

SENIORS' DIRECTORY

5th EDITION



VILLE DE LAC-BROME
TOWN OF BROME LAKE



**LIST OF LOCAL ORGANIZATIONS
AND SELF-EMPLOYED WORKERS FROM THE REGION**
that can provide support to seniors in our area

Dear citizens of Brome Lake,

Perhaps you are retired and need some help at home? Are you taking care of a senior family member? Knowing that these situations may be challenging, the Brome Lake MADA committee wishes to help in distributing this directory. In this document you will find a list of the local organizations and self-employed workers that offer support to our senior citizens. We encourage you to browse through it and share it with any seniors you know.

NOTES

The English and French version may differ according to the language in which it is offered. Some of the English listings are primarily descriptive, as many organizations do not provide an English equivalent for their French names.

For a complete version of the directory including links to all websites, visit the Town of Brome Lake website at lacbrome.ca.

DISCLAIMER

The purpose of this directory is to provide information to senior citizens in Brome Lake. It includes organizations, businesses and self-employed individuals who provide goods and services to the community; it is not, however, an exhaustive list.

A directory is not a referral service. **WE MAKE NO RECOMMENDATION OR WARRANTY** regarding the quality of services you may receive from any of the professionals or businesses listed in this directory. By using this directory, you acknowledge that the Centre Lac-Brome does not assume any liability for any losses, damage, injury or other prejudice that may arise from the content of this publication.

Users of this directory, thus, waive any legal recourse or claim against the Centre Lac-Brome, of any kind or nature whatsoever, in relation to the information provided in this directory or in relation to the services provided by the individuals listed in this directory.

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General information

ACTION COMMUNAUTAIRE LAC-BROME (ACLB)

Foster mutual aid and the improvement of living conditions of the citizens of Lac-Brome, West Bolton and Brome.

☎ 450-204-9423

✉ mggaclb@gmail.com

INFORMATION HUB FOR SENIORS

The Cowansville Volunteer center assists seniors to help understand the various governmental services that can improve their quality of life. Free and confidential.

☎ 450-263-3758

💻 www.cabcowansville.com

SENIORS' HELPLINE /TEL-AÎNÉS

Anonymous service offered daily from 10:00 to 22:00 to any senior who feels the need to talk about his or her problems in complete confidentiality.

☎ 514 353-2463

💻 www.tel-ecoute.org/programme-tel-aines

TEL-AIDE

Anonymous helpline, free and confidential. Available 24/7.

☎ 514-935-1101

💻 www.telaide.org

COPING WITH A LOSS OF INDEPENDENCE

Personalized list of steps to take to benefit from the government programs and services by answering a few questions in "Itinerary – Coping with a Loss of Independence.":

💻 www.quebec.ca/en/family-and-support-for-individuals/loss-of-independence/loss-of-independence

DRIVING EVALUATION

SOCIÉTÉ DE L'ASSURANCE AUTOMOBILE DU QUEBEC (SAAQ)

If you are worried about a friend or family member's ability to drive, you can contact the SAAQ's confidential service.

☎ 1-800-361-7620

💻 www.saaq.gouv.qc.ca

↳ Press 1. Then press 0 to talk to an agent.

HEALTHCARE COMPLAINT ASSISTANCE AND SUPPORT CENTRE

☎ 1-877-767-2227

💻 www.fcaap.ca

MINISTER RESPONSIBLE FOR SENIORS AND INFORMAL CAREGIVERS

Sonia Bélanger

☎ 418-266-7191

✉ ministre.deleguee@msss.gouv.qc.ca

PROGRAMS AND SERVICES FOR SENIORS

This guide contains information on the different government programs and services for seniors.

☎ 450-263-0025

💻 www.quebec.ca/en/family-and-support-for-individuals/seniors

💻 www.canada.ca/en/employment-social-development/campaigns.html

↳ Click on Programs and services for seniors)

SERVICE CANADA

Information centre about programs and services offered by the Federal Government.

📍 224 Sud St., Cowansville

☎ 1-800-622-6232

💻 www.servicecanada.gc.ca

— General information

SERVICES QUÉBEC

Information centre about programs and services offered by the Quebec Government.

📍 550 Knowlton Rd, Lac-Brome 📞 1-877-644-4545 🌐 www.quebec.ca

TABLE RÉGIONALE DE CONCERTATION DES AÎNÉS DE LA MONTRÉGIE

This organization offers to the representatives of the seniors of the Montérégie a regional place of exchanges, concertation and partnership to unite their voices on the major issues that affect them.

📍 2601, Bourgogne Av. Chambly 📞 450-447-5885 🌐 www.trcam.ca

Caregiver support

ARBORESCENCE QUÉBEC

The association Québécoise des parents et amis de la personne atteinte de maladie mentale (L'AQPAMM) is a non-profit community organization offering information sessions, support groups, follow-ups, psycho-educational workshops and public lectures for anyone concerned about the situation of a senior living with a mental health problem.

📞 514-524-7131 🌐 www.aqpamm.ca
↳ French Only

CAREGIVERS HELPLINE / L'APPUI – LIGNE INFO-AIDANT

Professional helpline to listen, provide support and make referrals adapted to the needs of natural caregivers of seniors. The purpose of the helpline is to provide coaching and support from the very start of caregiving and on an on-going basis, and to refer caregivers to resources in their own communities.

📞 1-855-852-7784 🌐 www.lappui.org

CAREGIVER SUPPORT GROUP MAISON GILLES-CARLE BROME-MISSISQUOI / REGROUPEMENT DE SOUTIEN AUX AIDANTS MAISON GILLES-CARLES / BROME-MISSISQUOI

Services for caregivers in Brome-Missisquoi. Respite, support, coaching, assistance and training.

📍 614 J.-André-Deragon Blvd., Cowansville
📞 450-263-4236 🌐 www.rsabm.ca

EI CAREGIVING BENEFITS FROM FEDERAL GOVERNMENT

EI caregiving benefits provide financial assistance while you're away from work to care for or support a critically ill or injured person or someone needing end-of-life care.

🌐 www.canada.ca/en/services/benefits/ei/caregiving.html

ROMAN-APPUI | Montérégie

Association of organizations that provide support to caregiver organizations and individuals in Montérégie.

📞 514-767-4511 🌐 www.aidantsnaturels.org

PROCHE AIDANCE QUEBEC – REGROUPEMENT D'ORGANISMES ENGAGÉS POUR LES PERSONNES PROCHES AIDANTES

A group of local and regional associations, groups and organizations that have also adopted a mission to improve the living conditions of caregivers.

🌐 www.procheaidance.quebec

THE CAREGIVER'S ROLE

Information and useful advice from l'Appui.

📞 514-524-1959 🌐 www.lappui.org/en/Practical-tips/The-caregiver-s-role

Active living

CULTURAL ACTIVITIES

BROME COUNTY HISTORICAL SOCIETY

The Brome County Historical Society was founded in 1897 and has proudly been preserving the heritage of historic Brome County ever since.

☎ 450-243-6782

💻 www.lacbromemuseum.ca

CARRÉMENT CULTURE

Artistic and cultural directory of Brome-Missisquoi.

💻 www.carrementculture.ca/en



INFO-ALPHA

Acquire basic reading and writing skills.

☎ 1-888-488-3888

💻 www.fondationalphabetisation.org/en

L'ART ENTRE NOUS

For twenty years, this group has been meeting to create in an open workshop: all artists are welcome, beginners or professionals. Bring your equipment and come join our workshops. From September to May. Free.

☎ 450-292-5880

💻 szablbranche@gmail.com

LE SAC À MOTS

Used books store. Free day and evening classes for adults: French, math, computers and electronic devices, French as a second language.

📍 706-708 Sud St., Cowansville

☎ 450-266-3766

💻 www.lesacamots.com

PETTES MEMORIAL LIBRARY

📍 276 Knowlton Rd., Lac-Brome

☎ 450-243-6128

💻 www.pettes.ca

SERVICE QUÉBÉCOIS DU LIVRE ADAPTÉ: BOOKS FOR PEOPLE WITH DISABILITIES

Books in braille, audio books, e-books. Reading device, book delivery and pick-up (free), for people who meet the eligibility criteria.

☎ 1-866-410-0844

💻 www.banq.qc.ca/sqla

— Active living

THÉÂTRE LAC-BROME

Theatre Lac-Brome is a professional theatre and year-round performing arts facility.

📍 9 Mont-Echo Rd., Lac-Brome 📞 450-242-2270
 🖥️ www.theatrelacbrome.ca

TOWN OF BROME LAKE/RECREATION AND CULTURE

Directory of activities, organizations and calendar of events.

🖥️ www.lacbrome.ca/en

YAMASKA LITERACY COUNCIL

Non-profit literacy organization dedicated to improving literacy skills.

📍 505 Sud St., suite 203, Cowansville 📞 450-263-7503
 🖥️ www.yamaskaliteracy.ca

PHYSICAL ACTIVITIES

ATHLETICA GYM

📍 31 Lakeside Rd., Lac-Brome 📞 450-243-6246
 🖥️ www.facebook.com/athleticalacbrome

CLASSES AND ACTIVITIES FOR ADULTS

Offered by the Town of Brome Lake, refer to the Town's website.

🖥️ www.lacbrome.ca/en/loisirs/classes-for-adults-and-children

CLUB DE LA BONNE HUMEUR DE LAC-BROME

Numerous physical and social activities.

📍 5 Mill Rd., Lac-Brome 📞 450-243-5620
 🖥️ www.clubdelabonnehumeur.ca ✉️ info@clubdelabonnehumeur.ca

LAC BROME PICKLEBALL CLUB

✉️ club.pickleball.lac.brome@gmail.com
 🖥️ www.facebook.com/groups/club.pickleball.lac.brome

LIFETRAIL OUTDOOR GYM

Free, no reservation required.

📍 Lions Park, 37 Centre St., Lac-Brome

MUNICIPAL PARKS

Town of Brome Lake has beautiful parks. To view the list of activities and facilities offered in each of the parks, please see:

🖥️ www.lacbrome.ca/en/loisirs/town-parks-and-halls/

HIKING

AMIS DES SENTIERS DU LAC-BROME

Hiking club that takes you on the magnificent hiking trails in the Brome Lake area.

🖥️ www.clubdelabonnehumeur.ca/amis-des-sentiers

LES SENTIERS DE L'ESTRIE INC.

More than 200 km of hiking trails in forests and numerous activities open to all.

📞 819-864-6314 🖥️ www.lessentiersdelestrie.qc.ca/organisme

— Active living

MUNICIPAL WALKING PATHS

Network of beautiful woodland paths with lake views which stretch all the way from the centre of Knowlton to Foster. Just follow the signs!

📄 www.lacbrome.ca/en/loisirs/walking-paths/

TENNIS

LAC-BROME TENNIS CLUB

📍 584 Knowlton Rd, Lac Brome

☎ 450-521-6945

📄 www.tennislacbrome.com

TENNIS COURTS

Free, no reservation required

📍 **Ovide-Dagenais Park; 24 Taylor Rd., Foster**

TENNIS AND PICKLEBALL COURTS

Free, no reservation required

📍 **Lions Park; 37 Centre Rd., Lac-Brome**

YOGA

STUDIO YOGA MOUVEMENT

📍 584 Knowlton Rd., Lac Brome

☎ 450-330-1514

📄 www.yogaetmouvement.com

THE WELL

Classes of chair yoga

📍 102, Lakeside Rd, Knowlton

📄 www.facebook.com/knowltonwell

📄 www.knowltonwell.com

COMMUNITY LIFE | HOBBIES

ACTION COMMUNAUTAIRE LAC-BROME (ACLB)

Foster mutual aid and the improvement of living conditions of the citizens of Lac-Brome, West Bolton and Brome.

☎ 450-204-9423

✉ mggaclb@gmail.com

BROME LAKE GARDEN CLUB

Activities include Summer Garden Tours, Speaker Program and Workshops.

📄 www.bromelakegc.org

BROME LAKE OPTIMIST CLUB

☎ **Claude Boulianne: 450-243-0409**

BROME-MISSISQUOI'S ORNITHOLOGIST CLUB

This club is for people interested in birds who want to share and improve their knowledge of birds.

📄 www.cobm.ca

✉ admin@cobm.ca

— Active living

CANADA DAY COMMUNITY GATHERING GROUP

📞 Martha Gubert Gomes: 450-931-0242 📞 Shelley Judge: 450-521-5097
✉️ lacbromecanadaday@gmail.com

CLUB DE LA BONNE HUMEUR, SENIORS' CLUB

Provides services and activities for the 50+ crowd.

📞 450-243-5620 🌐 www.clubdelabonnehumeur.ca
✉️ info@clubdelabonnehumeur.ca

COMMUNITY GARDEN

26 raised garden beds are offered at the cost of 20\$ annually. They are located behind the 27 Mont-Echo Rd. Registration online or in person at Centre Lac-Brome.

📍 270 Victoria St., Lac-Brome
🌐 www.lacbrome.ca/en/community-garden

FARMER WOMEN'S CIRCLE / CERCLE DES FERMÈRES, COWANSVILLE

The mission of this group is to improve the quality of life of women and their families, and to transmit our cultural and craft-based heritage.

📞 1-866-442-3983 🌐 www.cfq.qc.ca
🌐 www.facebook.com/cerclesdefermieresduquebec

FULFORD COMMUNITY CLUB

📍 62 Davis Rd., Lac-Brome 📞 450-539-2982

KNOWLTON GOLDEN AGE CLUB

📞 450-242-2020

KNOWLTON LIONS' CLUB

Our club is a place where individuals join together to give their valuable time and effort to improving their communities, and the world.

📞 450-531-9186

MEN'S SHEDS ASSOCIATION

Where old guys meet up with other old guys for fun, projects and sharing ideas. Community oriented and always changing. Stop in for coffee and snacks, shoot a game of pool, meet up at the marina to go fishing, make new friends, take on a shared project, spend some time at the workshop and rediscover life after retirement. Free.

📞 Danny Williams: 450-915-6404 ✉️ dwilliams0826@sbcglobal.net
🌐 www.lacbrome.ca/community-group/mens-sheds-association/





— Active living

ROYAL CANADIAN LEGION

 **Brome Branch 23, Margaret Pille**  **450-243-5302**

TOWNSHIPPERS ASSOCIATION

Non-profit, non-partisan community organization focused on promoting and supporting the interests of the English-speaking minority community in the Eastern Townships region of Quebec.

 **819-566-5717**  **www.townshippers.qc.ca**

TOWNSHIPS WOMEN'S CENTRE / CENTRE DES FEMMES DES CANTONS

This organization offers many activities to reduce isolation and promote socializing opportunities for women.

 **450-263-1028**  **2119 Dieppe Blvd., Cowansville**
 **[Search for Centre Femmes Des Cantons on Facebook](#)**

WEAVERS' GUILD

 **21 Soles Rd., West-Brome**  **450-521-2399**

INTERMUNICIPAL AGREEMENTS

Brome Lake residents benefit from intermunicipal agreements allowing the access to activities offered by the following towns:

 **www.lacbrome.ca/en/loisirs/intermunicipal-agreements/**

COWANSVILLE

To view the complete offer, consult the Loisirs et Sports section of the website:

 **www.cowansville.ca**  **450-263-0141**

GRANBY

To view the complete offer, consult:

 **www.granby.ca/fr/acces-loisirs**

WATERLOO

To view the complete offer, consult:

 **www.ville.waterloo.qc.ca**

SPIRITUAL LIFE

CHURCH OF THE ASCENSION

 **22 McCurdy Rd., West Brome**

CREEK UNITED CHURCH

 **2278 Brill Rd., Bolton-Ouest**  **450-539-2129**

HOLY TRINITY IRON HILL

 **2222 Iron Hill Rd., Lac-Brome**  **450-538-8108**

ST-EDOUARD CHURCH

 **2366 Knowlton Rd., Lac-Brome**  **450-263-1616**

ST-PAUL ANGLICAN CHURCH

 **224 St-Paul St., Knowlton**  **450-242-2885**

KENNELS

BROME LAKE KENNEL

📍 28 Barnes Rd., West Brome
💻 www.bromelakekennel.ca

☎ 450-243-5587

MOBILE GROOMERS

GALITOUTOU

☎ 450-204-2170

VÉTÉRINAIRES

CLINIQUE VÉTÉRINAIRE ANIMAVET BROMONT

📍 1357, rue Shefford, Bromont ☎ 450-531-3835 💻 www.animavet.ca

CLINIQUE VÉTÉRINAIRE BROMONT

📍 50, ch. de Gaspé, Bromont ☎ 450-534-5443
💻 www.cliniqueveterinairebromont.com

CLINIQUE VÉTÉRINAIRE COWANSVILLE

📍 125, rue Robert, Cowansville ☎ 450-263-1414 💻 www.cvetc.com

CLINIQUE VÉTÉRINAIRE DAVIGNON

📍 1131, ch. Knowlton, West-Brome

☎ 450-263-1121

CLINIQUE VÉTÉRINAIRE FOSTERVET

📍 3001, rue Foster, Waterloo

☎ 450-920-7387

💻 Facebook: Clinique Vétérinaire Fostervet

CLINIQUE VÉTÉRINAIRE WATERLOO

📍 4900, rue Foster, Suite 100, Waterloo

☎ 450-539-3366

💻 www.cliniqueveterinairebromont.com

Distress

EMERGENCY

911 EMERGENCY / BROME LAKE FIRST RESPONDERS

In case of emergency: medical, fire, accident, etc., call

☎ 911

✉ premier.repondant@lacbrome.ca

— Distress

FIRE / BROME LAKE FIRE DEPARTMENT

📞 Fire: 911 📞 450-243-6111 ✉ incendie@lacbrome.ca

SÛRETÉ DU QUÉBEC

📞 Emergency: 911 📍 111, Sûreté St., Dunham
 📞 Dunham Police Station: 450-266-1122 🖨 www.sq.gouv.qc.ca

811 INFO-SANTÉ, OPTION 1 / HEALTH HELPLINE

Reach a nurse quickly in case of non-urgent health problems (flu, cold, fever, itching and swelling, etc.), 24/7.

📞 811

811 INFO-SOCIAL OPTION 2 / SOCIAL HELPLINE

Reach a psychosocial worker quickly in case of distress (grief, drug or alcohol abuse, job loss, depression, anxiety, suicidal thoughts, relationship problems, parenting troubles, etc.) 24/7.

🖨 www.santemontreal.qc.ca/en/public/support-and-services/

PERSONAL ALARMS | ALARM MONITORING SYSTEM

An alarm monitoring system is usually connected to a centre 24/7. It is a telephone system with a two-way speaker and a portable emitter (bracelet or pendant) that is activated by the wearer in an emergency. Options vary by company and include fall detectors, or an integrated GPS to locate a person who has cognitive difficulties and wanders (due to illnesses such as Alzheimer's).

THE WELLNESS CENTRE / EMERGENCY ALERT

The Wellness Centre provides the Emergency Alert equipment at no cost. There is a monthly service charge once the service is in place. Please ask for more information when you speak with the Wellness volunteer.

📞 450-242-2020



LIVINGWELL COMPANION

Buy or rent. Fall detector available. Available in some drug stores. Installation by the client.

📞 1-855-909-2250

🖨 www.telus.com/en/personal-health/livingwell-companion

PROGRAMME PAIR

Non-profit organization providing a free, automated service that phones seniors every day at a designated time. This flexible and bilingual service is for anyone who lives alone, or is losing their independence, or who may forget to take medications, or be experiencing a period of psychological distress. In some cases, natural caregivers may also be eligible.

📞 1-877-997-PAIR (7247)

📞 Bromont alarm center: 450-534-2454

🖨 www.programmepair.ca

ACEF MONTÉRÉGIE-EST / FAMILY MONEY-SAVING COOP

Help with budget, debts, spending and housing.

📍 179, Principale St., Granby

📞 450-375-1443

🌐 www.acefme.org

COWANSVILLE VOLUNTEER CENTRE

Help with filing income taxes. Each individual is asked to pay a small contribution and some conditions apply. Call to set up an appointment.

📞 450-263-3758

🌐 www.cabcowansville.net

FEDERAL OLD AGE SECURITY PENSION

📞 1-800-277-9915

🌐 www.canada.ca/en/services/benefits/publicpensions.html

OPTION-CONSOmmATEUR

This guide is intended for seniors and caregivers who wish to improve their knowledge of the various payment methods and adopt safe behaviours that will reduce the risk of financial abuse or fraud. Consult the guide Vos finances en toute sécurité – Guide à l'intention des aînés on the Option consommateurs website:

🌐 www.option-consommateurs.org/en

📞 1-888-412-1313

↳ Guide in French only

QUEBEC PENSION / RETRAITE QUÉBEC

📞 1-800-463-5185

🌐 www.retraitequebec.gouv.qc.ca

RÉGIE DE L'ASSURANCE MALADIE DU QUÉBEC

Financial Assistance Program for Domestic Help Services.

📞 1-888-594-5155

🌐 www.ramq.gouv.qc.ca/en/citizens/aid-programs

SURVIVING SPOUSE'S PENSION

The surviving spouse's pension under the Québec pension Plan ensures a basic income to the surviving spouse of a person who has sufficiently contributed to the Plan.

🌐 www.retraitequebec.gouv.qc.ca

TAX CREDIT FOR CAREGIVERS

There are two components to the tax credit for caregivers. The first is for caregivers providing care to a person aged 18 or over who has a severe and prolonged impairment and needs assistance in carrying out a basic activity of daily living. The second is for caregivers providing care to and living with a relative aged 70 or over.

📞 1-855-291-6467

🌐 www.revenuquebec.ca/en/citizens/tax-credits

↳ Click on Tax Credit for Caregivers

TAX CREDIT FOR SENIORS

📞 1-800-267-6299

🌐 www.revenuquebec.ca/en/citizens

↳ Visit Revenu Québec's Website to find tax credit available to seniors

TAXES AT HOME

BROME LAKE OFFICE SERVICES

📞 Jill Glover-Accountant: 450-243-0707

Food

CHRISTMAS BASKET & COMMUNITY FRIDGE

CHRISTMAS BASKET

Those who wish to receive a Christmas basket must complete a request form which is available through the Brome Lake Food Bank. Residents of West Bolton, Town of Brome Lake and Brome are eligible. Two sizes of baskets are available depending on the number of dependents.

☎ 450-242-2020, Ext. 319

COMMUNITY FRIDGE

The community fridge is a new initiative at the Brome Lake Centre where you can drop off your surplus fruit, vegetables, bread and pastries or pick up the ones you need. Opening hours are from 10 a.m. to 5 p.m in the hall of Centre Lac-Brome.

📍 270 Victoria Street, Brome Lake ☎ 450-242-2020, Ext. 306

COLLECTIVE KITCHEN & PURCHASING GROUPS

ACTION PLUS BROME MISSISQUOI

Assistance to people on social assistance and people living below the poverty line, purchasing group.

☎ 450-293-2123 🖨 www.actionplusbm.org (Website in French only)

CENTRE LAC-BROME'S COLLECTIVE KITCHEN

The collective kitchen is a small group of people who pool their time, money and skills to make economical, healthy and appetizing meals in four steps (planning, purchasing, cooking, evaluation) that they take home. This service is offered by ACLB.

📍 270, Victoria, Lac-Brome ☎ 450-204-9423

FOOD BANK

BROME LAKE FOOD BANK

Emergency food supply every second to last Friday of the month from 9:00 to 10:00.

📍 270 Victoria St., Lac-Brome ☎ 450-242-2020, Ext. 319

🖨 www.lacbrome.ca/en/loisirs/services-centre-lac-brome

COWANSVILLE VOLUNTEER CENTRE

Food distribution by appointment, frozen meals, community meals. Call to set up an appointment.

📍 201, Principale St, Cowansville ☎ 450-263-3758

🖨 www.cabcowansville.net

FOOD SERVICES DIRECTORY

BROME-MISSISQUOI FOOD SERVICES DIRECTORY

Directory of the various businesses or organizations in the region offering food services to the population.

🖨 www.brome-missisquoi.ca/services-alimentaires (Website in French only)

Fraud

CANADIAN ANTI-FRAUD CENTRE

The central agency in Canada that collects information and criminal intelligence on such matters as telemarketing fraud, Internet fraud, email or text-message fraud, identification theft, door-to-door fraud, commercial fraud, and postal fraud.

☎ 1 888 495-8501

🖨 www.antifraudcentre-centreantifraude.ca

— Fraud



OPTION-CONSOmmATEUR

This guide is intended for seniors and caregivers who wish to improve their knowledge of the various payment methods and adopt safe behaviours that will reduce the risk of financial abuse or fraud. Consult the guide Vos finances en toute sécurité – Guide à l'intention des aînés on the Option consommateurs web site:

 www.option-consommateurs.org/en/  1-888-412-1313
↳ Guide in French only

SENIOR-AWARE

Program intended to raise awareness about fraud, mistreatment and bullying towards seniors.

 1-800-544-9058  www.aineavise.ca/en/home




Health

ALZHEIMER'S

SOCIÉTÉ ALZHEIMER BROME-MISSISQUOI HAUTE-YAMASKA



The Alzheimer Society offers 2 activities for seniors in the Lac-Brome region and surrounding municipalities:

- Respite-stimulation group for people with cognitive impairment. Mondays from 9:30 a.m. to 4:30 p.m.
- Café-rencontre for caregivers of people with cognitive impairment, Mondays, every 2 weeks.
- Contact the SA for more information.

 328 rue Principale, local 240, Granby  450-777-3363
 www.alzheimergranby.ca

BALUCHON ALZHEIMER



Respite service and home support. Period: 4 to 14 days, 24/7.

 1-855-762-2930  www.baluchonrepit.com

APHASIA

APHASIE QUÉBEC




Aphasie Québec gives a voice and words to people with aphasia and their caregivers on the provincial level.

 1-877-626-1473  www.aphasiequebec.com
↳ Website in French only

CANCER



ACCOMMODATION (DURING CANCER TREATMENTS)
/ CHUS FLEURIMONT LODGE

Accommodation on the CHUS site for patients receiving cancer treatments. Accommodation for accompanying spouse also possible.

 3001, 12^e av N. Sherbrooke  819-822-2125, ext. 425
 www.fqc.qc.ca/en




CANADIAN CANCER SOCIETY

Financial aid for people with low income, to help pay transportation costs for chemotherapy and radiation treatments. Information services, virtual conferences, peer match program, support group, prosthesis.

 1-888-939-3333  www.cancer.ca

MAISON AU DIAPASON

Palliative care. Support for people with cancer & their loved ones, as well as end of life support.

 50 Du Diapason St., Bromont  450-534-2002
 www.audiapason.org

— Health

QUEBEC CANCER FOUNDATION

Supports people with cancer and their loved ones, all over Quebec, through services suited to their needs and daily concerns.

☎ 1-800-363-0063

💻 www.fqc.qc.ca/en

DIABETES

DIABÈTE BROME-MISSISQUOI

Provides services to people with diabetes and their loved ones: seminars, special activities, newsletter, quarterly review, consultations with nutritionists, nurses, and podiatrists.

☎ 450-248-2224

💻 www.diabetebm.org

EYESIGHT

BONHOMME À LUNETTES, PHILIPPE ROCHETTE, COMMUNITY OPTICIAN

By appointment. Tuesday 9:30 a.m. to 4 p.m.

You must have an optometrist's prescription prior to showing up. Service for all, no matter the income. Glasses starting at 10\$ for welfare recipients and free for children under their responsibility.

☎ 450-372-5033

📍 362 Notre-Dame St., Granby

💻 www.bonhommealunettes.org

MONSIEUR LUNETTES

By appointment. Friday 10:00 a.m. to 4:00 p.m. & Friday noon to 5:00 p.m.

You must have an optometrist's prescription prior to showing up. Service for all, no matter the income. Glasses starting at 30\$ for welfare recipients and free for children under their responsibility.

☎ 450-693-0852

📍 408 Du Sud St., Cowansville

💻 www.monsieurlunettes.net

BROME-MISSISQUOI OPHTHALMOLOGY CLINIC

Specialized medical services in eye care.

📍 124 Pierre-Laporte Boulevard, Suite 1, Cowansville

☎ 450-955-3442

💻 www.vosyeux.ca

DOYLE

📍 1530 Sud St., Cowansville 4

☎ 450-263-1162

💻 www.doyle.ca

IRIS

📍 602 Sud St., Cowansville

☎ 450-263-3341

💻 www.iris.ca

OPTO RÉSEAU

📍 4545 Foster St., Waterloo

☎ 450-539-3555

💻 www.opto-reseau.com

VISIQUE BROMONT

📍 B101-82 Bromont Blvd., Bromont

☎ 450-534-0054

💻 www.visique.com

— Health

FIBROMYALGIA

ASSOCIATION DE LA FIBROMYALGIE DE L'ESTRIE

The mission of the organization is to provide support to people suffering from fibromyalgia in the Eastern Townships health and social services region and to their loved ones in order to develop the knowledge and tools necessary to achieve well-being while offering them a place of belonging where they feel recognized and welcomed. Become a member to have access to many activities and services. Only individual sessions are in English. Meetings in Cowansville, Granby and Sherbrooke. On-line activities. The office is open from 9 a.m. to 12 p.m. and from 1 p.m. to 4 p.m. from Monday to Thursday.

☎ 1-877-566-1067

💻 www.fibromyalgie.ca

↳ Website in French only

HEARING

ACOUPHÈNES QUÉBEC / TINNITUS

Self-help organization for people suffering from tinnitus

☎ 1-877-276-7772

💻 www.acouphenesquebec.org

↳ Website in French only

LAFLAMME & ASSOCIÉS, Audioprothésistes

Hearing tests, follow-ups, adjustments and repairs of hearing aids.

📍 370 de la Rivière St. #201, Cowansville

☎ 450-955-1008

💻 www.laflammeetassocies.com

HANDICAP

ACCESS BROME-MISSISQUOI

Bilingual electronic directory search for accessible businesses and organizations in Brome- Missisquoi.

💻 www.accesbromemissisquoi.com

ADAPTED TRANSPORTATION | TRANSPORT ADAPTÉ POUR NOUS INC.

Non-profit organization that runs a public transport service reserved for people with disabilities or with reduced mobility. Service from Monday to Saturday. Also goes to Cowansville, Granby, Magog and Sherbrooke.

☎ 450-539-4711

💻 www.tapournous.ca

ASSOCIATION OF PHYSICALLY HANDICAPPED PERSONS OF BROME- MISSISQUOI (APHPBM)

Physically handicapped person rights defense association.

☎ 450-266-4744

💻 www.aphpbm.org

↳ Website in French only

OFFICE DES PERSONNES HANDICAPÉES DU QUÉBEC

Offers services as well as various guides to support people with disabilities, their families and their caregivers.

☎ 1-800 567-1465

💻 www.ophq.gouv.qc.ca

↳ Website in French only

RESIDENTIAL ADAPTATION ASSISTANCE PROGRAM

Brome-Missisquoi and Société d'habitation du Québec.

☎ 450-266-4900, ext. 229

💻 www.habitation.gouv.qc.ca

TAX MEASURES

Provincial and Federal Tax Measures for Persons with Disabilities and their Families and Friends. You can consult the Guide des mesures fiscales provinciales et fédérales à l'intention des personnes handicapées, de leur famille et de leurs proches:

💻 www.ophq.gouv.qc.ca

↳ Website in French only

— Health

KINESIOLOGY

KIM FRENIERE

Manual therapy and massage. On table or on chair.

☎ 819-993-5469

📄 www.facebook.com/kimfreniere.kine

MASSOTHERAPY

ISABELLE PIETTE

Table or chair massage. Foot care service.

📍 495, ch Knowlton, Knowlton

☎ 450-521-2913

📄 www.facebook.com/massageisabellepiette

MEDICAL CARE

CLICSANTE

Book your appointment (vaccination, blood tests, etc.)

☎ 1-833-255-1995

📄 www.portal3.clicsante.ca

PATIENTS WITHOUT A DOCTOR (waiting list)

☎ 877-791-5439, # 2

📄 www.quebec.ca/en/health/finding-a-resource

↳ Click on Registering with a Family Doctor

BROME-MISSISQUOI-PERKINS HOSPITAL

📍 950 Principale St., Cowansville

☎ 450-266-4342, option 5

☎ Complaints : 1-866-917-7903

CLSC COWANSVILLE-DU-SUD

Psychosocial intake, dressing changes, blood samples, vaccines.

📍 397 Rivière St., Cowansville

☎ 450-266-4342, # 2

CLSC COWANSVILLE-LAROUCHE / HOME SUPPORT

Support to keep seniors independent, homecare support services. Personal hygiene care, nursing and medical care, psychosocial care, equipment rental, etc.

📍 133 Larouche St., Cowansville

☎ 450-263-3242

CLSC LAC-BROME

Screening, dressing changes and follow-ups, blood samples, vaccines.

📍 270 Victoria St., Lac-Brome

☎ 450-242-2001

CLINIQUE MÉDICALE KNOWLTON

Medical clinic, walk-in or with appointment.

📍 280 Victoria St., Lac-Brome

☎ 450-243-5043



— Health

CENTRE MÉDICAL DE COWANSVILLE

Medical clinic, walk-in or with appointment.

📍 370 Rivière St., suite 101 Cowansville 📞 450 263-0774
📞 WALK-IN Registration: Santé Québec : 450-306-1036

GMFU LA POMMERAIE

Medical clinic.

📍 1599 Sud St., suite 110 Cowansville 📞 450-266-4296

MEDICATION

CANADIAN DEPRESCRIBING NETWORK

The goal of the network is to eliminate the use of drugs that have the potential to cause harm in seniors and to make safer, effective alternatives available.

📄 www.deprescribingnetwork.ca/patients-and-public

CORRECTLY MANAGE YOUR MEDICATIONS

The majority of seniors use medications. Many of them even take several medications on a daily basis. If this is your case, this article will explain, among other things, how to properly manage their use for greater effectiveness and safety. The Uniprix pharmacy provides information for your information.

📄 www.uniprix.com

PREVENTING DRUG INTOXICATIONS

The use of medications in too high a dose can lead to potentially dangerous intoxication. Jean Coutu Pharmacy explains how to avoid such situations.

📄 www.jeancoutu.com/en/health/health-tips/drug-intoxications

OSTEOPOROSIS

ASSOCIATION DES OBSTÉTRICIENS ET GYNÉCOLOGUES DU QUÉBEC

Because osteoporosis is most prevalent in women, your gynecologist is one of the best doctors to prevent, detect and treat it.

📄 www.gynecoquebec.com/fr/sante-de-la-femme/sujets-d-interets

THE TREATMENT OF OSTEOPOROSIS

Information on the treatment from Brunet pharmacy.

📄 www.brunet.ca/en/health/health-tips/treatment-osteoporosis

OSTEOPOROSIS CANADA

An organization dedicated to educating, supporting and equipping individuals and communities in treatment and risk mitigation.

📄 www.osteoporosis.ca

PARKINSON

INFORMATION VIDEOS FOR CAREGIVERS

Information videos on the YouTube channel of Parkinson Quebec.

PARKINSON QUEBEC

A virtual information centre that meets the information needs of people with Parkinson's disease, caregivers and health professionals, providing reliable and up-to-date sources on all aspects of the disease. Monday to Friday from 8:30 a.m. to 4:30 p.m.

📞 1-800-720-1307

📄 www.parkinsonquebec.ca/en/services

📄 www.youtube.com

↳ Parkinson Québec

— Health**L'APPUI**

Resources and information for caregivers.

📞 **Caregiver support : 1-855-852-7784** 🌐 www.lappui.org

ORDRE DES DIÉTISTES NUTRITIONNISTES DU QUÉBEC

A nutritionist is a professional who provides advice on healthy eating and maintaining an optimal weight and helps to resolve dietary problems associated with illness and medication.

🌐 www.odnq.org/
↳ **Website in French only**

PHARMACIES**FAMILIPRIX JACINTHE GAGNON, GHILDA BIGDELI-AZARI
ET JEAN-PHILIPPE BERGERON**

Free medication delivery. Nurse services. Diabetes, Hypertension, Asthma and COPD follow-ups. Sale and rental of orthopedic and home care equipment. Medication management. Traveller's services. Lyme disease prevention.

📍 **475 Knowlton Rd., Lac-Brome** 📞 **450-242-2113**

UNIPRIX JEAN-MARC BÉLANGER

Free medication delivery. Nurse services. Diabetes, Hypertension and Cholesterol follow-ups. Orthopedic Products rental. Medication management. Traveller's services. Lyme disease prevention.

📍 **310 Knowlton Rd., Lac-Brome** 📞 **450-243-5700**

PHYSIOTHERAPY**PAUL CASTONGUAY PHYSIOTHERAPIST**

Dry needling, manual therapy, temporomandibular joint treatment, specific rehabilitation for chronic pain.

📍 **186 Lakeside Rd., Lac-Brome** 📞 **450-242-1212**

PHYSIO LAC BROME, LOUIS LAHAYE PHYSIOTHERAPIST

Sports Physiotherapy, Active Rehabilitation, Manual Therapy and vestibular rehabilitation.

📍 **27 Rock Hill St., Lac-Brome** 📞 **450-242-0228**

SPORT PHYSIO PLUS INC.

Sports Physiotherapy, Active Rehabilitation, Manual Therapy and vestibular rehabilitation.

📍 **550 Knowlton Rd, Lac-Brome** 📞 **579-438-8484**

🌐 www.facebook.com/SportPhysioPlus

SENIOR'S HEALTH RESOURCES

You can look forward to many more years of health and happiness with a little help from your doctor and the right information.

STRESS

The centre for studies on human stress presents a section on stress in seniors:

🌐 www.humanstress.ca
↳ **Click on Elders and Stress**

BRUNET PHARMACY

Advices on reducing risks associated to chronic illnesses and to promote a healthy lifestyle.

🌐 www.brunet.ca/en/health/advice-by-age-and-gender
↳ **Click on Seniors**

— Health

PROTÉGEZ-VOUS

Protégez-vous magazine offers Nutrition, Exercise and Memory: Tips for Healthy Aging in the news section of its website.

📄 www.protegez-vous.ca/nouvelles/loisirs-et-famille/vieillir-en-sante-conseils-pour-combattre-linsomnie-et-la-douleur-chronique
↳ Website in French only

Home care support services

ACCOMPANIED-TRANSPORT | ASSISTANCE | COMPANY

HEMECARE SERVICES CLSC COWANSVILLE-LAROCHE

Support to keep seniors independent, homecare support services. Personal hygiene care, nursing and medical care, psychosocial care, etc.

📍 133 Larouche, Cowansville 📞 450-263-3242

HOME SUPPORT SERVICES COOP / COOPÉRATIVE DE SOUTIEN À DOMICILE DU PAYS DES VERGERS

A social economy coop providing help with personal care and hygiene, housework, accompanied transport and meals. Cost based on income. (Local #7)

📍 175 Principal Cowansville 📞 450-266-5484
📄 www.soutienadomicile.coop

EVELYN ROYEA

Over 25 years of experience. Personal hygiene and care, long term, palliative care, care for handicapped persons, additional help in hospital or residence. Trained in care activities that can be performed by caregivers (Loi 90).

📞 450-243-0941

LES MAUDERIES

Services of accompaniment at home. Several years of experience in the accompaniment of Alzheimer's, Parkinson's and disabled people. Training in psychosocial intervention and end-of-life training. Adapted accompaniments according to the needs of the person. Meeting at home to better understand the need.

📞 450-525-9580

MAAIKE ZUYDERHOFF

Has offered personalized care services in the community for years. Can help send emails and set-up medical appointments. Home care and housework. Likes to cook to meet individual needs.

📞 450-538-0164 ✉ mzuyderhoff@hotmail.com

MAID IN KNOWLTON

Home care services for seniors, persons with loss of autonomy or in convalescence. Personal care; medication reminder; meal preparation; help with light household chores; help with errands and groceries; appointment accompaniment; organize and support household and daily tasks; overnight stay; camaraderie, having conversations, socializing and offering moral support. Several years of experience helping the elderly and those with loss of autonomy. Certified in CPR and first aid with excellent credentials.

📞 819-328-0886 ✉ velferink@gmail.com

📄 **Facebook: Home Care - Services d'aide et d'accompagnement**

PASCALE MARQUIS

Home services for seniors and handicapped people. Several years of experience in care-giving. Services adapted to the specific needs of the person (ex. help with various daily activities, meal preparation, etc.).

📞 579-488-7395

— Home care support services

COMPUTER SERVICES AT YOUR HOME CAROL HALLS

Computer repair, software installation and website creation.

☎ 450-775-2206

ZONE INFOTECH

Repair and configuration of computers and computer equipment at home.

☎ 450-306-1246

HOME-DELIVERED GROCERIES

IGA EXTRA L.A. DAIGNEAULT ET FILS COWANSVILLE

Order online or by phone (deliveries to West Brome).

☎ 450-263-3686 🖥 www.iga.net/en/orders/shoppingcart

IGA EXTRA MARCHÉ LAMBERT ET FRÈRES INC. BROMONT

Order online or by phone. In-store pick-up service.

☎ 450-534-3440 🖥 www.iga.net/en/orders/shoppingcart

METRO PLUS PLOUFFE BROMONT

In-store pick-up service (Wednesdays only) for phone orders.

☎ 450-534-5373 🖥 **Metro Priority Service:** www.metro.ca/en/mpriority



HOME-DELIVERED MEALS

MEALS-ON-WHEELS

Home delivered hot lunches for people suffering from loss of autonomy (weekdays except Wednesdays). Registration required.

☎ 450-242-2020

🖥 www.lacbrome.ca/en/loisirs/the-wellness-volunteer-centre

BOUFFE MAISON JLM

Frozen meals delivery.

☎ 450-521-2325

🖥 www.bouffemaisonjlm.com

BUZZ COMPTOIR TRAITEUR

Healthy family-style cuisine. Catering services (15 people min.)

📍 291C Knowlton Rd., Lac-Brome

☎ 450-242-2312

🖥 www.buzztraiteur.com

— Home care support services

FRAÎCHE

Healthy and delicious prepared meals. Locally sourced, organic and delivered to your door.

📍 34 Principale St., Sutton

☎ 450-204-2151

💻 www.fraichefood.com

LES PASSIONS DE JULIE

Delivers healthy meals prepared with local ingredients. Vegan option offered. Order for the entire week or only certain dishes. Catering services (8 people min.).

☎ 438-823-4618

💻 www.lespassionsdejulie.com

HOUSEKEEPING SERVICES

A.B. HORNER, CLEANER / NETTOYEUR A.B. HORNER

Major house cleaning.

☎ 450-375-0990

💻 www.nettoyagehorner.ca

HAVENMAVEN

A professional organizer specialized in transitions, helping people go through major changes in their living space (moving, reorganizing, decluttering). Her goal is to make every living space, small or large, comfortable, uncluttered, stress-free and efficient.

☎ 450-204-3124

💻 www.havenmaven.ca

J.L. CLEANING / NETTOYAGE J.L.

Major house cleaning.

☎ 819-571-1289

💻 www.nettoyagejl.com

QUALINET

Major house cleaning.

☎ 450-375-9000

💻 www.qualinet.ca

HYGIENE CARE AT HOME FOOT CARE

CATHERINE SELLIER, QUALIFIED NURSE

Foot care at home and in the office: cutting and cleaning, callus and bunion treatments, ingrown toenail prevention, foot massage.

☎ 450-538-4091

— Home care support services

TOUT EN MARCHANT | AUDREY MARCHAND, CERTIFIED FOOT CARE NURSE

Foot care in the comfort of your home: nail thinning, cut, ingrown toenail care; straightening clip, mycosis and athletes' foot treatment, reducing corns and fungal nails. Rigorous sterilisation of equipment.

📍 1599 du Sud St. Cowansville (Familiprix)

📍 317, Racine St. Granby (local 206)

☎ 450-405-3712

HAIRDRESSING

COIFFURE MOBILE NATHALIE HARRISSON

For all. Travel costs may apply.

☎ 450-558-4040

— Home care support services

PHYSIOTHERAPY

SPORT PHYSIO PLUS INC.

Physiotherapy and group rehabilitation

📍 550 Knowlton St., Lac-Brome

☎ 579-438-8484

✉ sportphysio.knowlton@gmail.com

🖥 www.facebook.com/SportPhysioPlus

Housing

GENERAL INFORMATION

ACCÈS RÉSIDENCES

Accès résidences offers a free service to help you in your search for a residence for seniors.

🖥 www.accesresidences.com/en ☎ 1-855-360-2100

ACCOMODATION

Practical tips on living accommodations from l'Appui.

☎ 1-855-852-7784

🖥 www.lappui.org/en/Practical-tips/Accommodation

CAAP SUR LE BAIL

Service for people living in private seniors' residences. The counsellors at the Centre d'assistance et d'accompagnement aux plaintes (CAAP) can inform, assist and accompany you in finding a solution to your lease problem.

☎ 1-877-767-2227

🖥 www.fcaap.ca/residences-privées-pour-aines

SHELTER ALLOWANCE PROGRAM

For people 50 and over which have a low income and that do not live in low-rental housing or in a government-funded health and social services institution.

☎ 1-800-463-4315

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

— Housing

SOCIÉTÉ D'HABITATION QUÉBEC

Whether you are looking for housing or looking for information to obtain a housing subsidy, your housing office and the SHQ can help you.

☎ 1-800-463-4315

🖥 www.habitation.gouv.qc.ca

UNDERSTANDING HOME SUPPORT SERVICES

Practical tips for caregivers from l'Appui.

☎ 1-855-852-7784

🖥 www.lappui.org/en/practical-advice/.org/en/practical-advice/

SENIOR'S RESIDENCES

BROMONT | RÉSIDENCE BROMONT

📍 871 Violoneux St., Bromont

☎ 450-534-4739

🖥 www.residencebromont.com

MANOIR DU LAC-BROME

Residence for seniors who are independent or require assisted-living services. Also, for persons living with cancer, Alzheimer's or cognitive impairments.

📍 28 Mont-Écho Rd., Lac-Brome

☎ 450-242-4663

🖥 www.manoirlacbrome.com

— Housing

EXCELSOINS RÉSIDENCE PRINCIPALE COWANSVILLE

Home for senior who are independent but may need access to care, and for seniors who require assisted-living services.

📍 **339 Principale St., Cowansville** 📞 **450-263-6001**

CHSLD-CENTRE D'HÉBERGEMENT DE COWANSVILLE

Managed by CSSS La Pommeraie.

📍 **200 Principale St., Cowansville** 📞 **450-266-4342**

LE RENAISSANCE

Residence for autonomous or semi-autonomous retirees with access to auxiliary nursing services.

📍 **130, Jean-Besré St., Cowansville** 📞 **450-955-5555**
 🖥️ **www.lerennaissance.ca**

RÉSIDENCE DES BÂTISSEURS

Residence for autonomous or semi-autonomous retirees with access to auxiliary nursing services.

📍 **323 Principale St., Cowansville** 📞 **450-263-1933**
 🖥️ **www.batisseurs.ca**

RÉSIDENCE COWANSVILLE CRP

Residence providing customized services to seniors who are independent, require assisted-living services or are losing their autonomy.

📍 **117 Principale St., Cowansville** 📞 **450-266-3757 ext. 2**
 🖥️ **www.residencescrp.ca**

LE PANIER FLEURI

Residence for individuals who are independent or require assisted-living services, or are convalescing, for short or long periods.

📍 **419 Principale St., Cowansville** 📞 **450-263-0032**
 🖥️ **www.residencelepanierfleuri.com**

SUTTON | CHSLD-FOYER SUTTON

The Foyer de Sutton is a public facility that is both a seniors' residence and a day centre for persons who are becoming less autonomous, managed by the provincial government's CIUSSS de l'Estrie - CHUS.

📍 **50 Western St., Sutton** 📞 **450-538-3332**

LES VILLAS DES MONTS DE SUTTON

Facility with 40 apartments for independent seniors, providing two meals a day (lunch and supper).

📍 **33 Western St., Sutton** 📞 **450-538-1291**

MUNICIPAL HOUSING OFFICE

BROME-MISSISQUOI MUNICIPAL HOUSING OFFICE

Low-income housing

📍 **125 Jean-Jacques-Bertrand St., Cowansville** 📞 **450-263-2143**

Legal | Advocacy

ACTION PLUS BROME MISSISQUOI

Assistance to people on social assistance and people living below the poverty line. Advocacy, café-rencontres, Info-Law, information sessions, educational kitchen and community meals.

☎ 450-293-2123

💻 www.actionplusbm.org

↳ Website in French Only

ALTERNATIVE JUSTICE AND MEDIATION GROUP

Mediation services. Mediation is an alternative to the conventional justice system. Free, confidential and bilingual.

☎ 450-777-4208

💻 www.jamed.org

ÉDUCALOI

Your online starting point for legal education.

💻 www.educaloi.qc.ca



OPTION-CONSOmmATEUR

This guide is intended for seniors and caregivers who wish to improve their knowledge of the various payment methods and adopt safe behaviours that will reduce the risk of financial abuse or fraud. Consult the guide Vos finances en toute sécurité – Guide à l'intention des aînés on the Option consommateurs website at:

💻 www.option-consommateurs.org/en

☎ 1-888-412-1313

↳ Guide in French only

ÉDUCALOI'S SENIORS FILE

Information on housing, family, fraud, financial planning, health, wills and more.

💻 www.educaloi.qc.ca/en/web-guide/seniors

— Legal | Advocacy

ACEF MONTÉRÉGIE EST

📍 179 Principale St., Granby

💻 www.acefme.org

☎ Granby office: 450 375-1443

☎ Cowansville office: 450-305-0440

LEGAL AID OFFICE

Lawyer services.

📍 436 Du Sud St., Cowansville

☎ 450-263-5458

CURATEUR PUBLIC/PUBLIC CURATOR

The Curateur public ensures the protection of incapable persons and the patrimony of minors. It educates the public about incapacity and the importance of taking action before it happens. The Curateur public also provides support to families and loved ones who are representing an incapable person or who are members of a tutorship council and supervises the administration of tutorships and curatorships.

☎ 1-844-532-8728

💻 www.curateur.gouv.qc.ca

— Legal | Advocacy

PROTECTION MANDATE

The protection mandate is a document in which a person expresses their wishes and names one or more trusted people to look after their person and their property in case of incapacity.

☎ 1-844-532-8728

💻 www.curateur.gouv.qc.ca

QUEBEC HUMAN RIGHTS AND YOUTH RIGHTS COMMISSION

☎ 1-800-361-6477

💻 www.cdpcj.qc.ca

QUEBEC ASSOCIATION TO DEFEND THE RIGHTS OF RETIRED AND PRERETIRED INDIVIDUALS

Information, prevention and accompaniment, referrals for seniors.

☎ 514-935-1551

💻 www.aqdr.org

↪ Website in French

TOWNSHIPERS' ASSOCIATION

Free legal advice for the English-speaking community.

☎ 819-566-2182 (toll free)

☎ 1 877-566-2182

💻 www.townshippers.qc.ca

Mental health and assistance

GETTING BETTER...MY WAY

Self-management support tool that can help you regain your balance and feel good again.

💻 www.allermieux.criusmm.net/en/am-home

SUPPORT AND INTEGRATION ORGANISATIONS

ÉVEIL 18-65 (L')

A community mental health organization whose mission is to help people with emotional or mental health issues to remain or be reintegrated into the community.

📍 112 Sud St. #500, Cowansville

☎ 450-263-6240

💻 www.eveilcowansville.com

LE PHARE SOURCE D'ENTRAIDE

Alternative mental health resource fostering mutual support for people experiencing mental health issues.





📍 515 Sud St. # 216, Cowansville

☎ 450-266-3464

💻 www.psentraide.org



— Mental health and assistance**MENTAL HEALTH OASIS / OASIS SANTÉ MENTALE, GRANBY ET RÉGION**

Provides support for the friends and family of anyone with mental health problems. Services available to people in Brome-Missisquoi.

 177, rue Denison, Granby  450-777-7131
 www.oasissantementale.org
 Website in French only


MENTAL HEALTH WELLBEING SUPPORT GROUP AND CONNECTIONS FOR MENTAL HEALTH

This group provides an opportunity to share experiences and benefit from mutual support in an atmosphere of confidentiality and acceptance. Support, guidance and encouragement are offered to sufferers and/or family or friends to help cope with the impact of mental illness.

 450-243-0928  pleasantvalley001@gmail.com



PHOBIES-ZÉRO

Self-help groups for people, young and adults who suffer from anxiety disorders including OCD. These services are also available to family and friends.

 Listening line: 514-276-3105 / 1-866-922-0002
 www.phobies-zero.qc.ca
 Website in French only




REVIVRE/RELIEF

Revivre is a non-profit organization that helps people living with an anxiety, depressive or bipolar disorder and their loved ones, in collaboration with the institutional and community mental health network.

 1-866-REVIVRE (738-4873)  www.relief.ca/home



RESPIRE AND HOUSING SERVICES**ENTRÉE CHEZ SOI BROME MISSISQUOI**

Support in the community and accompany people living mental health problems to achieve autonomy by using a global and alternative approach.

 217 Oxford St., Cowansville  450-293-1631
 www.entreechezsoi.com

MAISON DUNHAM

Residential treatment centre for individuals over 18 years old suffering from mental health and concurrent disorders, including addiction.

 450-263-3434  www.dunhamhouse.ca

PSYCHOSOCIAL SUPPORT**811 INFO-SOCIAL, OPTION 2**

Reach a psychosocial worker quickly in case of distress: grief, drug or alcohol abuse, job loss, depression, anxiety, suicidal thoughts, relationship problems, parenting troubles. 24/7.

AVANTE WOMEN'S CENTRE

Educational and informational programs and services for social change. Coffee breaks, soup and coffee, cultural outings, drop-in and counselling.

 15 Du Pont St., Bedford  450-248-0530
 www.avantewomenscentre.org

SENIORS'S HELPLINE / TEL-AÎNÉS

Anonymous Helpline for any senior who feels the need to talk about his or her problems in complete confidentiality. Available from 10:00 a.m. to 10:00 p.m.

 514-353-2463  www.tel-ecoute.org/programme-tel-aines

— Mental health and assistance

TEL-AIDE

Anonymous Helpline for any senior who feels the need to talk about his or her problems, or that thinks about suicide.

☎ 514-935-1101

💻 www.telaidemontreal.org

GRIEVING

MAISON DIAPASON

These support groups are for persons grieving the passing of a loved one and are animated by experienced Au Diapason volunteers. They consist of a series of 12 workshops with the goal of assisting participants learn to cope with grief and bereavement. This service is completely free.

📍 50, Diapason St., Bromont

☎ 450-534-2002 ext 229

✉ info@audiapason.org

💻 www.audiapason.org/en/giving/la-maison

MCGILL UNIVERSITY HEALTH CENTRE GUIDE

💻 www.muhcpatienteducation.ca

↳ Under tab / General Health / End-of-life Care and loss

RESOURCES IN ENGLISH

If you need help following the loss of a loved one, here are different grief support and resources that are available in English.

💻 www.maisonmonbourquette.com

SUPPORT LINE/LIGNE LE DEUIL

Bereaved individuals can receive empathetic listening as well as referrals by calling toll-free, 365 days a year, between 10:00 a.m. and 10:00 p.m.

☎ 1-888-533-3845

SEXUAL DIVERSITY

AGING GAYFULLY

Fondation Émergence advocates for the rights of LGBTQ+ seniors and provides tools and training for more inclusive senior environments.

💻 www.fondationemergence.org

INTERLIGNE

Interligne is a first response centre that provides help and information to those concerned with sexual orientation and gender diversity. Because our services are accessible 24 hours/day, we can offer support to the LGBTQ+ communities, their friends and family and to service providers in the health, education and social service sectors. Through our outreach and awareness activities, we also promote greater openness to LGBTQ+ realities.

☎ 514-866-0103

☎ 1-888-505-1010

💻 www.interligne.co

↳ SOLITUDE

FRIENDLY VISITS FROM THE WELLNESS VOLUNTEER CENTRE

Volunteers can come regularly to your home to read, chat, play cards or games or just spend some social time with you. If you are interested in receiving a visit from a volunteer at home or in a residence.

☎ 450-242-2020

💻 www.lacbrome.ca/en/loisirs/the-wellness-volunteer-centre

811 INFO-SOCIAL, OPTION 2

Reach a psychosocial worker quickly in case of distress: grief, drug or alcohol abuse, job loss, depression, anxiety, suicidal thoughts, relationship problems, parenting troubles. 24/7.

— Mental health and assistance

AU BOUT DU FIL

Free telephone matching service for people aged 75 and over.

☎ 1-866-627-8653

🌐 www.petitsfreres.ca/en

FRIENDSHIP HELPLINE / SECOURS AMITIÉ

Anonymous & confidential helpline for anyone going through difficult times. 7 days/24 hours

☎ 1-800-564-2323

🌐 www.secoursamitieestrie.org

— Mental health and assistance

MONTÉRÉGIE HELPLINE / CENTRE D'ÉCOUTE MONTÉRÉGIE

Free and confidential helpline for anyone over 50 experiencing loneliness. 7 days.

☎ 1-877-658-8509

🌐 www.ecoutemonteregie.org

SENIORS'S HELPLINE / TEL-AÎNÉS

Anonymous Helpline for any senior who feels the need to talk about his or her problems in complete confidentiality. Available from 10:00 a.m. to 10:00 p.m.

☎ 514-353-2463

🌐 www.tel-ecoute.org/programme-tel-aines

SUICIDE PREVENTION

PROVINCIAL HELPLINE

☎ 1-866-277-3553

HAUTE-YAMASKA SUICIDE PREVENTION CENTRE

24/7 Helpline for people in distress, and their loved ones, as well as for the professionals involved.

☎ 450-375-4252

🌐 www.cpschy.qc.ca

↪ Website in French only

JEVI ESTRIE SUICIDE PREVENTION

24/7 telephone support for people in distress, their families and professionals.

☎ 819-564-1354

🌐 www.jevi.qc.ca

↪ Website in French only



— Mental health and assistance

SUICIDE.CA

Information and assistance for people with suicidal thoughts and behaviours, those who are worried about a loved one or who are bereaved by suicide, as well as those who work with vulnerable clients.

☎ 1-866-277-3553

💻 www.suicide.ca/en

TEL-AIDE

Anonymous Helpline for any senior who feels the need to talk about his or her problems, or that thinks about suicide.

☎ 514-935-1101

— Mental health and assistance

DRUG & ALCOHOL ABUSE | ADDICTIONS

AL-ANON

Support program for people whose lives are affected by someone else's drinking.

☎ 1-888-425-2666

💻 www.al-anon.org

ALCOHOLICS ANONYMOUS

Knowlton Serenity Group: meeting on Sundays at 10:00 a.m.

📍 **Centre Lac Brome, 270 Victoria St., Lac-Brome**

Knowlton Serenity Group (Women): Zoom Closed meetings on Mondays at 4:00 p.m.

📍 **Knowlton United Church, 243 Knowlton St., Lac-Brome**

💻 www.knowltonserenity.com

DRUG ADDICTION HELP AND REFERRAL / DROGUE, AIDE ET RÉFÉRENCE

☎ 1-800-265-2626

💻 www.aidedrogue.ca/en/

SPECIALIZED ADDICTION REHABILITATION SERVICES (Previously Foster ARC)

Programs for adults dealing with addiction: drugs, compulsive gambling, Internet. Also offers programs for those close to a person dealing with addiction. Individual counselling; education and support groups.

☎ 450-443-4413

☎ 1-866-964-4413

💻 www.santemonteregie.qc.ca/en

GAMBLING: HELP AND REFERRAL / JEU AIDE ET RÉFÉRENCE

☎ 1-800-461-0140

💻 www.aidejeu.ca/en

NARCOTICS ANONYMOUS

☎ 1-855-544-6362

💻 www.naquebec.org

Notaries

EDITH CHAPUT

📍 560 Knowlton Rd., Lac-Brome

📍 114, Church St., Cowansville

☎ 450-306-1269

💻 www.edithchaput.com

NOTAIRES LAC-BROME INC.

📍 35 Victoria St., Lac Brome

☎ 450-242-1555

CHAMBRE DES NOTAIRES / CHAMBER OF NOTARIES

Experienced notaries answer citizens' questions by offering general legal information. It should be noted, however, that the answers provided by the Chamber of Notaries do not constitute legal advice

☎ 1-800-263-1793

💻 www.cnq.org/en

Transportation

VOLUNTEER TRANSPORTATION, WELLNESS VOLUNTEER CENTRE

Transportation to hospitals and clinics. Some conditions apply. Call at least 48 hours ahead to reserve a ride. Fees charged to cover gas and expenses.

☎ 450-242-2020

🌐 www.lacbrome.ca/en/loisirs/the-wellness-volunteer-centre

ADAPTED TRANSPORTATION | TRANSPORT ADAPTÉ POUR NOUS INC.

Service from Monday to Saturday. Local travels and goes to Cowansville, Granby, Magog and Sherbrooke.

☎ 450-539-4711

🌐 www.tapournous.ca/en

DESSERCOM

Personalized and secure medical transportation and accompaniment service for people requiring care, examinations or treatment in a private health establishment or in the health and social services network.

☎ 1-877-344-9844

🌐 www.dessercom.com

INTERMUNICIPAL PUBLIC TRANSIT BROME-MISSISQUOI

Call before noon the day before you need the service. \$6 - Exact change or buy 10 tickets (cash or cheque payable to MRC Brome-Missisquoi). From Monday to Friday, 8 a.m. – 12 p.m. and 1 p.m. to 4 p.m.

☎ 450-263-7010

🌐 www.mrcbm.qc.ca/en/transp_tc.php

QUEB TAXI

With service. Knowlton and surroundings. Montreal and airport.

☎ 450-243-6000

RIDE SHARING

🌐 www.covoiturage.ca

🌐 [Search for Covoiturage Sutton et environs on Facebook](#)

TAXI COWANSVILLE INC.

📍 106 Léopold St., Cowansville

☎ 450-263-2222

Violence

ABUSE AND INTIMIDATION

CAAP

Abuse can take many forms, and many people experience it daily. It can take the form of violence or simple neglect. It is important to be able to identify it and help those who suffer.

☎ 1-877-767-2227

🌐 www.fcaap.ca/maltraitance

ELDER ABUSE HELPLINE

A provincial helpline and referral service for those seeking support and information in cases of elder mistreatment. The helpline offers services to the public and to professionals specialized in situations of elder abuse. 8:00 a.m. to 8:00 p.m., 7 days a week.

☎ 1-888-489-2287

🌐 www.aideabusaines.ca

PREVENTING ELDER FINANCIAL ABUSE

🌐 www.lautorite.qc.ca/en/general-public/fraud-prevention/preventing-elder-financial-abuse

— Violence

CRIMINAL

CRIME VICTIMS ASSISTANCE CENTRE / CAVAC ESTRIE

If you are a victim of physical abuse, threats, fraud, theft or any other type of crime, you should know that professional, free and confidential services are available through CAVAC. The victim's family and witnesses can also use the services of these non-profit organizations.

☎ 1-877-822-2822 ☎ 1-866-532-2822 💻 www.cavac.qc.ca

DOMESTIC

HORIZON POUR ELLE (temporary lodging for women)

Horizon pour Elle offers a safe temporary shelter for women who are victims of domestic violence, with or without children. Crisis line 24/7. Free and confidential.

☎ 450-263-5046 💻 www.horizonpourelle.ca/en

LE PASSANT (temporary lodging for men)

Temporary shelter for men going through tough times.

📍 436 Horner St., Granby ☎ 450-375-4404
💻 www.lepassant5.wixsite.com/monsite

RESOURCES FOR MEN IN HAUTE-YAMASKA

For men experiencing psychological distress or violent behaviour.

📍 739 Dufferin St., Granby ☎ 450-777-6680
💻 www.rhhy.qc.ca

SOS CONJUGAL VIOLENCE / S.O.S. VIOLENCE CONJUGALE

Offered 24/7, this service is anonymous, confidential and free. In just a few minutes, the victim can communicate with a safe shelter and get support.

☎ 1-800-363-9010 💻 www.sosviolenceconjugale.ca

TRANSITION POUR ELLES, INC. (temporary lodging for women)

Short and medium-term lodging for women of any background who are dealing with difficult situations.

📍 110 Dufferin St., Granby ☎ 450-777-1565
💻 [Search for Transition pour elles on Facebook](#)

VOIRLAVIOLENCE.CA

Domestic violence is often invisible and can take many forms. This website helps to demystify and recognize the signs of violence.

💻 www.voirlaviolence.ca

SEXUAL

CALACS DES RIVIÈRES HAUTE-YAMASKA BROME MISSISQUOI

(Help and fight against sexual assaults Centre)

☎ 450-375-3338 ☎ 1-888-933-9007 💻 www.calacsdesrivieres.ca

5th EDITION. 2024

**RECREATION, TOURISM, CULTURE
AND COMMUNITY LIFE SERVICES**

270 Victoria Street, Brome Lake (QC) J0E 1V0

Telephone: (450) 242-2020 Fax: (450) 242-2022

Email: info@lacbrome.ca