

COMMUNITY SERVICES

IN ENGLISH

Brome-Missisquoi



COMMUNITY SERVICES

In Brome-Missisquoi, several community services are available in English.

When it comes to our health and general well-being, accessing services in a language that we are more familiar with can make a big difference.

We hope that this booklet helps you find the resources that you need.

Our directory is also available online.

Visit communityservicesbm.ca/ to find organizations that provide food security services, mental health services, respite care, temporary housing and much more.



COMMUNITY SERVICES



515 RUE DU SUD, BUREAU 206, COWANSVILLE
450-375-1443 | ACEFME.ORG

SERVICES OFFERED:

- Budgeting support
- Consumer rights information
- Tenant rights information



112 RUE DU SUD, LOCAL 300, COWANSVILLE
450-293-2123 | ACTIONPLUSBM.ORG

SERVICES OFFERED:

- Advocacy and defence of rights for people on social assistance
- Provide awareness of injustices related to social assistance



270 RUE VICTORIA, LAC-BROME
450-242-2020 | ACLB.CA

SERVICES OFFERED:

- Individual or group support
- Inform, refer, and connect community members to resources
- Activities for seniors and youth
- Parent-child workshops
- Drop-in daycare

COMMUNITY SERVICES



112-370 RUE DE LA RIVIÈRE, COWANSVILLE
450-266-1566 | [APPHBM.CA/EN](https://www.apphbm.ca/en)

SERVICES OFFERED:

- Services for youth and adults on the autism spectrum disorder or with an intellectual disability
- Activities that allow participants to socialize, have fun, learn, develop and integrate into the community
- Parents benefit from a well-deserved respite



50 RUE DU DIAPASON, BROMONT
450-534-2002 | [AUDIAPASON.ORG](https://www.audiapason.org)

SERVICES OFFERED:

- Support services for patients and families in oncology and palliative care
- Bereavement support
- End-of-life care and services for patients and loved ones



9 RUE RIVIÈRE, BEDFORD
450-248-0530 | [AWCENTRE.COM](https://www.awcentre.com)

SERVICES OFFERED:

- Supporting women in reaching their full potential through educational and informational workshops, support services, and collective action for social change

COMMUNITY SERVICES



35 RUE CYR, C.P. 1696, BEDFORD
450-248-2473 | [CABBED.ORG](https://cabbled.org)

SERVICES OFFERED:

- Medical transportation
- Help for errands, Securi-cab
- Technical support, tax returns and help filling out official forms
- School fees support
- Food bank



201 RUE PRINCIPALE, COWANSVILLE
450-263-3758 | [CABCOWANSVILLE.COM](https://cabcowansville.com)

SERVICES OFFERED:

- Food bank
- Medical transport support for 65+
- Income tax service
- Information and referrals for seniors and caregivers, community meals and anti-waste project

CAB SUTTON



7 RUE MAPLE, SUTTON
450-538-1919 | [CABSUTTON.COM](https://cabsutton.com)

SERVICES OFFERED:

- Outreach work for seniors
- Food bank
- Meals on Wheels
- Homework support
- Essential Transportation

COMMUNITY SERVICES



C.P. 63, GRANBY
450-375-3338 | CALACSDESRIVIERES.CA

SERVICES OFFERED:

- Direct support for women and teens who are victims of sexual assault and support for their loved ones
- Education for sexual assault prevention
- Advocacy and defense of women's rights



23 CHEMIN GARAGONA, FRELIGHSBURG
450-298-5159 | GARAGONA.ORG

SERVICES OFFERED:

- Overnight camp for people living with an intellectual disability and/or on the autism spectrum
- Services are offered year round (summer and weekends)
- Outdoor recreational activities, artistic and creative activities



Centre de
PRÉVENTION DU SUICIDE
Haute-Yamaska Brome-Missisquoi



328 RUE PRINCIPALE, BUREAU 220, GRANBY
450-375-4252 | CPSHYBM.CA

SERVICES OFFERED:

- Phone support and in-person meetings for individuals with suicidal thoughts and support for their loved ones
- Support for people bereaved by suicide
- Awareness and training for the general public and professionals

COMMUNITY SERVICES



403 RUE DU SUD, COWANSVILLE
450-266-0993 | WWW.CJECE.CA

SERVICES OFFERED:

- Support for youth (16–35) in defining life and career goals
- Assistance with job searches and personal projects
- Help for discouraged individuals to regain confidence and restart



151 RUE PRINCIPALE E, FARNHAM
450-293-0923 | CJE-ISJ.COM

SERVICES OFFERED:

- Support for youth (16–35) in defining life and career goals
- Assistance with job searches and personal projects
- Help for discouraged individuals to regain confidence and restart



504 RUE DU SUD, COWANSVILLE
450-260-1823 | INFOCELLULE.ORG/EN

SERVICES OFFERED:

- Support for individuals living difficult situations
- Emergency food bank
- Drug addiction prevention program
- Integrated screening and prevention services for STIs

COMMUNITY SERVICES



119 BOULEVARD DIEPPE, COWANSVILLE
450-263-1028 | [FACEBOOK.COM/CENTREFEMMESDESCANTONS](https://facebook.com/CENTREFEMMESDESCANTONS)

SERVICES OFFERED:

- Advocacy for women's rights, helping women reach their full potential, listening and support in a safe friendly environment



170 RUE ST-ANTOINE N, GRANBY
579-488-8004 | [DIVERSGENS.ORG/EN](https://diversgens.org/en)

SERVICES OFFERED:

- 2SLGBTQIA+ training for professionals and allies
- Individual counselling for youth (6-25 years old) from the 2SLGBTQIA+ community or who are questioning
- Support for parents and loved ones



1964 CHEMIN SCOTTSMORE, DUNHAM
450-263-3434 | [DUNHAMHOUSE.CA](https://dunhamhouse.ca)

SERVICES OFFERED:

- Residential and outpatient services for individuals suffering from mental health and concurrent disorders, including addiction
- Workshops and group counselling

COMMUNITY SERVICES



455 RUE YAMASKA, FARNHAM
450-293-7098 | EDUCATIONADULTESFARNHAMBEDFORD.ORG

SERVICES OFFERED:

- Helping adults improve their reading abilities as well as their oral and written proficiency in French



18 RUE SAINT-ANTOINE NORD, GRANBY
450-375-4042 | ENTRELLES.CA

SERVICES OFFERED:

- Mental health support for adult women experiencing a psychosocial or psychotraumatic crisis
- Respite housing



525 RUE SAINT-ÉDOUARD, FARNHAM
217 RUE D'OXFORD, COWANSVILLE
450-293-1631 | ENTREECHEZSOI.COM

SERVICES OFFERED:

- Mental health support in the community

COMMUNITY SERVICES



265 RUE HANSON, COWANVILLE
450-955-0622 | ESPACEVIVANTLIVINGROOM.ORG

SERVICES OFFERED:

- Temporary housing for 12 to 17 year olds going through difficult situations (personal, social, family, school)
- A teenager can stay for a period of 1 to 60 days
- 48 hour emergency bed also available



La Fondation Claude De Serres



34 RUE ST-JOSEPH, BEDFORD
450-203-9350 | FONDATIONCDS.CA

SERVICES OFFERED:

- Lending of equipment for medical reasons (Bedford region)



450-263-4236 EXT.3
FACEBOOK.COM/GERIATRIESOCIALEBROME-MISSISQUOI

SERVICES OFFERED:

- Support seniors in understanding and standing up for their rights
- Connect them with services offered by the health care system and direct them toward helpful community services
- Assess their home situation to see if it's becoming unsafe, and help find solutions
- Offer prevention workshops and useful information
- Accompany seniors and provide follow-up throughout their journey

COMMUNITY SERVICES



C.P. 248 COWANSVILLE
450-263-5046 | HORIZONPOURELLE.CA

SERVICES OFFERED:

- Shelter for women and their children victims of domestic abuse
- Support and empowerment of women victims of abuse
- Referrals and accompaniment (court, housing, social assistance)



3 RUE CAIRNS, GRANBY
450-375-1541 LAMAISONSANTEMENTALE.ORG

SERVICES OFFERED:

- Providing services for men and women living with mental health issues limiting their autonomy



3688 RUE PRINCIPALE, DUNHAM
LARECOLTEDESGENERATIONS@GMAIL.COM

SERVICES OFFERED:

- Fostering intergenerational connections through gardening, cooking, art and culture.

COMMUNITY SERVICES



514-824-9508
LACBROMEMENSSHED.ORG

SERVICES OFFERED:

- Workshops and skills training (ex : woodworking, computer skills, cooking classes)
- Community support and assistance (house repairs for those in need, moving and transportation help)
- Social and recreational opportunities to reduce isolation
- Community events and activities (family, intergenerational and educational events)
- Mentorship for younger generations



302 RUE ALBERT, COWANSVILLE
450-263-5000 | LEPARENFANT.ORG

SERVICES OFFERED:

- Supervised visits
- Supervised custody exchanges
- Supervised phone and videoconference calls



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Centre de pédiatrie
sociale en communauté
Brome-Missisquoi



1159 RUE DU SUD, COWANSVILLE
450 260-1414 | CPSCMAINDANSLAMAIN.ORG/EN

SERVICES OFFERED:

- Multidisciplinary team meets and follows up with the child and the persons who are significant in their life
- Developing the potential of children in vulnerable situations by offering: homework tutoring, art therapy, zoo therapy, special activities and more

COMMUNITY SERVICES



213 RUE RIVIÈRE, BEDFORD
450-248-0595 | MFFBEDFORD.COM

SERVICES OFFERED:

- Support, listening and referral for young families
- Respite daycare
- Workshops and activities for the whole family
- Homework assistance



52 RUE DU PONT, BEDFORD
450-248-0522 | MDJLEBOUM.COM

SERVICES OFFERED:

- Fostering the development of youth through workshops, homework help, activities and individual and group interventions



47 RUE PRINCIPALE NORD, SUTTON
450-522-7494 | MDJSUTTON.ORG

SERVICES OFFERED:

- Fostering the development of youth through workshops, homework help, activities and individual and group interventions

COMMUNITY SERVICES



450 991-6680
RHHY.QC.CA/OXYINFOS

SERVICES OFFERED:

- Private rooms for fathers and their children at an affordable cost
- Accommodation for approximately 3 months
- Stable and secure living environment for children
- Personalized support



3355 RUE COLLEGE, SHERBROOKE
819-565-3777 | MENTALHEALTHESTRIE.COM

SERVICES OFFERED:

- Support for English-speaking families and individuals impacted by mental illness in Estrie
- Peer support groups
- Information and referrals
- Educational workshops



514-425-0805
NOURRI-SOURCE.ORG/EN/

SERVICES OFFERED:

- Matching service with a trained volunteer breastfeeding sponsor
- Prenatal breastfeeding workshops
- Rental or loan of breast pumps

COMMUNITY SERVICES



177 RUE DENISON EST, GRANBY
450-777-7131 | [OASISSANTEMENTALE.ORG](https://oasis.santementale.org)

SERVICES OFFERED:

- Support and services for family members who have a loved one living with mental illness
- Psychosocial interventions, support group, information, outreach activities and educational workshops

oboulo



515 RUE DU SUD, COWANSVILLE
450-266-0888 | [OBOULO.CA](https://oboulo.ca)

SERVICES OFFERED:

- Job search support and counselling
- Define your professional plan
- Explore various trades and training programs



436 RUE HORNER, GRANBY
450-375-4404 | [LEPASSANT5.WIXSITE.COM](https://lepassant5.wixsite.com)

SERVICES OFFERED:

- 7-day temporary accommodations for adult men suffering from personal or social difficulties

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790 RUE DU SUD, COWANSVILLE
450-263-5300 | PLEINSRAYONS.CA

SERVICES OFFERED:

- Positive social inclusion of young adults with an intellectual disability and/or on the autism spectrum
- Development of work and social skills



Soutien aux Aidants
Maison Gilles-Carle
Service-Maison



614 BOUL. J.-ANDRÉ-DERAGON, COWANSVILLE
450-263-4236 | RSABM.CA

SERVICES OFFERED:

- Psychological support, well being activities and respite services for caregivers



793 RUE DUFFERIN, GRANBY
515 RUE DU SUD, COWANSVILLE
450-777-6680 | RHHY.QC.CA

SERVICES OFFERED:

- Support for men through specific programs related to men's health and well being, male survivors of child sexual abuse, violence and abuse

COMMUNITY SERVICES



706 RUE DU SUD, COWANSVILLE
450-266-3766 | LESACAMOTS.COM

SERVICES OFFERED:

- Helping adults improve their reading abilities as well as their oral and written proficiency in French
- Workshops, group conversations, social activities



Stanbridge East
Sports Association, Inc.

5 RUE ACADEMY, STANBRIDGE EAST
450-248-7998 | FACEBOOK.COM/STANBRIDGEEASTSPORTS

SERVICES OFFERED:

- Sports and leisure activities and events for all age groups in Stanbridge East & surrounding areas



VILLE DE LAC-BROME
TOWN OF BROME LAKE



270 RUE VICTORIA, LAC-BROME
LACBROME.CA

450-242-2020 - GENERAL INQUIRY, MEDICAL
TRANSPORT AND MEALS ON WHEELS

450-242-2020 EXTENTION 319 - FOOD BANK

SERVICES OFFERED:

- Food bank, Meals on Wheels and medical transport request
- Support and referrals to other services as needed

COMMUNITY SERVICES



450-242-2020
TBLWELLNESSCENTRE@GMAIL.COM

SERVICES OFFERED:

- Transportation for seniors
- Meals on Wheels
- Emergency alert system
- 50+ drop-in centre
- Special events throughout the year



505 RUE DU SUD #203, COWANSVILLE
450-263-7503 | 866-337-7503 | YAMASKALITERACY.CA

SERVICES OFFERED:

- Free tutoring in reading, writing and math for adults and youth (16 years +)
- Help with forms, digital literacy and family literacy

THERE ARE MANY OTHER ORGANIZATIONS
THAT CAN HELP YOU IN BROME-MISSISQUOI

CALL **211**

OR VISIT WWW.211QUEBECREGIONS.CA

TROUVEZ RAPIDEMENT DES
RESSOURCES COMMUNAUTAIRES
PRÈS DE CHEZ VOUS /

QUICKLY FIND COMMUNITY
RESSOURCES NEAR YOU

 **2-1-1**

 **211quebecregions.ca**

 **Clavardage en ligne**
Chat service

Service d'interprète en 200 langues. /
Interpreter service in 200 languages.



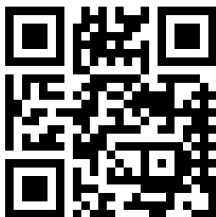
BROME-MISSISQUOI

Gratuit et confidentiel / Free and confidential

Lundi au vendredi / Monday to friday :
8 h à 19 h

Samedi au dimanche / Saturday to sunday :
8 h to 15 h 30

 Réseau de
développement social
de Brome-Missisquoi



IN COLLABORATION WITH THE MEMBERS OF THE COMMITTEE



FUNDED BY



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