



Le Temps
d'une Pause

© Le Temps d'une Pause

TO HELP Me IN THE DAILY TASKS :					
ORGANIZATION	MISSION AND SERVICE	TERRITORY SERVED	ZONE, AND PHONE NUMBER	RATES	LINK to THE SITE
Tellement mieux à la maison	<p>full-service home help, personal support and respite care for family caregivers for the elderly in order to contribute to your well-being in the comfort of your home.</p>	The boroughs of Montréal-Nord, Ahuntsic, Bordeaux-Cartierville, and Ville Saint-Laurent.	514-383-1222, extension 221	The rate varies according to the net income of the couple or a single person as well as the service	https://www.tellementmieuxalamaison.com/
Aide chez soi	<p>Aidechezsoi.com is your national partner for all service requests to the social economy business, in home help services near you.</p> <p>Light housekeeping</p> <p>housekeeping-heavy</p> <p>meal without diet</p> <p>Supply and other races</p> <p>Respite and presence monitoring</p> <p>Care assistance to the person</p>	<p>the Services available in the 17 administrative regions of Quebec (Abitibi-Témiscamingue, Bas-Saint-Laurent Capitale-Nationale, Centre-du-Québec, Chaudière-Appalaches Côte-Nord Estrie Gaspésie-Îles-de-la-Madeleine Lanaudière, Laurentides, Laval, Mauricie, Montérégie, Montréal, North of Quebec, Outaouais Saguenay-Lac-Saint-Jean)</p>	aidechezsoi@ressources.coop	The rate varies according to the net income of the couple or a single person	https://aidechezsoi.com/
Visavie	<p>help at home by Visavie, it is a professional service and assistance to the person with a family spirit.</p> <p>We have the constant desire to make the everyday lives of seniors, more enjoyable and help them remain in their home.</p> <p>Together, plan a smooth transition.</p> <p>Our services are offered at home, in a private residence for seniors (RPA) or in complementarity with public services.</p>	Greater Montreal area and its surroundings.	<p>We are available 24/7.</p> <p>E-mail: info@visavie.com</p> <p>Quebec 1474 rue Fleury Is Montreal, Quebec H2C 1S1 (514) 383-3383</p>	Our services de maintien à domicile are eligible for financial assistance in the form of a refundable tax credit of up to 36 %.	https://visavie.com/

Novaide	and housekeeping service home help home and, in particular, for persons aged 65 years and older.	Villeray, Petite-Patrie, Montreal-Nord	514 278-6767 novaide@novaide.com 3565 Jarry is. Suite 410 Montreal (Québec) H1Z 4K6	Varies according to the income of a single person or a couple	https://novaide.com/
regional Council of the elderly italo – canadian	charitable Organization for the seniors of Italian descent in the Greater Montreal. Our goal is to: improve the quality of life of seniors in a way that provide support and a wide variety of services and activities for their physical and intellectual independence to break the isolation and social exclusion. Every Wednesday from 9: 30am to 11: 30am a team of cooks in the CRAIC prepares a meal typical of Italian cuisine, from 11: 30 to 14: 30 another team delivers hot meals to seniors in loss of autonomy enrolled in the service. A traditional meal is planned for Christmas and Easter.	Greater Montreal	671 Avenue Ogilvy, Montréal, QC H3N 1N4 (514) 273-6588 info@craic.ca Monday to Thursday from 9 am to 17:30 Friday from 9 am to 13 pm	Members: 5\$ Services: variables	https://craic.ca/mission-et-a-propos/
Vers Vous	Transportation and medical assistance, aid to the races (without a car), visits, calls, and visits of friendship, assistance with forms, conferences and workshops.	Villeray (postal code : H2E – H2P – H2R) ;	514 277-2469	\$ 15 per year	www.versvous.org/
ACTIVITIES FOR MY CLOSE HELPED :					
ORGANIZATION	MISSION AND SERVICE	TERRITORY SERVED	ZONE, AND PHONE NUMBER	RATES	LINK to THE SITE
Centre de jour Angelica	Respite day care centre (the inscription is made by the CLSC).	Greater Montreal	514-324-6670	Variable	https://angelica-residence.com/
Centre de jour Berthiaume-du-Tremblay	Respite day care centre (the inscription is made by the CLSC).	Greater Montreal	514-381-1841	Variable	https://residence-berthiaume-du-tremblay.com/
Le Temps d'une pause	Provides support, information on the disease, on the role of helping on the services available in order to prevent the depletion potential.	Montreal, the Saint Lawrence	514-373-9851	\$ 25 per day	https://www.tempsdunepause.org/

Maison Gilles-Carle	<p>Foundation has the mandate the implementation of Houses Gilles-Carle dedicated to welcoming people with loss of autonomy so that they may benefit from a stay safe and healthy in a warm and human.</p> <p>Respite-accommodation : The helped is supported, and temporarily housed between one day to two weeks.</p> <p>Drop-in service : The helped is supported for a period of 3 to 7 hours. The caregiver can come with helping her in the House for the same period.</p>	The island of Montreal, and for the Maison Gilles-Carle, the territory of Quebec.	<p>Fondation Maison Gilles-Carle 1538 rue Sherbrooke Ouest, suite 940 Montreal (Quebec) H3G 1L5</p> <p>e-Mail : info@fondationmaisongillescarme.org</p>	Variable	https://www.fondationmaisongillescarme.org/fr/
SERVICES FOR TRAVEL :					
<i>ORGANIZATION</i>	<i>MISSION AND SERVICE</i>	<i>TERRITORY SERVED</i>	<i>ZONE, AND PHONE NUMBER</i>	<i>RATES</i>	<i>WEBSITE LINK</i>
Transport adapté STM	A public transportation service, door-to-door reservation only intended for persons who accepted to meet requirements.	Greater Montreal;	514 280-8211	Variable according to the number of passages on the title of transport	www.stm.info/fr/ta
Navette Or	minibus Service designed for seniors and desservants the main residences for seniors and places of public interest.	Lines : 252 (Montréal-Nord), 253 (Saint-Michel), 263 (Bordeaux-Cartierville).	514 786-4636, 514 288-6287	Variable according to the number of passages on the title of transport	www.stm.info/fr/infos/reseaux/bus/navettes-or
Entraide Ahuntsic – Nord	Meals, transportation, coaching, call - visits for friendship, activities.	Ahuntsic-North	514 382-9171	Variable	www.entraidenord.org/
Le Bon Pilote	"Transport AND/OR accompaniment to medical appointments, shopping, bank, pharmacy and other events. Service accessible to people with a visual impairment or Loss of autonomy. Only on the reference of the local community."		514 593-5454 Service available from 8 to 17h and	Only people with impaired vision may benefit from the subsidized rate.	www.lebonpilote.org/
Centre ABC / Centre d'action bénévole et communautaire de St-Laurent	Cover / transportation to appointments, assistance with correspondence, using the races, taxes, meals, light-weight, work, phone, and tours of friendship, therapy, respite.	People aged 65 years and older. Residents of the borough of Saint-Laurent.	514 744-5511 910, avenue Sainte-Croix, St-Laurent, Quebec H4L 3Y6	Variable	www.centreabc.org/
ORDER TO RECEIVE SERVICES ACTIVITIES AT HOME :					
<i>ORGANIZATION</i>	<i>MISSION AND SERVICE</i>	<i>TERRITORY SERVED</i>	<i>ZONE, AND PHONE NUMBER</i>	<i>RATES</i>	<i>LINK to THE SITE</i>

Baluchon Alzheimer	<i>Offer respite over several days to caregivers who want to keep their loved not independently at home while supporting and accompanying the caregiver before and after the baluchonnage. It is the only non-profit organization offering a respite in the home of a long-term (4 to 14 days), 24 hours/24, 7 days/7.</i>	Quebec	<i>Monday to Friday : 8h - 16h (514) 762-2667 post 200 e-Mail : info@baluchonrepit.com</i>	15\$ / day	https://baluchonrepit.com/
Remue-Ménage	<i>services-housekeeping, assistance with activities of daily living, meal preparation, accompaniment, transportation to medical appointments and respite for family caregivers.</i>	Greater Montreal	514 383-1222 ext 221 Monday to Friday : 8h - 16h This is the worker) social(e) or the speaker pivot your local CLSC who should fill out the request form with you. It must then have the form signed by its head of program. He will have to send us the completed form by email here or by fax at (514) 762-1452 or by e-mail.	15\$ / day	https://www.promenadefleury.com/commercants/tellement-bien-chez-soi-remue-menage
Sainte-Élizabeth, Service de santé communautaire	<i>and emergency Respite care for the elderly, palliative care, care cancer care for people with dementia (including disease Alzheimer's)</i>	Grand Montréal	514 486-4600 Monday - Friday : 8h -16h	Variable	https://montreal.sehc.com/
Soins Gabrielle	<i>Services for people with Alzheimer's disease : respite with stimulation, monitoring the night, help with hygiene, help with clothing, travel assistance, convalescent care, nursing , palliative, support during hospitalization, preparing meals, housekeeping and maintenance.</i>	Greater Montreal	514 253-4224	Variable	https://humanika.humakare.ca/
Parkinson's Montreal - Laval	<i>Parkinson's Montreal-Laval is dedicated to the well-being of individuals faced with Parkinson's disease and their caregivers by offering support services and information. Parkinson's Montreal-Laval is able to offer its members a range of enriching activities of the group, led by experts from various fields such as nutrition, neuroscience, fitness and meditation.</i>	Island of Montreal, Laval	servicespml@parkinsonquebec.ca 514-868-0597 post 3 <i>Monday to Thursday 8.30 to 16.30</i>	Variable	https://parkinsonmontrealaval.ca/services/personnes-atteintes/

Société Alzheimer de Montréal	<p>A range of programs and services for family caregivers to help them better understand the disease, to support the person and take care of yourself.</p> <p>Qualified professionals of the Alzheimer society of Montreal provide a period of respite care for family caregivers from two to four hours on a weekly basis.</p>	Island of Montreal	<p>Office: Monday to Friday 9.00 to 17.00, activities: variable</p> <p>514 369-0800</p>	costs are determined according to a scale based on the income of the individual.	https://alzheimermontreal.ca/
TO BE ABLE TO PARTICIPATE IN WORKSHOPS AND TRAINING COURSES RELATED TO THE NEAR AIDANCE :					
ORGANIZATION	MISSION AND SERVICE	TERRITORY SERVED	ZONE, AND PHONE NUMBER	RATES	WEBSITE LINK
Regroupement des aidantes et aidants naturels de Montréal	<p>Promote the improvement of the conditions of life of the caregiver.</p> <p>Workshops-discussion: Offered to family caregivers to allow them to learn, share and network.</p> <p>Conference: conferences on topics relating to the people close friend.</p>	Greater Montreal	<p>5800 St-Denis street, suite 602 Montréal (Québec) H2S 3L5 514 374-1056 info@raanm.net</p> <p>office hours: Monday to Thursday 9: 00 am to 12: 30 and 13: 30 to 17: 00</p>	annual Membership: individual membership\$10 per	https://www.raanm.net/services-et-activites-aux-proches-aidants/
Fondation Maison Gilles-Carle	<p>training workshops are available to all caregivers and in some cases helped. The topics covered are: the prevention of exhaustion, to accept the prognosis, development of the power to act, etc,</p>	The island of Montreal, and for the Maison Gilles-Carle, the territory of Quebec.	<p>Fondation Maison Gilles-Carle 1538 rue Sherbrooke Ouest, suite 940 Montreal (Quebec) H3G 1L5</p> <p>e-Mail : info@fondationmaisongillescarle.org</p>	Variable	https://www.fondationmaisongillescarle.org/fr/
Fondation Émergence Inc.	<p>Educate and empower environments elders, to better accommodate the diversity.</p> <p>For over 12 years, For growing old is gay takes charge of the defence of the rights of seniors, LGBTQ+, and provides tools and training for environments seniors more inclusive.</p>	Quebec	<p>438-384-1058 courrier@fondationemergence.org Monday to Friday, 9.00 to 17.00</p>	Free	https://www.fondationemergence.org/famillechoisie
Institut de planification des soins du Québec	<p>to Help and support organizations, groups or individuals who want to be informed about various issues related to health.</p> <p>The topics of the lectures are all topical and of interest to all those who care about their health or the health of their loved ones and care planning.</p>	Québec	<p>514 805-2408 info@planificationdesoins.org</p>	Free	https://planificationdesoins.org/

Société Alzheimer de Montréal	Our support groups and information to address a variety of topics, including : an overview of Alzheimer's disease and related disorders, the different aspects of communication, behaviour confusing, how to take care of yourself as a caregiver, as well as the various community resources available in the territory.	Island of Montreal	Office: Monday to Friday 9.00 to 17.00, activities: variable 514 369-0800	costs are determined according to a scale based on the income of the individual.	https://alzheimermontreal.ca/
Appui proches aidants	Support offers services, activities, and resources to people who accompany a person in difficulty. Contact the advisers Info-helping, listen to the Podcast caregivers or discover content and inspirational.	Greater Montreal	administrative Office : 400 de Maisonneuve boulevard West, suite 720, Montreal, Quebec, H3A 1L4 514-789-2460 Info@lappui.org	Free	https://www.lappui.org/fr/je-suis-aidant/etre-proche-aidant/faciliter-mon-quotidien/concilier-travail-et-soins-a-un-proche/
TO BE ABLE TO BE LISTENED TO AND SUPPORTED:					
<i>ORGANIZATION</i>	<i>MISSION AND SERVICE</i>	<i>TERRITORY SERVED</i>	<i>ZONE, AND PHONE NUMBER</i>	<i>RATES</i>	<i>LINK SITE</i>
Info-aidant	Service by phone and online listening, information and reference. A service professional, confidential and free which is intended for family caregivers, seniors and their family and friends, to stakeholders and to health professionals.	Quebec	1 855 852-7784 7 days, 8: 00 to 20: 00	Free	https://www.lappui.org/fr/nous-sommes/info-aidant/
Tel-ainés	listening Service reference and free and confidential help seniors to break their isolation and to express their emotions in different stages of aging.	Québec	514 353-2463		https://tel-ecoute.org/
Multi-Écoute Centre D'Écoute	Center, listening, psychosocial support and referral services to the individual. It provides active listening from those who need help and support, talk and confide.	Québec	514 737-3604	Free	https://www.multiecoute.org/
Tel-Aide	Service in French and English free, anonymous, 24 / 7. Accessible to any individual who needs to confide in, to talk about his problems or who are thinking of suicide.	Québec	514 935-1101 24/7	Free	https://www.telaide.qc.ca/

Arborescence	<i>The pair.e.s-a caregiver.e.s family, as loved ones of a person dealing with a mental health disorder, are people who are trained.e.s to listen and offer hope, information, support parents and people close to them.</i>	Greater Montreal	Monday : 13h to 16h Tuesday, Wednesday, Thursday, and Saturday : 13h 18h 1 800 349 9915	annual Membership:\$ 15 per person,\$ 20 per couple,\$ 25 per family	https://www.arborescence.quebec/pairs-aidants-famille
Centre de prévention de suicide de Montréal	The telephone response service is available 24/7. Free and confidential, this service is aimed at people who think of suicide, those who are concerned about someone in their entourage, or those who have lost a loved one by suicide. Volunteers and employees help each other to assist you.	Greater Montreal	1 866 277-3553 24/7	Free	https://cpsmontreal.ca/
FOR INFORMATION ON THE HOUSING/ ACCOMMODATIONS :					
<i>ORGANIZATION</i>	<i>MISSION AND SERVICE</i>	<i>TERRITORY SERVED</i>	<i>ZONE, AND PHONE NUMBER</i>	<i>RATES</i>	<i>LINK to THE SITE</i>
Visavie	<i>"advisors accommodation to help you in your search for resources in hosting private seniors. These services are generally free of charge to you and charged to the resources of accommodation."</i>	Greater Montreal	514 383-3383, 1(888) 847-2843	Free	www.visavie.com/fr
Réseau Hébergement	<i>"The advisors accommodation to help you in your search for resources in hosting private seniors. These services are generally free of charge to you and charged to the resources of accommodation."</i>	Greater Montreal	514 256-4411, 1(888) 542-8802	Free	https://aine411.ca/
Plus belle la vie	<i>"advisors accommodation to help you in your search for resources in hosting private seniors. These services are generally free of charge to you and charged to the resources of accommodation."</i>	Greater Montreal	450 966-0001, 1(855) 966-0001 Monday to Friday : 9h-21h Samedi : 9h-16h	Free	www.plusbelle-lavie.com
Répertoire des résidences du RQRA (Regroupement Québécois Des Résidences Pour Aînés)	Directory of residences for seniors who meet the conditions laid down by the organization.	Quebec	1 888 440-3777 Monday to Friday 8: 30am to 17: 00pm	Free	www.rqra.qc.ca/je-cherche-une-residence

L'Horizon du bel âge	<i>of The consultants help you in your search for resources in hosting private seniors. These services are generally free of charge to you and charged to the resources of the accommodation.</i>	Greater Montreal	514 949-7234	Free	www.horizondubelage.com
Association des conseillers en hébergement du Québec	<i>advisors, members of the Association of advisers in hébergement du Québec (ACHQ) offer a full range of services to facilitate life-long search for a residence, and this, until the signing of the lease.</i>	Quebec	514-949-7234 rene@horizon43.com Monday to Sunday 9: 00 to 17: 00	Free	https://achq.quebec/
Les sources de Marie	<i>Our services are aimed at all people who need help and support in their search of a residence for the elderly, either for themselves or for their loved ones. We also offer our services to companies who wish to help their employees.</i>	Quebec	7 days on 7 924, Avenue Madeleine-de-Verchères Québec, QC, G1S 4K7 Phone : 581-741-7773 Cell : 418-208-2741 e-Mail : marie@ressourcesmarie.com	Free	https://www.ressourcesmarie.com/fr/contactez-nous-!/
IN ORDER to BE ABLE TO BALANCE WORK / STUDIES WITH MY ROLE as a CAREGIVER :					
ORGANIZATION	MISSION AND SERVICE	TERRITORY SERVED	ZONE, AND PHONE NUMBER	RATES	WEBSITE LINK
Young caregivers	<i>support Service for young caregivers of 15 to 25 years. Online support group psychosocial Support Workshops and practical guide</i> <i>*Available in English only*</i>	Quebec and Ontario	Phone : 416-362-CARE (2273) toll-Free : 1-888-877-1626 info@ontariocaregiver.ca	Free	https://youngcaregiversconnect.ca/fr/
Sceau Concilivi	<i>The Seal Concilivi is a recognition reconciliation of family and work, which allows to recognize your organization and the importance that you give to your employer-employee relationship.</i>	Greater Montreal and Ontario	450-812-9465 info@concilivi.com	Free	https://www.concilivi.com/fr/
Appui proches aidants	<i>Support offers services, activities, and resources to people who accompany a person in difficulty. Contact the advisers Info-helping, listen to the Podcast caregivers or discover content and inspirational.</i>	Greater Montreal	administrative Office : 400 de Maisonneuve boulevard West, suite 720, Montreal, Quebec, H3A 1L4 514-789-2460 Info@lappui.org	Free	https://www.lappui.org/fr/je-suis-aidant/etre-proche-aidant/faciliter-mon-quotidien/concilier-travail-et-soins-a-un-proche/

Proche aideance travail	Information practices in order to better balance your responsibilities in your professional life. You will find information on the benefits and financial aid programs available, as well as tips to negotiate flexible working arrangements. These resources can help you to find a balance between your work and your role as a person close to the helping professions.	Quebec	3958, rue Dandurand, office 22 Montréal (Québec) H1X 1P7 info@procheaidance.quebec 514 524-1959	Free	https://procheaidancetravail.ca/
Centre d'intégration au marché de l'emploi CIME	The improvement of the economic situation of women by their socio-professional integration in all spheres of the labour market. It assumes the maintenance of expertise, training, research, development and innovation in the field of socio-professional integration,	the eastern Townships	819 564-0202 info@cime-emploi.com		https://cime-emploi.com/
HAVE A SPACE FOR DISCUSSION BETWEEN CARERS :					
ORGANIZATION	MISSION AND SERVICE	TERRITORY SERVED	ZONE, AND PHONE NUMBER	RATES	WEBSITE LINK
Centre de soutien entr'aidants	Support caregivers by offering a range of services to take care of an older relative, while maintaining their physical health, psychological, and financial. Monthly meeting structured and moderated by stakeholders, and providing caregivers a special time to exchange, receive support, and learn. A different theme each month.	Brossard, Longueuil, Saint-Lambert	info@centredesoutienentraidants.com 450 465-2520 Monday to Friday 9h00 to 16h00, support groups, day and evening	Registration required annual Membership is\$ 20, formations: 20\$	https://www.centredesoutienentraidants.com/
Regroupement des aidantes et aidants naturels de Montréal	Promote the improvement of the conditions of life of the caregiver. Allow the family caregiver(s) to share, learn, develop links and retake control of their life.	Greater Montreal	5800 St-Denis street, suite 602 Montréal (Québec) H2S 3L5 514 374-1056 info@raanm.net office hours: Monday to Thursday 9: 00 am to 12: 30 and 13: 30 to 17: 00	annual Membership: individual membership\$10 per	https://www.raanm.net/

Y des femmes de Montréal	personalized support to family carers wishing to develop or maintain healthy relationships as well as a psychological, emotional and physical. Our services include one-on-one support and group work, social activities, and well-being, workshops and conferences to facilitate the life and increase the power to act as carers.	Greater Montreal	514 866-9941, ext 226 Monday to Friday, 9.00 to 17.00	Variables	https://www.ydesfemmesmtl.org/services-la-collectivite/soutien-proches-aidantes/
Le Temps d'une Pause	support Group between caregiver of how virtual or face-to-face in months.	The eastern part of the Island of Montreal	514-373-9851	annual membership Fee of \$10	https://www.tempsdunepause.org/
Société Alzheimer	Our support groups and information to address a variety of topics, including : an overview of Alzheimer's disease and related disorders, the different aspects of communication, behaviour confusing, how to take care of yourself as a caregiver, as well as the various community resources available in the territory.	The island of Montreal	Office: Monday to Friday 9.00 to 17.00, activities: variable 514 369-0800	costs are determined according to a scale based on the income of the individual.	https://alzheimermontreal.ca/
Groupe d'entraide Alzheimer de Montréal-Nord	support Group monthly. * Group of monthly meetings for people close to caregivers. * Information on the disease and rights. * Conferences.	Montréal-Nord, Ahuntsic, Cartierville, and Villeray.	450-963-6375 moniquehuguette@bell.net September to June: 2nd Monday of the month, day, except for the month of October: 3rd Monday	Fee: \$ 8 per year	https://montreal.ca/lieux/maison-culturelle-et-communautaire-de-montreal-nord
FOR MY RIGHTS AND THOSE OF MY LOVED ONE :					
ORGANIZATION	MISSION AND SERVICE	TERRITORY SERVED	ZONE, AND PHONE NUMBER	RATES	LINK to THE SITE
Régie du Logement Bureau de Montréal	specialized Court, exercising its jurisdiction in respect of lease residential.	Greater Montreal	514 873-2245 Monday to Friday 8h30 to 12h00 and 13h00 to 16h30	Variables	https://www.tal.gouv.qc.ca/
1-800-NOTAIRE	telephone service and in line of the chambre des notaires du Québec. Allows you to talk for free to notaries in several areas of the notarial law, including the central register of wills and mandates	Quebec	514-879-1793 or 1-800-263-1793 opening Hours : Monday to Friday - 8: 30 to 17 h.	No	https://www.cnq.org/
Curateur public du Québec	Protection of the rights of persons considered unsuitable, assistance and supervision of the administration of the guardians, etc	Québec	514 873-4074, 1 800 363-9020 registered office: Monday, Tuesday, Thursday, and Friday 8: 30 am to 12: 00 and 13: 00 to 16: 30, Wednesday 10: 00 am to 12: 00 and 13: 00 to 16: 30		https://www.quebec.ca/gouvernement/ministeres-et-organismes/curateur-public

Ex Aequo	Defence of the rights of people with physical disabilities, references.	Greater Montreal	514 288-3852 Monday to Friday, 9.00 to 17.00	Card member:\$ 5 per year	www.exaequo.net
Clinique Juridique Juripop	<i>Juripop mobilizes the right to allow one and all to improve their living conditions, their economic capacity and their physical and mental health.</i>	Montreal and Montérégie	450-845-1637 Monday to Friday : 8h30 – 17h	\$ 60 for Individuals and\$ 80 NPOS and companies	https://boussolejuridique.ca/ressource/clinique-juridique-juripop-montreal-monteregie/
TO MEET PEOPLE AND DO ACTIVITIES :					
ORGANIZATION	MISSION AND SERVICE	TERRITORY SERVED	ZONE, AND PHONE NUMBER	RATES	LINK to THE SITE
Les Petits frères	<i>Little Brothers illuminate the days of seniors isolated from 75 years or more, anywhere in Quebec, in the surrounding of a loving family and committed until the end of the life -</i>	Québec	514 527-8653 Monday-Friday, 9 am-17 pm * weekends and holidays depending on events to calendar	Free	https://www.petitsfreres.ca/briser-lisolement-aines/
Intergénération Québec	Reconciliation between elders and young people	Québec	514 382-0310 or 1 866 772-7222 (toll-free)	annual Fee:\$ 20 for the individual members, \$ 50 for corporate members	https://intergenerationsquebec.org/
YMCA Saint-Laurent	The community service centre Saint-Laurent, focused his offer of four components : food, youth, families and seniors. Programs for seniors : Between friends, cultural activities, outputs, and leisure. Hello-hello : system calls daily automated.	Saint-Laurent	514 747-5353 ext 234 Monday - Friday : 6 pm - 22 pm Saturday - Sunday : 7: 30 - 19: 30	discounted Rates to eligible persons	https://www.ymcaquebec.org/fr/Trouver-un-Y/YMCA-Cartierville
Patro Villeray	<i>recreational Activities, meals on wheels, community meal.</i>	Villeray-Petite-Patrie-Rosemont-St-Michel	514 273-8535 post 225	Member: available financial assistance, meals on wheels: as low as\$ 5.50 per meal, meal takeaway: special rates for low-income persons, frozen meal delivery or take-out: from 3\$	https://patrovilleray.ca/
FOR SERVICES LIKE MEALS ON WHEELS :					
ORGANIZATION	MISSION AND SERVICE	TERRITORY SERVED	ZONE, AND PHONE NUMBER	RATES	LINK to THE SITE
Moisson Montreal	Information on the services of food aid near you.	Greater Montreal	514 344-4494 ext 221	Varies depending on the meal	https://www.moissonmontreal.org/
Regroupement des popotes roulantes de Montréal	Delivery meal	https://popotes.org/trouver-une-popote/	514 382-0310 or 1 877 277-2722 position 205	Varies depending on the meal	https://popotes.org/ Use the directory to find a meals on wheels

Service alimentaire dans les résidences pour aînés (SAGEM)	<p>Offers to seniors-in-residence of the meal well made and nutritious, served as the house.</p> <p>Tasty meals, home-made and prepared with care,</p> <p>attentive service by staff dedicated to ensuring that your resident.e.s feel at home;</p> <p>A solution for food a healthy, well-managed, which takes into account the needs of your residents.</p>	In RPP (private Residences for seniors) of Greater Montreal.	<p>514-278-6767</p> <p>Info@monsagem.com</p>	fixed Amount of basis of\$ 4 per hour of service rendered, with an additional reduction of \$ 2.63 to 21,04 \$	https://monsagem.com/
Maryse	Delivery of meals	Check out the website of the delivery area, otherwise contact the company.	514 856-5371	Variables	https://lamaryse.ca/
Part Du Chef	meal Delivery/catering	Check on the website of the delivery area, otherwise contact the company.	514 526-7278	Variables	https://www.groupepart.ca/
Tout cuit	<p>in A wide variety of boxed meals prepared and frozen food products, quality catering.</p> <p>Choice of 8 or 16 dishes to fill your lunch box on the extent delivered free of charge. You can also choose one of our boxes with themes such as: the lunch Box Best seller, the carnivore, and more !</p>	In the provinces of Quebec and Ontario	<p>Phone : +1 (833) 570-5677</p> <p>e-Mail : info@toutcuit.ca</p> <p>Sunday to Thursday : 8h30 – 15h</p>	Varies depending on the number of chosen meal and box	https://toutcuit.ca/
FOR ALL OTHER RESOURCES :					
ORGANIZATION	MISSION AND SERVICE	TERRITORY SERVED	ZONE, AND PHONE NUMBER	RATES	LINK to THE SITE
L'APPUI	are You a person close to the helping professions. Here you will find community resources offering services near you.	Quebec		-	https://repertoire.lappui.org/
211	211 refers to the citizens to community resources, public and parapublic close to home.	Across Canada, and a part of Quebec	7 days 7, from 8: 00 to 18: 00, 365 days per year.	-	https://www.211qc.ca/
JuridiQC	legal information and psychosocial easy-to-understand resources to help you and a companion to begin your work.	Quebec	<p>Phone : 418 643-5140 (options 3 and 4)</p> <p>toll-Free : 1-866-536-5140 (option 3 and 4)</p> <p>Monday to Friday : 8: 30 a.m. to 16: 30</p>	-	https://juridiqc.gouv.qc.ca/aines-en-perte-dautonomie/bottin-des-ressources

Proche aide Québec	community-based organizations members of our group offer, among others, counselling services, respite care and psychosocial support. Do not hesitate to contact an agency in your region to get the help of qualified professionals.	Quebec	3958, rue Dandurand, office 22 Montréal (Québec) H1X 1P7 info@procheaide.quebec 514 524-1959	-	https://procheaide.quebec/organismes-soutien/
SAPA	support Service for carers	Québec		-	https://rmo.ca/newsite/wp-content/uploads/2012/04/liste-des-organismes-communautaires-pour-soutien-aux-personnes-%C3%A2g%C3%A9es-SAPA.pdf