



GUIDE TO FAMILY SUPPORT NEEDS

PART TWO

PRACTICAL INFORMATION

LAURENTIDES REGION

DECEMBER 2006





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Legend



Telephone



E-mail



Web site



Family support subsidies

This table shows the amounts paid out under the Family Support program. The maximum annual subsidy covers caregiving, respite care and assistance with daily tasks.

Characteristics	Age	Daily maximum ¹	Maximum annual subsidy ²
Child requiring little care or attention	0-11	\$33	\$2 220
	12 and up	\$57	\$3 620
Child requiring considerable care and attention	0-11	\$45	\$3 620
	12 and up	\$69	\$4 380

To apply for a subsidy or obtain more information on the program, please contact your local **CSSS (CLSC)**.

¹ The hourly rate varies between \$2.75 and \$5.75 depending on the category. The same rates apply to crisis care, but this type of care is only available two weeks per year.

² The subsidy may be higher if there is more than one disabled child in the same family.



Situation: critical

The presence of a disabled child or adult within a family makes for additional responsibilities, which can cause considerable stress and even lead to burnout.

Perhaps you, too, feel powerless given the lack of services in your area. You may wonder what the future holds and even, sometimes, feel like giving up.

If you are in such a situation and you don't know who to turn to, you should contact your **CSSS (CLSC)**. If the disabled person you are caring for receives services from a **rehabilitation centre**, people there may be able to help you as well.

In the event of an emergency, call the **Info-Santé** service of the CSSS (CLSC) or dial **911**.

A number of associations for parents of disabled persons also offer a help line and support services. For more on these services, please see the section entitled "Associations".



Support for parents

Although this service does not officially exist in the region, some organizations and associations provide support and information kits to parents who have just learned that their child has a disability (e.g. support groups, stimulation workshops, recreational activities).

Association Clair-Soleil – Mont-Tremblant

☎ 819 425-7447

✉ clair-soleil@intlarentides.qc.ca

Association des parents d'enfants handicapés des Hautes-Laurentides

☎ 819 275-3828

✉ asshandicaphl@qc.aira.com

Association des parents d'enfants trisomiques de Lanaudière

(includes a toy lending library)

☎ 450 477-4116

✉ apetl@cam.org

🌐 www.apetl.com

Association des personnes handicapées intellectuelles des Laurentides – Sainte-Agathe

☎ 819 326-5202

✉ aphil@polyinter.com

Association laurentienne des proches de la personne atteinte de maladie mentale

Saint-Jérôme

☎ 450 438-4291, toll free 1 800 663-0659

✉ c.fili@vidotron.ca



Support for parents

Association québécoise des enfants atteints d'audimutité (dysphasie) - Chapitre Laurentides

☎ 450 560-1220

La maison des parents d'enfants handicapés de Laurentides–Lanaudière

☎ 450 431-7428

✉ maisondesparents@b2b2.ca

Parents aptes à négocier le déficit de l'attention (PANDA) (mutual support meetings, lectures, vacation camps, homework assistance)

PANDA Sainte-Thérèse

☎ 450 979-7263

✉ associationpanda@qc.ca

PANDA Saint-Eustache

☎ 450 258-2912

✉ pandablso@qc.ca

PANDA (English-language chapter)

☎ 514 713-5353

Société de l'autisme des Laurentides

☎ 450 569-1794

✉ autismelaurentides@qc.aira.com

✉ www.autisme.ca/laurentides

In addition, two **CSSSs** (CLSCs) coordinate meetings for parents whose child has been diagnosed with Tourette's syndrome:



Support for parents

CSSS de Thérèse-de-Blainville

☎ 450 430-4553, extension 5570

CSSS Rivière-du-Nord/Nord de Mirabel

☎ 450 432-2777, extension 6788

☎ 450 431-8255

Two provincial organizations also offer this type of service:

Association québécoise des parents d'enfants handicapés visuels

☎ toll free 1 888 849-8729

📧 info@aqpehv.qc.ca

Muscular Dystrophy Canada

☎ toll free 1 800 567-2236, extension 231

📧 infoquebec@muscle.ca



Caregiving services

Coopérative Défi autonomie d'Antoine-Labelle

Mont-Laurier

☎ 819 623-6681

Coopérative service-travail maison Laurentides

(caregiving for adults and seniors)

☎ 450 436-6425

CSSS Rivière-du-Nord/Nord de Mirabel

(home support services)

Saint-Jérôme

☎ 450 431-8001

Assistance in finding caregiving:

CSSS des Pays-d'en-Haut

Sainte-Adèle

☎ 450 229-6601

Société de l'autisme des Laurentides

Saint-Jérôme

☎ 450 569-1794

✉ autismelaurentides@qc.aira.com


🌐 www.autisme.ca/laurentides



Childcare services


Choosing childcare services

To enrol your child, contact the childcare centre, day care centre or home childcare provider of your choice. Many childcare centres accept children with disabilities. To consult the list of childcare services (including home childcare coordinating offices), visit the Web site of the **Ministère de la Famille, des Aînés et de la Condition féminine** at:



  www.mfacf.gouv.qc.ca

For more information, contact the following organizations:


➤ **Regroupement des centres de la petite enfance des Laurentides:**

 450 569-6424

 accueil@rcpelaurentides.com


  www.rcpelaurentides.com

➤ **Association des garderies privées du Québec**

 514 485-2221 or, toll free, 1 888 655-6060

 correspondance@agpq.ca

The **Office des personnes handicapées du Québec** can also help you find childcare services. Contact us at:

 toll free 1 800 567-1465

teletype 1 800 567-1477

 dpil@ophq.gouv.qc.ca



Childcare services

Choosing childcare services (cont.)

Subsidies

Childcare services are also eligible for subsidies to facilitate the inclusion of disabled children. Two types of subsidies are available:

- The **allowance for childcare establishments receiving children with a disability** can be obtained once the child's impairment has been confirmed;
- the **exceptional integration assistance measure** is designed to facilitate or maintain the integration of disabled children with significant needs into childcare services.

It is the responsibility of the childcare services, with the consent of the parents, to apply to the Ministère de la Famille, des Aînés et de la Condition féminine for these subsidies.

Support for integration

Most rehabilitation centres offer services to help disabled children integrate into day care centres. They can also help these centres make their activities more inclusive.

The following organizations can lend adapted material to childcare workers:



Childcare services

La Matériathèque

(Société de l'autisme des Laurentides)

☎ 450 569-1794 extension 224

La joujouthèque Mots d'enfants

(secteur Antoine-Labelle)

☎ 819 623-3009

La Joujouthèque de la Mèreveille

(secteur Antoine-Labelle)

Toy lending library for parents wishing to stimulate their child at home

☎ 819 623-3009

Childcare services in schools

Many schools offer childcare services at the elementary level; ask about them when enrolling your child. If the **school** is unable to offer them, it can refer you to another day care service that will better meet your child's special needs.

Subsidies

Childcare services receive a subsidy when they accept children with disabilities (who are enrolled and present in the school on September 30 of the year in question). It is up to the school to apply for the subsidy to the Ministère de l'Éducation, du Loisir et du Sport through the school board.

Support for integration

As part of the individualized education plan, childcare services can specify their needs in order to obtain assistance from other resource people in the community.

The project **Intégration sociale des enfants handicapés en milieu scolaire** offers services in various regions of Québec in order to facilitate the integration of disabled children into day care services. The request must be made by the day care service or the school, but you as a parent can also obtain information by telephone or e-mail.

☎ 450 646-2714

✉ info@isehms.qc.ca

🌐 www.isehms.qc.ca



Respite care facilities and services

ACCO-Loisirs

Saint-Jérôme, Sainte-Thérèse and Saint-Eustache
Mild intellectual impairment (age 16 and up)

☎ 450 433-1958, extension 236

A.D.M. « La libellule Inc. »

Pointe-Calumet
Intellectual impairment

☎ 450 472-4532

La Maison « Avril sur Mars »

Saint-Jérôme
Autism, pervasive developmental disorders

☎ 450 569-1794

La maison des parents d'enfants handicapés de Laurentides–Lanaudière

Saint-Jérôme, secteur Bellefeuille
Physical or intellectual impairment, multiple disabilities

☎ 450 431-7428

La Maison du Bois-Joli

Secteur Mille-Îles

☎ 450 431-4772

🌐 www.lamaisonduboisjoli.qc.ca



Respite care facilities and services

Maison « Claire de lune »

Sainte-Sophie

Specialized resource for multiply disabled children
(age 13 and up)

☎ 450 569-2970 or 450 431-3248

✉ cldelune@videotron.ca

Répit Quatre-temps (Centre Marcelle et Jean Coutu)

All types of impairment, including autism

Laval

☎ 450 624-9922

✉ cmjc@integration.org

Rehabilitation centres

Intellectual impairment rehabilitation centres offer specialized respite care, mainly through family-type resources (foster families). To obtain these services, please contact your **CSSS (CLSC)**.

Respite care in vacation camps

A number of vacation camps offer respite weekends year-round. Some of them are listed on the following pages with (+ respite) after their names.



Specialized vacation camps

Base de plein air Perce-Neige (+ respite)

Wentworth Nord

Intellectual or physical impairment, multiple disabilities

☎ 450 226-3336

🌐 www.perceneige.ca

Camp Saint-Donat

Saint-Donat

Mild intellectual impairment (inclusive surroundings (age 9 to 16)

☎ 450 582-0553

Domaine Prés d'Or (+ respite)

Sainte-Anne-du-Lac-des-Îles

Mild intellectual impairment (adults)

☎ 819 597-2499

Camp d'été de l'Association québécoise du syndrome Gilles de la Tourette – Accès Plein-Air

Lanaudière

(Children, adolescents)

☎ 514 328-3910

🌐 www.aqst.com

Camp Papillon (+ respite)

Lanaudière

Physical impairment and multiple disabilities

☎ toll free 1 877 937-6171

🌐 www.enfantshandicapes.com



Specialized vacation camps

Services de répit Emergo (+ respite)

Montérégie, Lanaudière, Laurentides

Autism and other PDDs

☎ 514 931-2882

🌐 www.servicesderepitemergo.com

Centre Notre-Dame-de-Fatima (+ respite)

Montérégie

Hearing impairment with or without associated impairments

☎ 514 453-7600

🌐 www.centrendfatima.com

Camp Garagona

Montérégie

Intellectual impairment

☎ 450 298-5159

🌐 www.campgaragona.qc.ca

Colonie Les bosquets

Montérégie

Intellectual impairment and multiple disabilities

☎ 450 467-3918 or, toll free, 1 877 937-6171,
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Camp Gatineau (+ respite)

Outaouais

Intellectual impairment and multiple disabilities

☎ 819 777-6164

🌐 www.campgatineau.com



Specialized vacation camps

Centre Normand-Léveillé (+ respite)

Centre-du-Québec

Intellectual or physical impairment

☎ 819 478-1201

📞 www.centre-normand-leveille.ca

Cité-Joie (+ respite)

Capitale-Nationale – Lac-Beauport

☎ 418 849-7183

📞 www.citejoie.com

Centre de plein air Grand village (+ respite)

Chaudière-Appalaches

☎ 418 831-1677

📞 www.grand-village.com

Fondation des aveugles du Québec

Visual impairment (age 6-18)

☎ 514 259-9470

📞 www.aveugles.org

Fondation l'Île magique (+ respite)

Tourette's syndrome (age 12 and under)

☎ 450 563-4862

For more information on regular vacation camps or recreational services that accept disabled children or adults, please contact **Loisirs Laurentides** at:

☎ 450 436-4051

📞 www.loisirslaurentides.com



Specialized day camps

Association Clair-Soleil

Mont-Tremblant

Intellectual or physical impairment

☎ 819 425-7447

✉ clair-sol@intlarentides.qc.ca

Association des personnes handicapées intellectuelles des Laurentides

Sainte-Agathe-des-Monts

☎ 819 326-5202

✉ aphil@polyinter.com

La maison des parents d'enfants handicapés de Laurentides-Lanaudière

Saint-Jérôme and Deux-Montagnes

☎ 450 431-7428

✉ maisondesparents@b2b2.ca

Société de l'autisme et des TED des Laurentides

Saint-Jérôme, Rosemère and Saint-Sauveur

☎ 450 569-1794

✉ autismelaurentides@qc.aira.com

Regroupement Le Prisme (association of persons with disabilities, Mont-Laurier area)

Mont-Laurier

☎ 819 623-5258

✉ leprisme@tlb.sympatico.ca

Centre Notre-Dame-de-Fatima

Montréal

☎ 514 453-7600



Other programs and subsidies

Income

Child assistance measure

Families with dependent children under 18 may be eligible for the child assistance payment, the amount of which varies depending on the family's income and circumstances. Contact the **Régie des rentes du Québec**.

☎ toll free 1 800 667-9625

🌐 www.rrq.gouv.qc.ca

Allowance for handicapped children

Regardless of their income, families with a disabled child can apply for the allowance for handicapped children. All families receive the same amount.

Contact the **Régie des rentes du Québec**.

☎ toll free 1 800 667-9625

🌐 www.rrq.gouv.qc.ca

Child Disability Benefit (CDB)

The Child Disability Benefit (CDB) is a tax-free benefit, paid by the government of Canada, to low- or middle-income families who care for a child under age 18 with a severe and prolonged impairment in mental or physical functions.

The CDB is added to the monthly Canada Child Tax Benefit payment. For more information, please contact the **Canada Revenue Agency** at:

☎ toll free 1 800 387-1194

🌐 www.cra-arc.gc.ca/benefits/cctb/menu-e.html

Employment-Assistance Program (social aid)

Once your child turns 18, you are no longer entitled to the family allowance. However, he or she may be eligible for benefits under the Employment-Assistance Program. Contact your **local employment centre** (CLE) for more information.

🌐 www.mess.gouv.qc.ca



Other programs and subsidies

Tax deductions

You may be entitled to provincial and/or federal tax deductions for disabled children or dependants. Forms and information brochures can be obtained by contacting:

Revenu Québec

Taxation and Persons with Disabilities (IN-133-V)

☎ toll free 1 800 267-6299

🌐 www.revenu.gouv.qc.ca

Canada Revenue Agency

Information Concerning People with Disabilities (RC4064)

☎ toll free 1 800 959-3376

🌐 www.cra-arc.gc.ca/tax/individuals/segments/disabilities/menu-e.html

Physical health

Equipment and supplies

You may be entitled to a subsidy for special equipment and medical supplies (to cover, for example, the cost of diapers for children over three years of age). You must apply for this subsidy to your **CSSS (CLSC)** or to your **local employment centre** if you or your child receive benefits under the Employment-Assistance Program.

Transportation expenses

You may claim expenses for transportation, parking and accommodation if your child requires medical treatment (for example, dialysis) or rehabilitation, **frequently and on a regular basis**, in a hospital or rehabilitation centre. Contact the **Centre de réadaptation Le Bouclier** at:

☎ 450 432-7588, extension 225



Other programs and subsidies

Physical health

Transportation expenses (cont.)

In addition, if you or your child receive benefits under the Employment-Assistance Program, you may be entitled to a refund of a portion of the travel expenses you incur for medical reasons. Contact your **local employment centre**.

Specialized dental services

If your child cannot be treated by your regular dentist, accessible, specialized dental care is available from:

- **SOS dentiste**
☎ 514 990-0911
- **Hôpital Marie-Enfant**
☎ 514 374-1710, extension 8037
- **Hôpital Sainte-Justine**
☎ 514 345-7757

Two universities also offer dental care to persons with disabilities. To make an appointment for the summer, you must call in the spring:

- **McGill University**
☎ 514 934-8441
- **Université de Montréal**
☎ 514 343-6111, extension 1-3388



Other programs and subsidies

Living environment


Home support program


You may obtain home support services or a home support subsidy if your child requires physical assistance (for example, bathing a child who has become too heavy to lift up). Contact your local **CSSS (CLSC)**.

Residential Adaptation Assistance Program

You may be entitled to a subsidy to adapt your home (house or apartment) in order to make it barrier-free for your child. You may require a wheelchair ramp, wider doors, or an adapted bathroom. For more information on this program and the forms to fill out, contact your **municipality** or your **CSSS (CLSC)**.

You can also obtain information from the **Société d'habitation du Québec** at:

 toll free 1 800 463-4315

 www.habitation.gouv.qc.ca



Other programs and subsidies

Transportation

Paratransit services

If your child does not use the regular public transit system, he or she may have access to paratransit services Depending on where you live, contact:

CIT des Laurentides - Section Transport adapté

Thérèse-de-Blainville RCM, Deux-Montagnes RCM,
Saint-Jérôme and Mirabel

☎ 450 433-4000

✉ surfadapte@citl.qc.ca

Corporation de transport adapté région de Mont-Laurier

Des Ruisseaux, Ferme-Neuve, Lac Saguay, Mont-Laurier,
Saint-Aimé-du-Lac-des-Îles

☎ 819 623-5565

✉ tr.region.ml@hotmail.com

Transport adapté et intermunicipal des Laurentides

des Laurentides RCM, Pays d'en Haut RCM, municipality of Rivière Rouge (of the
Antoine-Labelle RCM)

☎ 819 425-9979 or, toll free, 1 800 717-9737

Transport adapté et collectif MRC d'Argenteuil

All municipalities of the RCM

☎ 450 562-5797

✉ tacmrca@qc.aira.com

Transport adapté et collectif MRC Rivière-du-Nord

Saint-Colomban, Saint-Hippolyte, Sainte-Sophie, Prévost

☎ 450 224-8800

✉ tacmrcrdn@hotmail.com



Other programs and subsidies

Attendant card

The attendant card for **inter-city bus transport** is offered to all disabled persons age eight and over who require the services of a personal attendant when travelling between cities. This card allows the attendant, who must be at least 14 years of age, to travel free of charge. For more information or to fill out an application form, please contact the **Association des propriétaires d'autobus du Québec** at:

☎ 418 522-7131

🌐 www.apaq.qc.ca

If your child has a visual or intellectual impairment, he or she is entitled to the STM attendant card, which gives the person accompanying him or her free bus and metro access. For more information, contact the **STM** at:

☎ 514 280-8211

Parking permits

If your child has trouble moving around, a special parking permit allows you to park in spaces reserved for persons with disabilities. To obtain this permit, please contact the **Société de l'assurance automobile du Québec** at:

☎ toll free 1 800 361-7620

🌐 www.saaq.gouv.qc.ca

Vehicle adaptation program

You may be entitled to financial assistance to help you adapt your family vehicle so that your child can get in and out safely and easily. Please contact the **Société de l'assurance automobile du Québec** at:

☎ toll free 1 800 525-7719

🌐 www.saaq.gouv.qc.ca



Other programs and subsidies

Recreation

The personal attendant program for recreational activities

To help your child participate in recreational activities, the organization he or she attends may be entitled to a subsidy to pay for the costs of a personal attendant. For more information on this program, contact the following organizations:

- **Association régionale de loisirs pour personnes handicapées des Laurentides**
 - ☎ 450 431-3388
 - ✉ arlphl@loisirslaurentides.com
- **Loisirs Laurentides**
 - ☎ 450 436-4051

Tourist and leisure companion sticker

Personal attendants who accompany disabled children (age 12 and up) can obtain a pass allowing them free admission to tourist attractions or recreational activities. For more information, contact one of the following organizations:

- **Association régionale de loisirs pour personnes handicapées des Laurentides**
 - ☎ 450 431-3388
 - ✉ arlphl@loisirslaurentides.com
- **Loisirs Laurentides**
 - ☎ 450 436-4051

For more information on the tourist and leisure companion sticker, consult the Web site at:

✉ www.vatl-tlcs.org/



Service programs

Preparing a service program allows your child's needs to be properly evaluated **in different areas of activity** (childcare services, school, work, recreation, transportation, etc.). It can also help determine your family support needs.

The same evaluation can subsequently be used to organize the services required with the cooperation of the resource people involved. Here is how to obtain a service program.

For children with intellectual impairments or pervasive developmental disorders:

- if your child receives services from a rehabilitation centre, you must apply there;
- if he or she does not receive services from a rehabilitation centre, you must contact your local **CSSS (CLSC)**.

For children with other types of impairments, you must contact the appropriate rehabilitation centre.

The **Office des personnes handicapées du Québec** can also help you take steps to have a service program prepared, regardless of your child's impairment. You can also obtain, free of charge, a copy of the guide entitled "Je commence son plan de services" to help you identify your child's needs.

To obtain these services or the guide, call the **Office** at:

- ☎ toll free 1 800 567-1465
- ☎ teletype 1 800 567-1477
- ✉ dpil@ophq.gouv.qc.ca
- 🌐 www.ophq.gouv.qc.ca



Your right to object

If you are not satisfied with the services offered or received, or you do not agree with a decision made concerning your family, you must use the review and complaints procedure provided by the organizations concerned.

You must submit any complaints in writing, clearly explaining the reasons for your dissatisfaction and specifying the names of the people you contacted. Keep a copy of the letters and documents that you send.

In the case of a health and social services establishment, the **Centre d'assistance et d'accompagnement aux plaintes – Laurentides** can help you express your complaint and provide other assistance.

☎ 450 565-9111 or, toll free, 1 800 563-6261

In all cases, you can also contact the **Office des personnes handicapées du Québec**, which offers support, advice and guidance to disabled persons and their families.

☎ toll free 1 800 567 1465

teletype 1 800 567-1477

✉ dpil@ophq.gouv.qc.ca



Associations

Parent associations or disability organizations

Association de la fibromyalgie des Laurentides

Case postale 25

Saint-Jérôme J7Z 5T7

☎ 450 569-7766

Association de la personne handicapée de la MRC Antoine-Labelle

(equipment for persons with disabilities)

294, rue du Pont

Mont-Laurier J9L 2R2

☎ 819 440-2297

✉ aphal@tlb.sympatico.ca

Association des parents d'enfants handicapés des Hautes-Laurentides

764, rue Labelle Nord

L'Annonciation J0T 1T0

☎ 819 275-3828

✉ asshandicaphl@qc.aira.com

Association des parents d'enfants trisomiques 21 de Lanaudière

☎ 450 477-4116

✉ apetl@cam.org

🌐 www.apetl.com



Associations

Association des personnes avec problèmes auditeurs des Laurentides

421B, boulevard Curé-Labelle

Blainville J7C 2H4

☎ 450 434-2135

📧 appal@biz.videotron.ca

Association des personnes handicapées Clair-Soleil

1045, rue Suppère

Mont-Tremblant J8E 3J3

☎ 819 425-7447

📧 clair-sol@intlarentides.qc.ca

Association des personnes handicapées intellectuelles des Laurentides

62, rue Préfontaine Est

Sainte-Agathe-des-Monts J8C 1S2

☎ 819 326-5202

📧 aphil@polyinter.com

Association du Québec pour enfants avec problèmes auditifs

3700, rue Berri, bureau A-436

Montréal H2L 4G9

☎ 514 842-3926

📧 aqepamtl@bellnet.ca

🌐 www.surdite.org/aqepa



Associations

Parent associations or disability organizations (cont.)

Association québécoise des enfants atteints d'audimutité (dysphasie) – Chapitre Laurentides

Case postale 101

Saint-Jérôme J7Z 5T7

☎ 450 560-1220

✉ cfili@videotron.ca

Association québécoise pour les enfants avec troubles d'apprentissage

100, rue Tourangeau

Laval H7G 1L1

☎ 450 668-0123

✉ info@aqeta-laval.ca

Association régionale de loisirs pour personnes handicapées – Région Laurentides

300, rue Longpré, bureau 100

Saint-Jérôme J7Y 3B9

☎ 450 431-3388

✉ arlph@loisirslaurentides.com

Atelier altitude

(day activities for persons with intellectual impairments
or slight physical impairments)

10, rue de l'Église

Sainte-Thérèse J7E 3L1

☎ 450 437-5053



Associations

Centre d'aide aux personnes traumatisées crâniennes et personnes handicapées physiques Laurentides

580, rue Saint-Georges, local 3

Saint-Jérôme J7Z 5T7

☎ 450 431-3437

✉ lecaptchpl@sympatico.ca

La fondation Le Verdier

140, chemin Grande-Côte

Rosemère J7A 1H3

☎ 450 433-1957

La Maison des parents d'enfants handicapés de Laurentides-Lanaudière

909, rue Guy

Saint-Jérôme J5L 1P3

☎ 450 431-7428

Le regroupement des handicapés visuels des Laurentides

544, 10^e Avenue Lac Capri

Saint-Colomban JOR 1N0

☎ 450 432-9689

✉ r.clermont@sympatico.ca

Mouvement Personne d'abord

390, rue Sainte-Béthanie

Lachute J8H 4G8

☎ 450 562-7944, extension 245



Associations

Parent associations or disability organizations (cont.)

Mouvement Personne d'abord

764, rue Labelle Nord

L'Annonciation J0T 1T0

☎ 819 275-3569 or, toll free 1 877 475-1617

12, rue Saint-Joseph

Sainte-Thérèse J7E 3L6

☎ 450 971-6478

✉ mpdatherese@questzones.com

Case postale 221

Saint-Eustache J7R 4K6

☎ 450 623-7792

✉ mpdast_eustache@hotmail.com

Parrainage civique Basses Laurentides

141, rue Saint-Charles, bureau 201B

Sainte-Thérèse J7E 2A9

☎ 450 430-8177

✉ parrainage.civique@qc.aira.com

PANDA (parents working to cope with ADD)

Sainte-Thérèse

☎ 450 979-7263

✉ associationpanda@qc.ca

Saint-Eustache

☎ 450 258-2912

✉ www.pandablso.ca



Associations

PANDA (English-language chapter)

☎ 514 713-5353

Regroupement Le prisme (association of persons with disabilities, Mont-Laurier area)

294, rue du Pont

Mont-Laurier J9L 2R2

☎ 819 623-5258

✉ leprisme@tlb.sympatico.ca

Regroupement pour la concertation des personnes handicapées des Laurentides

Case postale 97

Saint-Jérôme J7Z 5T7

☎ 450 438-7736

✉ info@rcphl.org

🌐 www.rcphl.org

Rond point Loisirs d'Argenteuil

5, rue Bélanger

Lachute J8H 4C8

☎ 450 562-6143

✉ laquenouillere@videotron.ca

Société de l'autisme et des TED des Laurentides

Case postale 455

Saint-Jérôme J7Z 5V2

☎ 450 569-1794

✉ autismelaurentides@qc.aira.com



Associations

Parent associations or disability organizations (cont.)

Multiple Sclerosis Society of Canada

(Laurentides Chapter)

604, rue Saint-Georges

Saint-Jérôme J7Z 5B8

☎ 450 436-4469

✉ info.laurentides@scleroseenplaque.ca

(Thérèse-de-Blainville sector)

28, Côte Saint-Louis

Blainville J7C 1B8

☎ 450 434-9704

✉ scsptdeb@bellnet.ca

Mental health associations

(Day centres, mutual support groups, monitoring, community evenings)

Ateliers Ensemble on se tient

185, rue Dumoulin

Saint-Eustache J7R 2P5

☎ 450 623-1561

✉ atelierensemble@videotron.ca

Centre aux sources d'Argenteuil

546, rue Sidney

Lachute J8H 1L1

☎ 450 562-0673

✉ ctauxsources@qc.aira.com



Associations

Droits et recours Laurentides

227, rue Saint-Georges, bureau 104

Saint-Jérôme J7Z 5V2

☎ 450 436-4633 or, toll free, 1 800 361-4633

✉ info@droitsetrecourslaurentides.org

Groupe La Licorne

(Thérèse-de-Blainville RCM)

198, rue Blainville Ouest

Sainte-Thérèse J7E 1Y5

☎ 450 433-9084

✉ glicorne@colba.net

Harfang des Neiges

76, rue de la Gare, suite 205

Saint-Jérôme J7Z 2B8

☎ 450 565-1161

L'Arc-en-soi

929, rue Principale Nord

L'Annonciation JOT 1TO

☎ 819 275-2060

✉ arc-en-soi@lino.sympatico.ca

L'Échelon des Pays-d'en-Haut

734, rue Principale

Piedmont (Québec) JOR 1KO

☎ 450 227-1996

✉ echelon.pdh@bellnet.ca



Associations

Mental health associations (cont.)

L'Envolée Ste-Agathe-des-Monts

100, rue Principale Est
Sainte-Agathe-des-Monts J8C 1J8

☎ 819 326-5778

✉ l_envoleesta@hotmail.com

Les papillons de Nomingue

2252, rue Sacré-Cœur
Nomingue J0W 1R0

☎ 819 278-4748

Provincial organizations

Association de spina-bifida et d'hydrocéphalie du Québec

5757, avenue Decelles, bureau 425
Montréal H3S 2C4

☎ toll free 1 800 567-1788

✉ info@spina.qc.ca

🌐 www.spina.qc.ca

Association québécoise des parents d'enfants handicapés visuels

10, boulevard Churchill, bureau 203
Greenfield Park J4V 2L3

☎ 450 465-7225 or, toll free, 1 888 849-8729

✉ info@aqpehv.qc.ca

🌐 www.aqpehv.qc.ca



Associations

Association québécoise des personnes de petite taille

2177, rue Masson, bureau 205

Montréal H2H 1B1

☎ 514 521-9671

✉ info@aqppt.org

🌐 www.aqppt.org

Association québécoise du syndrome de Rett

6525, chemin de la Côte Saint-Luc, app. 602

Montréal H4V 1G5

☎ 514 486-1311

✉ info@rettsyndromeqc.org

🌐 www.rettsyndromeqc.org

Association québécoise du syndrome

Gilles de la Tourette

7070, boulevard Perras

Montréal H1E 1A4

☎ 514 328-3910

✉ info@aqst.com

🌐 www.aqst.com

Muscular Dystrophy Canada

1425, boulevard René-Lévesque Ouest, bureau 506

Montréal H3G 1T7

☎ toll free 1 800 567-2236, extension 231

✉ infoquebec@muscle.ca

🌐 www.muscle.ca

Implication des parents et amis du Québec d'enfants sourds

☎ 450 668-6723

✉ connolly@securenet.net



Contact information for the Office

Office des personnes handicapées du Québec

☎ Toll free 1 800 567-1465
Teletype 1 800 567-1477

✉ dpil@ophq.gouv.qc.ca

🌐 www.ophq.gouv.qc.ca

You may consult the Office's **Documentation Centre**, which boasts a collection of some 20 000 documents on different topics concerning persons with disabilities. A lending service and assistance in seeking documentation is also available.

500, boulevard René-Lévesque Ouest, bureau 15.600

Montréal H2Z 1W7

☎ 514 873-3574

✉ documentation@ophq.gouv.qc.ca

You can also consult the **catalogue** listing all the documents available in the Documentation Centre directly on the Office Web site at:

🌐 www.ophq.gouv.qc.ca



Office des personnes
handicapées

Québec 