



GUIDE TO FAMILY SUPPORT NEEDS

PART TWO

PRACTICAL INFORMATION

MONTÉRÉGIE REGION

JANUARY 2007





At a glance

Family support subsidies.....	3
Situation: critical	3
Support for parents.....	4
Caregiving services	5
Childcare services	5
Respite care facilities and services.....	7
Specialized vacation camps	9
Recreation and day camps	11
Other programs and subsidies	13
Income	13
Physical health.....	15
Living environment.....	16
Transportation	16
Recreation	17
Service programs	19
Your right to object.....	19
Associations	21
Contact information for the Office des personnes handicapées du Québec	26

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	Maximum annual subsidy*
Child requiring little care or attention	\$2 220
Child requiring considerable care and attention	\$4 380

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



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".

* The amounts may change depending on the budget envelope allocated to the Family Support program.





Support for parents



Although this service does not officially exist in the region, some organizations and associations provide support to parents who have just learned that their child has a disability. For more information, please see the section entitled "Associations".

However, the following two provincial organizations do offer this 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

A number of associations have a list of caregivers or offer caregiving services. To find out which associations can help you, please contact your **CSSS (CLSC)** and ask about the Family Support program.



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 **Regroupement des centres de la petite enfance de la Montérégie** at:

 450 672-8826

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

 dpqi@ophq.gouv.qc.ca

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.



Childcare services

Subsidies (cont.)

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.

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

Centre de répit-dépannage Aux 4 poches

Boucherville

Mild to severe intellectual impairment, multiple disabilities, autism (age 3 to 20)

☎ 450 641-1255

Centre Louise Bibeau

Saint-Hyacinthe

Intellectual impairment (young children, adolescents, adults)

☎ 450 773-7321

✉ clb@gSIG-net.qc.ca

La Roseraie Bleue

Saint-Jean-sur-Richelieu

All types of impairment

☎ 450 347-7472

Le Phare

Saint-Hyacinthe

Mental health problems (age 0-30)

☎ 450 773-7202 or, toll free, 1 800 773-7202

L'intermède

Beloil

Mild to profound intellectual impairment, multiple disabilities (without behavioural disorders), autism (young children, adolescents, adults)

☎ 450 464-9261

Maison Banque Royale

Brossard

Autism and intellectual impairment

☎ 450 444-9153, extension 28

Maison Bon'Entente

Brossard

Intellectual impairment (age 16 and up), people who are mobile and relatively autonomous (adolescents and adults)

☎ 450 676-5058



Respite care facilities and services

Maison Dérageon

Granby

Moderate to severe intellectual impairment, multiple disabilities (with or without behavioural disorders), autism
(age 4 and up)

☎ 450 372-1111

Maison de répit Bétournay

Saint-Lambert

Mild to severe intellectual impairment, autism
(age 0 to 14)

☎ 450 671-5344

Maison de répit spécialisé le Tournesol

Vaudreuil-Dorion

Intellectual impairment and pervasive developmental disorders

☎ 450 455-8996

Maison Halte-Soleil

Sorel

Mild to severe intellectual impairment, multiple disabilities (without behavioural disorders)

☎ 450 742-4959

Maison répit-vacances

Longueuil

Mild to severe intellectual impairment, autism, personality disorders, reduced mobility (adults)

☎ 450 928-9105

Le répit des amis !

Montréal

Dysphasia (age 5 to 13)

☎ 450 687-76390

✉ info@dysphasieplus.com

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 facilities and services

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

Camp Garagona

Montréal

Intellectual impairment

☎ 450 298-5159

🌐 www.campgaragona.ca

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

Montréal

Hearing impairment with or without associated impairments

☎ 514 453-7600

🌐 www.centrendfatima.com

Colonie Les bosquets Albert Hudon (+ répit)

Montréal – Otterburn Park

Intellectual impairment and multiple disabilities

☎ 450 467-3918

Services de répit Emergo (+ respite)

Montréal, Lanaudière, Laurentides

Autism and other PDDs

☎ 514 931-2882

🌐 www.servicesderepitemergo.com

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



Specialized vacation camps

Camp Papillon (+répit)

Lanaudière

Physical impairment and multiple disabilities

☎ toll free 1 877 937-6171

📞 www.enfantshandicapes.com

Base de plein air Perce-Neige (+ respite)

Laurentides

Intellectual or physical impairment, multiple disabilities

☎ 450 226-3336

📞 www.perceneige.ca

Camp Gatineau (+ respite)

Outaouais

Intellectual impairment and multiple disabilities

☎ 819 777-6164

📞 www.campgatineau.com

Camp Massawippi

Estrie

Physical or hearing impairment

☎ 514 482-0500, extension 259

📞 www.mackaycenter.org

Centre de plein air Grand village (+ respite)

Chaudière-Appalaches – Saint-Nicolas

☎ 418 831-1677

📞 www.grand-village.com

Cité-Joie (+ respite)

Capitale-Nationale – Lac-Beauport

☎ 418 849-7183

📞 www.citejoie.com

Fondation des aveugles du Québec

Visual impairment (age 6-18)

☎ 514 259-9470

📞 www.aveugles.org



Specialized vacation camps

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

☎ 450 677-5005 (Longueuil)
☎ 450 373-9441, extension 548 (Valleyfield)
☎ toll free 1 888 999-0404
🌐 www.zlm.qc.ca



Recreation and day camps

Action Intégration Brossard – Brossard
(age 12 and up)

☎ 450 676-5058

Association de la Rive-Sud pour la déficience intellectuelle - Saint-Lambert
(age 4 to 12)

☎ 450 671-5344

Association de la Vallée du Richelieu pour la déficience intellectuelle
(age 12 and up)

☎ 450 467-8644

Association de parents en déficience intellectuelle et physique – Saint-Jean-sur-Richelieu

Intellectual or physical impairment, pervasive developmental disorders

☎ 450 347-2324

Association des parents de l'enfance en difficulté de la Rive-sud de Montréal – Longueuil
(age 6 to 21)

☎ 450 679-9310, extension 233

Association des parents et des handicapés de la Rive-Sud Métropolitaine – Longueuil

Intellectual impairment, autism, pervasive developmental disorders (age 18 and up)

☎ 450 674-5224

🌐 aphrsm@hotmail.com



Recreation and day camps

Association des personnes handicapées de la Rive-Sud-Ouest – La Prairie

(age 5 to 21)

☎ 450 659-6519

Association locale des personnes handicapées de Chambly et de la région – Richelieu

☎ 450 658-9869

Camp de jour - Boucherville

(age 4 and up)

☎ 450 449-8257

Centre de répit-dépannage Aux 4 poches

Boucherville

Intellectual impairment, multiple disabilities (age 3 to 20)

☎ 450 641-1255

Camp Soleil de Mélissa (summer only) –

Huntingdon

Intellectual impairment and autism (age 5 to 21)

☎ 450 264-3945

Centre artistique Les Dmasqués - Beloeil

Acting experience – Intellectual impairment

☎ 450 464-7994

Intégration camp de jour de Varennes

(age 5 to 12)

☎ 450 652-2624, extension 106

La Relâche

(summer only) – Vaudreuil-Dorion

Intellectual or physical impairment (young adults)

☎ 450 424-1295

Les Amis Soleil – Saint-Bruno

(age 6 to 25)

☎ 450 653-0008

Maison de répit Bétournay – Saint-Lambert

Autism (age 0 to 14), mild to severe intellectual impairment

☎ 450 923-9666



Recreation and day camps

Maison répit-vacances

Longueuil

☎ 450 928-9105

M.A.L.I. – Saint-Hyacinthe

☎ 450 771-6676

Notre-Dame-de-Fatima – Notre-Dame-de-l'Île-Perrot

Hearing impairment

☎ 450 453-7600

Parc Épic - Saint-Amable

(age 4 to 12)

☎ 450 922-4955, extension 29

Parrainage civique Champlain

Intellectual and physical impairment (children and adults)

☎ 450 678-7025

🌐 www.parrainagechamplain.org

Programme estival jeunes handicapés – Sainte-Julie

(age 6 and up)

☎ 450 922-7122



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



Other programs and subsidies

Income (cont.)

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

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



Other programs and subsidies

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 **CSSS Champlain (CLSC Samuel-de-Champlain)** at:

- ☎ 450 445-2672, extension 2568
- ☎ toll free 1 866 445-6780

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 (home service)
 - ☎ 514 721-6006 (clinical service)
- **Centre de réadaptation Marie-Enfant**
 - ☎ 514 374-1710, extension 8037
- **Hôpital Sainte-Justine**
 - ☎ 514 345-7757



Other programs and subsidies

Physical health

Specialized dental services (cont.)

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**
☎ 514 343-6750

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

Transportation

Paratransit services

If your child does not use the regular public transit system, he or she may have access to paratransit services. For more information, contact **your municipality**



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

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

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 **Zone loisir Montérégie** at:

☎ 450 677-5005 (Longueuil)
☎ 450 373-9441, extension 548 (Valleyfield)
☎ toll free 1 888 999-0404
📞 www.zlm.qc.ca







Other programs and subsidies

Recreation (cont.)

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 **Zone Loisir Montérégie** at:

-  450 677-5005 (Longueuil)
-  450 373-9441, extension 548 (Valleyfield)
-  toll free 1 888 999-0404
-  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.



Your right to object

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

☎ 450 347-0670 or, toll free, 1 800 263-0670

Fax 450 347-2991

📧 info@caap-monteregie.qc.ca

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

📧 dpji@ophq.gouv.qc.ca



Associations

Associations offering support services for families:

Action Intégration Brossard

6333, rue Aumont

Brossard J4Z 1E9

☎ 450 676-5058

Association de la déficience intellectuelle Région de Sorel

189, rue du Prince, local 214

Sorel J3P 4K6

☎ 450 743-1769

✉ adirs@bellnet.ca

Association de la Rive-Sud pour la déficience intellectuelle

240, rue Saint-Laurent

Longueuil J4R 2S2

☎ 450 671-5344

Association de la sclérose en plaques de la Haute-Yamaska

843, rue Cowie

Granby J2J 1A3

☎ 450 776-1106

Association de la sclérose en plaques Rive-Sud

150, rue Grant

Longueuil J4H 3H6

☎ 450 679-5210

Association de la sclérose en plaques section Sorel-Tracy

189, rue du Prince, bureau 211

Sorel-Tracy J3P 4K6

☎ 450 746-5536

Association de la Vallée-du Richelieu pour la déficience intellectuelle

625, rue Lechasseur, C.P. 183

Beloeil J3G 2L3

☎ 450 467-8644

Association de parents d'enfants handicapés région de Saint-Hyacinthe

16 675, rue Desrochers

Saint-Hyacinthe J2T 3K3

☎ 450 261-8556



Associations

Association de parents de l'enfance en difficulté de la Rive-Sud de Montréal

360, rue Cherbourg

Longueuil J4J 4Z3

☎ 450 679-9310, extension 235

☎ 450 679-3294

✉ apedrsm@apedrsm.org

Association de parents de personnes handicapées Brome-Missisquoi

Case postale 286

Cowansville J2K 3S7

☎ 450 266-1566 or, toll free, 1 877 366-1566

Association de parents en déficience intellectuelle et physique

250, rue Mercier, C.P. 294

Saint-Jean-sur-Richelieu J3B 6Z4

☎ 450 347-2394

Association de personnes handicapées de la Rive Sud-Ouest

100, rue Sainte-Marie

La Prairie J5R 1E8

☎ 450 659-6519

Association de personnes handicapées de la Vallée-du-Richelieu

144, rue Brunelle

Beloeil J3G 2M8

☎ 450 467-7445

Association des parents et des handicapés de la Rive-Sud Métropolitaine –

Longueuil

150, rue Grant, bureau 307

Longueuil J4H 3H6

☎ 450 674-5224

✉ aphrsm@hotmail.com

Association régionale autisme et troubles envahissants du développement - Montérégie

360, rue Cherbourg

Longueuil J4J 4Z3

☎ 450 679-9310 or, toll free, 1 888 424-1212



Associations

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

Association Granby pour la déficience intellectuelle

348, rue Déragon

Granby J2G 5J7

☎ 450 372-0694

Association locale des personnes handicapées Chambly et région

608, 12^e avenue

Richelieu J3L 5J9

☎ 450 658-9869

Au Moulin de la Source

226, rue Montcalm

Salaberry-de-Valleyfield J6T 2E4

☎ 450 377-8908

La Rescousse, Regroupement de parents de personnes handicapées

Grand Châteauguay

Case postale 47031

Châteauguay J6K 5B7

☎ 450 692-1521

Mouvement Action Découverte

25, boulevard Saint-Francis, C. P. 66043

Châteauguay J6J 5W8

☎ 450 698-3361

Mouvement Action Loisir

16 675, rue Saint-Louis

Saint-Hyacinthe J2T 3A9

☎ 450 771-6676



Associations

Parents enfants handicapés avec difficultés d'apprentissage et/ou d'adaptation

2639, rue Leclerc
Vaudreuil-Dorion J7V 8K5
☎ 450 455-0488

Parrainage civique Champlain

1890, boulevard Marie, bureau 230
Saint-Hubert J4T 3R6
☎ 450 923-9224
✉ info@parrainagechamplain.org
🌐 www.parrainagechamplain.org

Parrainage civique de la Vallée-du-Richelieu

758, chemin des Patriotes
Otterburn Park J3H 1Z5
☎ 450 464-5325

Parrainage civique du Haut-Richelieu

125, rue Jacques-Cartier Nord
Saint-Jean-sur-Richelieu J3B 8C9
☎ 450 347-8091
✉ parcivi@yahoo.fr

Parrainage civique des MRC d'Acton et des Maskoutains

1195, rue Saint-Antoine, local 206
Saint-Hyacinthe J2S 3K6
☎ 450 774-8758

Sclérose en plaques Saint-Hyacinthe/Acton

2650, rue Morin, local 130
Saint-Hyacinthe J2S 8H1
☎ 450 773-6285

Provincial organizations

Association de spina-bifida et d'hydrocéphalie du Québec

☎ toll free 1 800 567-1788
✉ info@spina.qc.ca
🌐 www.spina.qc.ca



Associations

Association québécoise des parents d'enfants handicapés visuels

☎ toll free 1 888 849-8729
✉ info@aqpehv.qc.ca
🌐 www.aqpehv.qc.ca

Association québécoise des personnes de petite taille

☎ 514 521-9671
✉ info@aqppt.org
🌐 www.aqppt.org

Association québécoise du syndrome de Rett

☎ 514 486-1311
✉ info@rettsyndromeqc.org
🌐 www.rettsyndromeqc.org

Association québécoise du syndrome Gilles de la Tourette

☎ 514 328-3910
✉ info@aqst.com
🌐 www.aqst.com




Muscular Dystrophy Canada

☎ toll free 1 800 567-2236, extension 231
✉ infoquebec@muscle.ca
🌐 www.muscle.ca





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.

 toll free 1 888 264-2362
 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

