallée-de-la-Gatineau and throughout the MRC Collines-de-l'Outaouais.

SERVICES PROVIDED :

Family play workshops, health promotion and information, parental support network, single mother programming, respite services.



Impact Rivière-Gatineau

270, rue Notre-Dame, Maniwaki, Qc J9E 2J8
(819) 449-3077
impactrivieregatineauorg@videotron.ca

MISSION :

Conflict arbitration services for families,
including violence counselling.

SERVICES PROVIDED :

Individual, group or family counselling services.
Support groups available according to the problem
encountered. Training workshops for retirees.



Maison de la famille

224, rue Notre-Dame, Maniwaki, Qc J9E 2J5
(819) 441-0282
www.maisondelafamillevg.com
maisondelafamille@videotron.ca

MISSION :

Provide a welcoming space for discussion, exchanging support, getting information. No-cost. Parents can access support services and tools for healthy family living. Foster social inclusiveness.

SERVICES PROVIDED :

Promotion of parental skills, adaptation and raising awareness of the roles of fathers and mothers. Promote healthy growth, security and overall development of children, physically, emotionally and cognitively.



Regroupement Vallée-de-la-Gatineau en santé

224, rue Notre-Dame, Maniwaki, Qc J9E 2J5
(819) 441-0282

MISSION :

Community action designed to collectively improve public well-being in the MRC.

VISION :

To live in a MRC where communities help each other freely develop into healthier publics and environments.

CORE VALUES :

Respect, commitment, creativity,
openmindedness, sharing and fun!

SERVICES PROVIDED :

Community Action planning meetings,
Project management support,
Stakeholder Networking Assistance.



Vallée-Jeunesse

287, rue Moncion, Maniwaki, Qc J9E 2C6

(819) 449-8168

www.valleejeunesse.ca

cshbo@valleejeunesse.ca

MISSION :

Promote academic perseverance and social engagement by contributing to the full development of at-risk youth and young adults.

SERVICES PROVIDED :

Psychosocial Services.

School-based programming.



Suicide Détour

181, rue Notre-Dame, Maniwaki, Qc J9E 2J6
(819) 441-1010
www.suicidedetour.ca
suicide-detour@bellnet.ca

MISSION :

Emergency intervention for persons in distress, caregiver support, grief counselling for residents of the Gatineau Valley.

SERVICES PROVIDED :

Suicide Détour offers 4 types of services : individual or group support, awareness raising and wellness promotion. It also delivers the "Zippy's Friends" and "Passport : Gear Up for Life" programs. "Sentinels" suicide prevention training offered to volunteers.



Équipe des bénévoles de la Haute-Gatineau

198, rue Notre-Dame, Suite 104
Maniwaki, Qc J9E 2J5
(819) 449-7666 / Toll-free 1-866-463-1777
equipedebenevoles@hotmail.com

MISSION :

Medical Transportation service for seniors and/or vulnerable persons.

Limited to residents of the northern sector of the MRC.

SERVICES PROVIDED :

Transportation and assistance services for health-related reasons.



GUTAC Gatineau Valley

198, rue Notre-Dame, Suite 104
Maniwaki, Qc J9E 2J5
(819) 449-7666 / Toll-free 1-866-463-1777
gutac.vg@hotmail.com

MISSION :

This service streamlines requests for adapted and collective transportation in the MRC.

SERVICES PROVIDED :

GUTAC offers 4 types of transportation :
health appointments, collective, adapted and community transportation.

Fares are low-cost and vary according to mileage.
Reservations required 48h prior.



Operation Red Nose

150, rue Principale Nord, Maniwaki, Qc J9E 2B8
(819) 449-6635
www.operationnezrouge.com

MISSION :

Promotion of safe and responsible behaviours about driving under the influence.

Free and confidential ride-home services.

SERVICES PROVIDED :

Ride services for persons unable to drive because of alcohol or fatigue. Community-based volunteer team. Available during the December Holiday season.



Regroupements des clubs d'âge d'or de la Vallée-de-la-Gatineau

198, rue Notre-Dame, Suite 104

Maniwaki, Qc J9E 2J5

(819) 449-7666 / Toll-free 1-866-463-1777

MISSION :

Transportation services for residents of the southern sector of the MRC, especially the elderly and vulnerable persons without other transportation alternatives for medical appointments.

SERVICES PROVIDED :

Volunteer transport services for health reasons.



CALACS Gatineau Valley Sexual Assault Support Centre

Address on request, Maniwaki, Qc
(819) 441-2111
www.calacsvg.ca
calacsmaniwaki@bellnet.ca

MISSION :

CALACS Gatineau Valley offers confidential assistance to women and youth aged 12 and over who are or who have been victims of sexual assault.

SERVICES PROVIDED :

Services fall under one of 3 categories : direct support (individual or group), free workshops on prevention and awareness, rights advocacy / social activism.



Halte-Femme Haute-Gatineau

Maniwaki, Qc

(819) 449-4545

www.halte-femme.haute-gatineau.ca

info@halte-femme.haute-gatineau.ca

MISSION :

Women's shelter and support for victims of abuse or facing complex social problems, and for their children.

SERVICES PROVIDED :

Emergency shelter, intervention, assistance.

24h/24 Support / Info / Referral Hotline.

Counselling, consultations, awareness and prevention workshops, public education, parental support, guidance counselling.

Post-crisis follow-up and support groups.



Impact Rivière-Gatineau

270, rue Notre-Dame, Maniwaki, Qc J9E 2J8
(819) 449-3077
impactrivieregatineauorg@videotron.ca

MISSION :

Conflict arbitration services for families,
including violence counselling.

SERVICES PROVIDED :

Individual, group or family counselling services.
Support groups available according to the problem
encountered. Training workshops for retirees.



SOS Conjugal Violence

Toll-free 1-800-363-9010

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