

# Community Resource Guide



**GATINEAU  
VALLEY  
2016**



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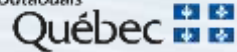


Voix et solidarité  
**des aidants naturels**  
de la Vallée-de-la-Gatineau

*with precious support from :*



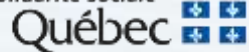
Centre intégré  
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de l'Outaouais



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Despite our best efforts to ensure exact and up-to-date information before publication, some errors may have occurred due to circumstances beyond our control.



### *Canadian Food Inspection Agency*

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Toll-free 1-800-442-2342  
www.inspection.gc.ca



### *Gracefield Food Bank*

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42, rue Principale, Gracefield, Qc J0X 1W0  
(819) 463-1469

**MISSION :**

Food bank, emergency relief.

BY APPOINTMENT ONLY.

**SERVICES PROVIDED :**

Some documents are required; services provided at low-cost. Call before noon on Wednesdays and leave a message with your contact information in order to setup an appointment. Pickup on Friday mornings.



### *Maniwaki Food Bank Pain Quotidien*

---

318, rue du Couvent, Maniwaki, Qc J9E 1H4

**MISSION :**

Food bank, emergency relief.

**SERVICES PROVIDED :**

Drop in for more information. Some documents are required; services provided at low-cost. Opening hours : first 3 Tuesdays and last 3 Wednesdays of each month, from 9:30AM to 11AM.



### *La Popote roulante Vallée de la Gatineau*

---

446, rue de la Montagne, Maniwaki, Qc J9E 1K6  
(819) 441-3596  
entraidevallee@videotron.ca

**MISSION :**

Mainly to provide hot meals and thereby foster food autonomy and contribute to at-home service delivery.

**SERVICES PROVIDED :**

Hot meal delivery to seniors, sick or vulnerable persons.



### *L'Entraide de la Vallée*

---

446, rue de la Montagne, Maniwaki, Qc J9E 1K6  
(819) 441-3596  
entraidevallee@videotron.ca

#### **MISSION :**

Food transformation services provided to food security groups such as local food banks and the popote roulante.

#### **SERVICES PROVIDED :**

Healthy eating awareness, community outreach and food security. Extra foodstuffs collection from grocery stores and transformation into distributable meals.





### *Bénévoles de la santé*

---

309, boul. Desjardins, Maniwaki, Qc J9E 2E7  
(819) 449-4690, Ext. 459

**MISSION :**

Offer support to Maniwaki hospital visitors and residents of the Maniwaki CHSLD.



### *Équipes des bénévoles de la Haute-Gatineau*

---

198, rue Notre-Dame, Suite 104  
Maniwaki, Qc J9E 2J5  
(819) 449-7666 / Toll-free 1-866-463-1777  
equipedebenevoles@hotmail.com

**MISSION :**

Medical Transportation service for seniors and/or vulnerable persons.

Limited to residents of the northern sector of the MRC.

**SERVICES PROVIDED :**

Transportation and assistance services for health-related reasons.



### *Maison de la famille*

---

224, rue Notre-Dame, Maniwaki, Qc J9E 2J5

(819) 441-0282

[www.maisondelafamillevg.com](http://www.maisondelafamillevg.com)

[maisondelafamille@videotron.ca](mailto:maisondelafamille@videotron.ca)

#### **MISSION :**

Provide a welcoming space for discussion, exchanging support, getting information. No cost.

Parents can access support services and tools for healthy family living.

Foster social inclusiveness.

#### **SERVICES PROVIDED :**

Promotion of parental skills, adaptation and raising awareness of the roles of fathers and mothers. Promote healthy growth, security and overall development of children, physically, emotionally and cognitively.



### *Maniwaki, Déléage and Egan-Sud Public Library*

---

14, rue Comeau, Maniwaki, Qc J9E 2R8  
(819) 449-2738  
[www.reseaubiblioduquebec.qc.ca](http://www.reseaubiblioduquebec.qc.ca)  
[admmaniwaki@crsbpo.qc.ca](mailto:admmaniwaki@crsbpo.qc.ca)



### *Aumond Municipal Library*

---

664, rue Principale, Aumond, Qc J0W 1W0  
(819) 441-2300  
[www.reseaubiblioduquebec.qc.ca](http://www.reseaubiblioduquebec.qc.ca)  
[admaumond@crsbpo.qc.ca](mailto:admaumond@crsbpo.qc.ca)



### *Blue Sea Municipal Library*

---

2, ch. Blue Sea Nord, Blue Sea, Qc J0X 1C0  
(819) 463-3919  
[www.reseaubiblioduquebec.qc.ca](http://www.reseaubiblioduquebec.qc.ca)  
[admblysea@crsbpo.qc.ca](mailto:admblysea@crsbpo.qc.ca)



### *Bois-Franc Municipal Library*

---

466, Highway 105, Bois-Franc, Qc J9E 3A9

(819) 441-0645

[www.reseaubiblioduquebec.qc.ca](http://www.reseaubiblioduquebec.qc.ca)

[admboisfranc@crsbpo.qc.ca](mailto:admboisfranc@crsbpo.qc.ca)



### *Bouchette Municipal Library*

---

36, rue Principale, Bouchette, Qc J0X 1E0

(819) 465-2555

[www.reseaubiblioduquebec.qc.ca](http://www.reseaubiblioduquebec.qc.ca)

[admbouchette@crsbpo.qc.ca](mailto:admbouchette@crsbpo.qc.ca)



### *Gracefield Municipal Library*

---

3, rue de la Polyvalente, Gracefield, Qc J0X 1W0

(819) 463-1180

[www.reseaubiblioduquebec.qc.ca](http://www.reseaubiblioduquebec.qc.ca)

[admgracefield@crsbpo.qc.ca](mailto:admgracefield@crsbpo.qc.ca)



### *Grand-Remous Municipal Library*

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1508, Route Transcanadienne  
Grand-Remous, Qc J0X 1E0  
(819) 438-2168, Ext. 229  
[www.reseaubiblioduquebec.qc.ca](http://www.reseaubiblioduquebec.qc.ca)  
[admgrandremous@crsbpo.qc.ca](mailto:admgrandremous@crsbpo.qc.ca)



### *Kazabazua Public Library*

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373, Highway 105, Kazabazua, Qc J0X 1X0  
(819) 467-5746  
[www.reseaubiblioduquebec.qc.ca](http://www.reseaubiblioduquebec.qc.ca)  
[admkaz@crsbpo.qc.ca](mailto:admkaz@crsbpo.qc.ca)



### *Lac-Sainte-Marie Municipal Library*

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106, ch. Lac Ste-Marie, Lac Ste-Marie, Qc J0X 1Z0  
(819) 463-5437, Ext. 233  
[www.reseaubiblioduquebec.qc.ca](http://www.reseaubiblioduquebec.qc.ca)  
[admstemarie@crsbpo.qc.ca](mailto:admstemarie@crsbpo.qc.ca)



### *Low Municipal Library*

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4, ch. D'amour, Low, Qc J0X 2C0  
(819) 422-3218  
[www.reseaubiblioduquebec.qc.ca](http://www.reseaubiblioduquebec.qc.ca)  
[admlow@crsbpo.qc.ca](mailto:admlow@crsbpo.qc.ca)



### *Messines Municipal Library*

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3, ch. de la Ferme, Messines, Qc J0X 2J0  
(819) 465-2637  
[www.reseaubiblioduquebec.qc.ca](http://www.reseaubiblioduquebec.qc.ca)  
[admmissines@crsbpo.qc.ca](mailto:admmissines@crsbpo.qc.ca)



### *Montcerf-Lytton Municipal Library*

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16, rue Principale Nord,  
Montcerf-Lytton, Qc J0W 1N0  
(819) 449-2065  
[www.reseaubiblioduquebec.qc.ca](http://www.reseaubiblioduquebec.qc.ca)  
[admmtcerf@crsbpo.qc.ca](mailto:admmtcerf@crsbpo.qc.ca)



### *Poltimore and Denholm Public Library*

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2720, route Principale, Val-des-Monts, Qc J8N 3B6  
(819) 457-4467

[www.reseaubiblioduquebec.qc.ca](http://www.reseaubiblioduquebec.qc.ca)

[bibliopoltimore@crsbpo.qc.ca](mailto:bibliopoltimore@crsbpo.qc.ca)



### *Ste-Thérèse-de-la-Gatineau Municipal Library*

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29, ch. Principal

Ste-Thérèse-de-la-Gatineau, Qc J0X 2X0

(819) 449-7964

[www.reseaubiblioduquebec.qc.ca](http://www.reseaubiblioduquebec.qc.ca)

[admtherese@crsbpo.qc.ca](mailto:admtherese@crsbpo.qc.ca)





## Bargain Stores

### *Gracefield Bargain Store*

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42, rue Principale, Gracefield, Qc J0X 1W0  
(819) 463-1469



### *CARRO Bargain Store (Maniwaki)*

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204, rue Laurier, Maniwaki, Qc J9E 2K9  
(819) 449-4057



### *Messines Bargain Store*

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15, ch. de l'Entrée Nord, Messines, Qc J0X 2J0  
(819) 465-2591



## *Albatros Gatineau Valley (Maniwaki)*

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15, rue Principale, Montcerf-Lytton, Qc J0W 1N0  
(819) 449-4540

[www.fmaq.ca](http://www.fmaq.ca)

[wardoconnor777@gmail.com](mailto:wardoconnor777@gmail.com)

### **MISSION :**

Volunteer assistance to end-of-life patients, at home, in hospital or in residence (CHSLDs).

Support services during terminal stage illness at no cost. Family support services.

### **SERVICES PROVIDED :**

Assistance: at-home, in hospital or in residence.

Moral support for patients and families.

Grief counselling.



## *Suicide Détour*

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181, rue Notre-Dame, Maniwaki, Qc J9E 2J6

(819) 441-1010

[www.suicidedetour.ca](http://www.suicidedetour.ca)

[suicide-detour@bellnet.ca](mailto:suicide-detour@bellnet.ca)

### **MISSION :**

Emergency intervention for persons in distress, caregiver support, grief counselling for residents of the Gatineau Valley.

### **SERVICES PROVIDED :**

Suicide Détour offers 4 types of services : individual or group support, awareness raising and wellness promotion. It also delivers the "Zippy's Friends" and "Passport : Gear Up for Life" programs. "Sentinels" suicide prevention training offered to volunteers.



**Hauts-Bois de l'Outaouais School Board**

*CHSBO Hauts-Bois de l'Outaouais  
School Board*

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331, rue du Couvent, Maniwaki, Qc J9E 1H5  
(819) 449-7866 / Toll-free 1-888-831-9606  
info@cshbo.qc.ca

*CFER Business Training and Recycling  
Centre of the Gatineau Valley*

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247, rue Moncion, Maniwaki, Qc J9E 2G6  
(819) 449-7900, Ext. 15274

*CEHG Cité Étudiante  
de la Haute-Gatineau High School*

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211, rue Henri-Bourassa, Maniwaki, Qc J9E 1E4  
(819) 449-7900. Ext. 15239



**CSHBO - Cœur-de-la-Gatineau Sector**

***Notre-Dame-de-Grâce Elementary School***

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47, rue Principale, C.P. 40, Bouchette, Qc J0X 1E0  
(819) 465-2195, Ext. 13221

***Reine-Perreault Elementary School***

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2, ch. Blue Sea, C.P. 130, Blue Sea, Qc J0X 1C0  
(819) 463-2708, Ext. 13321

***St-Nom-De-Marie Elementary School***

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8, rue Laramée, Lac Ste-Marie, Qc J0X 1Z0  
(819) 467-5597, Ext. 1312

***Ste-Thérèse Elementary School***

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1, ch. de l'École, Cayamant, Qc J0X 1Y0  
(819) 463-2216, Ext. 13421

***Sacré-Cœur Elementary and High Schools***

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11, ch. de Blue Sea, C.P. 313, Gracefield, Qc J0X 1W0  
(819) 463-2949, Ext. 13521



**CSHBO - Le Rucher Vallée-de-la-Gatineau  
Sector**

*Académie Sacré-Cœur Elementary School*

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248, rue Notre-Dame, Maniwaki, Qc J9E 2J8  
(819) 449-4698, Ext. 14821

*Christ-Roi Elementary School*

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148, boul. Desjardins, Maniwaki, Qc J9E 2E1  
(819) 449-2331, Ext. 14222

*PieXII Elementary School*

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122, rue Comeau, Maniwaki, Qc J9E 2S8  
(819) 449-1291, Ext. 14322

*Dominique-Savio Elementary School*

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8, rue du Collège, Montcerf-Lytton, Qc J0W 1N0  
(819) 449-3283, Ext. 14721



**CSHBO - Le Rucher Vallée-de-la-Gatineau  
Sector (cont'd)**

*Laval Elementary School*

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29, ch. Principal  
Ste-Thérèse-de-la-Gatineau, Qc J0X 2X0  
(819) 449-2846, Ext. 14221

*Sacré-Cœur Elementary School*

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1317, Route Transcanadienne  
C.P. 106, Grand-Remous, Qc J0W 1E0  
(819) 438-2888, Ext. 14721

*St-Boniface Elementary School*

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459, Route 105, C.P. 5, Bois-Franc, Qc J9E 3A9  
(819) 449-3748. Ext. 14721

*Ste-Croix Elementary School*

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8, ch. de la Ferme, Messines, Qc J0X 2J0  
(819) 465-2142, Ext. 14221



**CSHBO – Adult Education**

*Notre-Dame-du-Désert Centre*

---

335, rue Du Couvent, Maniwaki, Qc J9E 1H5  
(819) 449-6644, Ext. 17252

*St-Eugène Centre*

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67, ch. Rivière Gatineau, Déléage, Qc J9E 3A5  
(819) 449-7789, Ext. 17321

*St-Joseph Centre*

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67, rue St-Joseph, C.P. 418, Gracefield, Qc J0X 1W0  
(819) 463-3644, Ext. 17132





**CSHBO – Vocational Training**

*CFP Vallée-de-la-Gatineau  
Vocational Training Centre*

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211, rue Henri-Bourassa, Maniwaki, Qc J9E 1E4  
(819) 449-7922, Ext. 19265



*Ministry of Education, Leisure and Sport*

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Toll-free 1-855-390-7130  
[www.education.gouv.qc.ca/en/](http://www.education.gouv.qc.ca/en/)



## *Indigenous and Northern Affairs Canada*

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Toll-free 1-800-567-9604  
[www.aadnc-aandc.gc.ca](http://www.aadnc-aandc.gc.ca)



## *Canadian Food Inspection Agency*

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Toll-free 1-800-442-2342  
[www.inspection.gc.ca](http://www.inspection.gc.ca)



## *Canada Revenue Agency*

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Toll-free 1-800-267-6999  
[www.cra-arc.gc.ca](http://www.cra-arc.gc.ca)



## *Veterans Affairs Canada*

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Toll-free 1-866-522-2022  
[www.vac-acc.gc.ca](http://www.vac-acc.gc.ca)



## *Citizenship and Immigration Canada*

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Toll-free 1-888-242-2100

[www.cic.gc.ca](http://www.cic.gc.ca)



## *Parole Board of Canada*

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Toll-free 1-800-874-2652

[www.pbc-clcc.gc.ca](http://www.pbc-clcc.gc.ca)



## *Status of Women Canada*

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Toll-free 1-888-645-4141

[www.cfc-swc.gc.ca](http://www.cfc-swc.gc.ca)



## *Environment Canada*

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Toll-free 1-866-283-2333

[www.ec.gc.ca](http://www.ec.gc.ca)



## *Royal Canadian Mounted Police*

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Toll-free 1-800-771-5401  
[www.rcmp-grc.gc.ca/en](http://www.rcmp-grc.gc.ca/en)



## *Youth Infoline*

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Toll-free 1-800-935-5555  
[www.youth.gc.ca](http://www.youth.gc.ca)



## *Department of Justice Canada*

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(514) 283-4934  
[www.justice.gc.ca](http://www.justice.gc.ca)



## *Social Insurance Number*

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Toll-free 1-800-808-6352  
[www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)



## *Heritage Canada*

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Toll-free 1-866-811-0055  
[www.pch.gc.ca](http://www.pch.gc.ca)



## *Passports*

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Toll-free 1-800-567-6868

[www.pptc.gc.ca](http://www.pptc.gc.ca)



## *Federal Allowances and Benefits*

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Toll-free 1-800-387-1194

[www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)



## *Pensions Canada - OAS Old Age Security Pensions*

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Toll-free 1-800-277-9915

[www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)



## *Health Canada*

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Toll-free 1-800-561-3350

[www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)



## *Service Canada*

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100, rue Principale Sud, Suite 220  
Maniwaki, Qc J9E 3L4  
Toll-free 1-800-622-6232  
[www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)



## *Canadian Security Intelligence Service*

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Toll-free 1-877-223-2265  
[www.csis-scrs.gc.ca](http://www.csis-scrs.gc.ca)



## *Correctional Service of Canada*

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(819) 997-2662  
[www.csc-scc.gc.ca](http://www.csc-scc.gc.ca)



## *CMHC Canadian Mortgage and Housing Corporation*

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Toll-free 1-800-668-2642  
[www.cmhc-schl.gc.ca/en](http://www.cmhc-schl.gc.ca/en)



## *CLE Local Employment Centre*

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100, rue Principale Sud, Suite 240  
Maniwaki, Qc J9E 3L4  
(819) 449-4284 / Toll-free 1-800-567-9209  
[www.mess.gouv.qc.ca/Index\\_en.asp](http://www.mess.gouv.qc.ca/Index_en.asp)



## *Work Injuries Commission*

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Toll-free 1-800-676-2281  
[www.tat.gouv.qc.ca](http://www.tat.gouv.qc.ca)



## *Public Pension and Insurance Plans Administrative Tribunal*

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Toll-free 1-800-463-5533  
[www.carra.gouv.qc.ca](http://www.carra.gouv.qc.ca)

## *CSST Workplace Health and Safety Commission*

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Toll-free 1-866-302-2778  
[www.csst.qc.ca](http://www.csst.qc.ca)





## *Pay Equity Commission*

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Toll-free 1-888-528-8765  
[www.ces.gouv.qc.ca/english.asp](http://www.ces.gouv.qc.ca/english.asp)



## *Labour Standards Board of Quebec*

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Toll-free 1-800-265-1414  
[www.cnt.gouv.qc.ca/en/home/index.html](http://www.cnt.gouv.qc.ca/en/home/index.html)



## *Human and Youth Rights Commission*

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Toll-free 1-800-361-6477  
[www.cdpdj.qc.ca/en/Pages/default.aspx](http://www.cdpdj.qc.ca/en/Pages/default.aspx)



## *Council on the Status of Women*

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(819) 772-3022 / Toll-free 1-800-463-2851  
[www.csf.gouv.qc.ca](http://www.csf.gouv.qc.ca)





## *Public Curator of Quebec*

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Toll-free 1-800-363-9020

[www.curateur.gouv.qc.ca/cura/en/index.html](http://www.curateur.gouv.qc.ca/cura/en/index.html)



## *Crime Victims Compensation*

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Toll-free 1-800-561-4822

[www.ivac.qc.ca/EN\\_acts.asp](http://www.ivac.qc.ca/EN_acts.asp)

[ivac@csst.qc.ca](mailto:ivac@csst.qc.ca)



## *Savings and Investments Quebec*

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Toll-free 1-800-463-5229

[www.epq.gouv.qc.ca/A/Info/principal.aspx](http://www.epq.gouv.qc.ca/A/Info/principal.aspx)



## *Ministry of Culture and Communications*

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(819) 772-3002

[www.mcc.gouv.qc.ca](http://www.mcc.gouv.qc.ca)



## *Ministry of Families*

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Toll-free 1-877-216-6202  
[www.mfa.gouv.qc.ca](http://www.mfa.gouv.qc.ca)



## *Ministry of Justice*

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266, rue Notre-Dame, Maniwaki, Qc J9E 2J8  
(819) 449-3222 / Toll-free 1-866-536-5140  
[www.justice.gouv.qc.ca/english/accueil.asp](http://www.justice.gouv.qc.ca/english/accueil.asp)

**SERVICES PROVIDED :**

Maniwaki Courthouse.



## *Ministry of Health and Social Services*

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Toll-free 1-877-644-4545  
[www.msss.gouv.qc.ca/en/index.php](http://www.msss.gouv.qc.ca/en/index.php)



## *Ministry of Public Security*

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Toll-free 1-888-643-2433

[www.securitepublique.gouv.qc.ca/en.html](http://www.securitepublique.gouv.qc.ca/en.html)



## *Ministry of Education, Leisure and Sport*

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Toll-free 1-877-643-3750

[www.education.gouv.qc.ca/en/](http://www.education.gouv.qc.ca/en/)



## *Ministry of Labour, Employment and Social Solidarity*

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Toll-free 1-888-772-3694

[www.mess.gouv.qc.ca/Index\\_en.asp](http://www.mess.gouv.qc.ca/Index_en.asp)



## *Ministry of Immigration and Cultural Communities*

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Toll-free 1-877-864-9191

[www.immigration-quebec.gouv.qc.ca/en/index.php](http://www.immigration-quebec.gouv.qc.ca/en/index.php)



## *Ministry of Natural Resources*

---

Toll-free 1-866-248-6936

[mern.gouv.qc.ca/english/department/index.jsp](http://mern.gouv.qc.ca/english/department/index.jsp)



## *Ministry of Transportation*

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Toll-free 1-888-355-0511

[www.mtq.gouv.qc.ca/en/Pages/default.aspx](http://www.mtq.gouv.qc.ca/en/Pages/default.aspx)

### **SERVICES PROVIDED :**

Call toll-free 5-1-1 for Quebec Traffic and Road Work Advisories.



## *Ministry of Sustainable Development, Environment, Fauna and Parks*

---

Toll-free 1-800-561-1616

[www.mddelcc.gouv.qc.ca/index\\_en.asp](http://www.mddelcc.gouv.qc.ca/index_en.asp)



## *Quebec Labour Office*

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Toll-free 1-800-643-4817  
[www.travail.gouv.qc.ca](http://www.travail.gouv.qc.ca)



## *Consumer Protection Bureau*

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Toll-free 1-888-672-2556  
[www.opc.gouv.qc.ca/en/home/](http://www.opc.gouv.qc.ca/en/home/)



## *OPHQ Quebec Bureau for Disabled Persons*

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Toll-free 1-800-567-1465  
[www.ophq.gouv.qc.ca](http://www.ophq.gouv.qc.ca)



## *Office Québécois de la langue française*

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Toll-free 1-888-873-6202  
[www.oqlf.gouv.qc.ca](http://www.oqlf.gouv.qc.ca)



## *Quebec Ombudsman*

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Toll-free 1-800-463-5070  
[protecteurducitoyen.qc.ca/en](http://protecteurducitoyen.qc.ca/en)  
[protecteur@protecteurducitoyen.qc.ca](mailto:protecteur@protecteurducitoyen.qc.ca)



## *Recyc-Quebec Salvage and Recycling Society*

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Toll-free 1-800-807-0678  
[www.recyc-quebec.gouv.qc.ca](http://www.recyc-quebec.gouv.qc.ca)



## *RAMQ Quebec Public Health Insurance*

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Toll-free 1-800-561-9749  
[www.ramq.gouv.qc.ca/en/Pages/home.aspx](http://www.ramq.gouv.qc.ca/en/Pages/home.aspx)



## *Quebec Pension Plans - Retirement Quebec*

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Toll-free 1-800-463-5185  
[www.rrq.gouv.qc.ca](http://www.rrq.gouv.qc.ca)



## *RBQ Quebec Building Agency*

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Toll-free 1-800-361-0761

[www.rbq.gouv.qc.ca/en/home.html](http://www.rbq.gouv.qc.ca/en/home.html)



## *Quebec Housing Agency*

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Toll-free 1-800-683-2245

[www.rdl.gouv.qc.ca/en/accueil/accueil.asp](http://www.rdl.gouv.qc.ca/en/accueil/accueil.asp)



## *Revenue Quebec*

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Toll-free 1-866-840-6939

[www.revenuquebec.ca/en/default.aspx](http://www.revenuquebec.ca/en/default.aspx)



## *Office for Community Action and Social Initiatives*

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Toll-free 1-800-577-2844

[www.mess.gouv.qc.ca/sacais](http://www.mess.gouv.qc.ca/sacais)



## *Services Quebec*

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Toll-free 1-877-644-4545

[www.gouv.qc.ca/EN/Pages/Accueil.aspx](http://www.gouv.qc.ca/EN/Pages/Accueil.aspx)



## *SAAQ Automobile Insurance Quebec (Gracefield)*

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32, rue Principale, Gracefield, Qc J0X 1W0

(819) 463-2844 / Toll-free 1-800-351-7620

[www.saaq.gouv.qc.ca/en/index.php](http://www.saaq.gouv.qc.ca/en/index.php)



## *SAAQ Automobile Insurance Quebec (Maniwaki)*

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100, rue Principale Sud, Suite 242

Maniwaki, Qc J9E 3L4

(819) 449-1475 / Toll-free 1-800-351-7620

[www.saaq.gouv.qc.ca/en/index.php](http://www.saaq.gouv.qc.ca/en/index.php)



## *SHQ Quebec Housing Society*

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Toll-free 1-800-463-4315

[www.habitation.gouv.qc.ca/english.html](http://www.habitation.gouv.qc.ca/english.html)





Government of Quebec

## *Quebec Infrastructure Society*

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Toll-free 1-877-747-9911  
[www.sqi.gouv.qc.ca](http://www.sqi.gouv.qc.ca)



## *SOS Conjugal Violence*

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Toll-free 1-800-363-9010



### *Halte-Femme Haute-Gatineau*

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Maniwaki, Qc

(819) 449-4545

[www.halte-femme.haute-gatineau.ca](http://www.halte-femme.haute-gatineau.ca)

[info@halte-femme.haute-gatineau.ca](mailto:info@halte-femme.haute-gatineau.ca)

#### **MISSION :**

Women's shelter and support for victims of abuse or facing complex social problems, and for their children.

#### **SERVICES PROVIDED :**

Emergency shelter, intervention, assistance.

24h/24 Support / Info / Referral Hotline.

Counselling, consultations, awareness and prevention workshops, public education, parental support, guidance counselling.

Post-crisis follow-up and support groups.



### *Maison Amitié de la Haute-Gatineau*

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108, rue Christ-Roi, Maniwaki, Qc J9E 1C3

Day Centre : (819) 449-4570

Emergency Shelter : (819) 449-8137

Administration : (819) 449-6777

#### **MISSION :**

Support and shelter for persons struggling with severe chronic mental illness.

Recovery and social reinsertion programming.

#### **SERVICES PROVIDED :**

Temporary shelter, day centre, literacy training.

Follow-up on community participation.

Recovery and social reinsertion services.



### *Vallée-Jeunesse*

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287, rue Moncion, Maniwaki, Qc J9E 2C6

(819) 449-8168

[www.valleejeunesse.ca](http://www.valleejeunesse.ca)

[cshbo@valleejeunesse.ca](mailto:cshbo@valleejeunesse.ca)

**MISSION :**

Promote academic perseverance and social engagement by contributing to the full development of at-risk youth and young adults.

**SERVICES PROVIDED :**

Psychosocial Services..

School-based programming.



**Education**

*Kitigan Zibi Education Sector*

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54 Makwa Mikan, Maniwaki, Qc, J9E 3B1  
Members of the Kitigan Zibi Education Sector  
Administration can be reached at (819) 449-1798 /  
Toll-free 1-800-263-1798

*Kitigan Zibi Kikinamadinan School*

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41 Kikinamage Mikan, Maniwaki, Qc, J9E 3B1  
All employees of the Kitigan Zibi Kikinamadinan  
School can be reached at (819) 449-1275

*Kitigan Zibi Education Sector  
c/o Post Secondary Student Support  
Program Officer*

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41 Kikinamage Mikan, Maniwaki, Qc, J9E 3B1  
School can be reached at (819) 449-1275



**Health and Social Services**

*Kitigan Zibi Health & Social Services*

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P.O. Box 160, 8 Kikinamage Mikan  
Maniwaki, Qc, J9E 3B1  
Employees of the Kitigan Zibi Anishinabeg  
Health & Social Services can be reached at  
(819) 449-5593, Ext. 4 / (819) 449-3803 /  
Toll-free 1-866-660-5593

*Waseya House Crisis Shelter*

---

(819) 449-7425

*Kiweda Group Home*

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(819) 449-6299

*Confidential Medical Information*

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Fax (819) 449-6916 (Medical Clerk Access Only)



**Health and Social Services (cont'd)**

*Confidential Social Services /  
Youth Protection Information*

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Fax (819) 449-7927 (Social Worker Access Only)

*Medical Transportation*

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Coordinator Cell Phone (819) 449-0667

*Widokazowin Center*

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(819) 449-2323



## *Kitigan Zibi Police Department*

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P.O. Box 220, 10 Kikinamage Mikan

Maniwaki, Qc, J9E 3B4

All employees of the Kitigan Zibi Police Department  
can be reached at (819) 449-6078 (Admin Office) /  
(819) 449-6000 (Emergencies)



## *Kitigan Zibi Wanaki Treatment Centre*

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Angela Miljour - Interim Director

(819) 449-7000

[www.wanakicentre.com](http://www.wanakicentre.com)





### *Habitations Montcerf-Lytton*

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15, rue Principale Nord  
Montcerf-Lytton, Qc J0W 1N0  
Ward O'Connor : (819) 664-4909

**MISSION :**

Offer low-income housing to off-reserve Native persons, retirees, etc



### *Logement en santé Vallée-de-la-Gatineau*

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147, boul. Desjardins, Maniwaki, Qc J9E 2C9  
(819) 449-6779

logementensante.asec@outlook.com

**MISSION :**

Acquire, build and manage affordable, quality community housing for rent to low-income households.

**SERVICES PROVIDED :**

Encouraging public support for a pilot-project construction in Gracefiled developed for single persons or couples aged 45+ living in the Gatineau Valley. Community support and in-house services planning.



### *Office municipal d'habitation de Gracefield*

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2, rue du Foyer, Gracefield, Qc J0X 1W0  
(819) 463-2027  
[www.habitation.gouv.qc.ca](http://www.habitation.gouv.qc.ca)

**MISSION :**

Assist seniors in procuring adequate housing.

**SERVICES PROVIDED :**

Sign up year-round for available low-income housing.



### *Office municipal d'habitation de Grand-Remous*

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1346, Route Transcanadienne  
Grand-Remous, Qc J0W 1E0  
(819) 305-3055  
[www.habitation.gouv.qc.ca](http://www.habitation.gouv.qc.ca)

**MISSION :**

Assist seniors and low-income persons in procuring adequate housing.

**SERVICES PROVIDED :**

Sign up year-round for available low-income housing.



### *Office municipal d'habitation de Maniwaki*

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180, boul. Desjardins, Maniwaki, Qc J9E 2E2  
(819) 449-4556  
[www.habitation.gouv.qc.ca](http://www.habitation.gouv.qc.ca)

**MISSION :**

Assist seniors and low-income persons in procuring adequate housing.

**SERVICES PROVIDED :**

Sign up year-round for available low-income housing.



## Housing

### *Quebec Housing Agency*

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Toll-free 1-800-683-2245  
[www.rdl.gouv.qc.ca](http://www.rdl.gouv.qc.ca)



### *CMHC Canadian Mortgage and Housing Corporation*

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Toll-free 1-800-668-2642  
[www.schl.gc.ca](http://www.schl.gc.ca)



### *SHQ Quebec Housing Society*

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Toll-free 1-800-463-4315  
[www.habitation.gouv.qc.ca](http://www.habitation.gouv.qc.ca)



### *Quebec Infrastructure Society*

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Toll-free 1-877-747-9911  
[www.sqi.gouv.qc.ca](http://www.sqi.gouv.qc.ca)



## Municipal Offices

### *MRC Vallée-de-la-Gatineau*

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7, rue de la Polyvalente, Gracefield, Qc J0X 1W0  
(819) 463-3241 / Toll-free 1-877-463-3241  
[www.mrcvg.qc.ca](http://www.mrcvg.qc.ca)  
[info@mrcvg.qc.ca](mailto:info@mrcvg.qc.ca)



### *Municipality of Aumond*

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679, rue Principale, Aumond, Qc J0W 1W0  
(819) 449-4006  
[www.aumond.ca](http://www.aumond.ca)  
[info@aumond.ca](mailto:info@aumond.ca)



### *Municipality of Blue Sea*

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7, rue Principale, Blue Sea, Qc J0X 1C0  
(819) 463-2261  
[www.blueseas.ca](http://www.blueseas.ca)  
[info@blueseas.ca](mailto:info@blueseas.ca)



## Municipal Offices

### *Municipality of Bois-Franc*

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466, Route 105, Bois-Franc, Qc J9E 3A9  
(819) 449-2252  
[www.bois-franc.ca](http://www.bois-franc.ca)  
[info@bois-franc.ca](mailto:info@bois-franc.ca)

### *Municipality of Bouchette*

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36, rue Principale, Bouchette, Qc J0X 1E0  
(819) 465-2555  
[www.bouchette.ca](http://www.bouchette.ca)  
[mun.bouchette@ireseau.com](mailto:mun.bouchette@ireseau.com)



### *Municipality of Cayamant*

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6, ch. Lachapelle, Cayamant, Qc J0X 1Y0  
(819) 463-3587  
[www.cayamant.ca](http://www.cayamant.ca)  
[info@cayamant.ca](mailto:info@cayamant.ca)





## Municipal Offices

### *Municipality of Déléage*

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175, Highway 107, Déléage, Qc J9E 3A8  
(819) 449-1979  
reception@deleage.ca  
www.deleage.ca



### *Municipality of Denholm*

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419, ch. du Poisson-Blanc, Denholm, Qc J8N 9C8  
(819) 457-2992  
www.municipalite.denholm.qc.ca  
info@municipalite.denholm.qc.ca



### *Municipality of Egan-Sud*

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95, Highway 105, Egan-Sud, Qc J9E 3A9  
(819) 449-1702  
info@egan-sud.ca  
www.egan-sud.ca



## Municipal Offices

### *Municipality of Grand-Remous*

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1508, Route Transcanadienne  
Grand-Remous, Qc J0W 1E0  
(819) 438-2877  
[www.grandremous.ca](http://www.grandremous.ca)  
[info@grandremous.ca](mailto:info@grandremous.ca)



### *Municipality of Kazabazua*

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30, rue Begley, Kazabazua, Qc J0X 1X8  
(819) 467-2852  
[www.kazabazua.ca](http://www.kazabazua.ca)  
[infos@kazabazua.ca](mailto:infos@kazabazua.ca)



### *Municipality of Lac-Sainte-Marie*

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106, ch. Lac Ste-Marie, Lac Ste-Marie, Qc J0X 1Z0  
(819) 467-5437  
[www.lac-sainte-marie.com](http://www.lac-sainte-marie.com)  
[municipalite@lac-sainte-marie.com](mailto:municipalite@lac-sainte-marie.com)



## Municipal Offices

### *Municipality of Low*

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4, ch. D'Amour, Low, Qc J0X 2C0  
(819) 422-3528  
[www.lowquebec.ca](http://www.lowquebec.ca)  
[info@lowquebec.ca](mailto:info@lowquebec.ca)



### *Municipality of Messines*

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70, rue Principale, Messines, Qc J0X 2J0  
(819) 465-2323  
[www.messines.ca](http://www.messines.ca)  
[info@messines.ca](mailto:info@messines.ca)



### *Municipality of Montcerf-Lytton*

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18, rue Principale Nord  
Montcerf-Lytton, Qc J0W 1N0  
(819) 449-4578  
[www.montcerf-lytton.com](http://www.montcerf-lytton.com)  
[mun.montcerf@ireseau.com](mailto:mun.montcerf@ireseau.com)



## Municipal Offices

### *Municipality of Ste-Thérèse-de-la-Gatineau*

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27, ch. Principal  
Ste-Thérèse-de-la-Gatineau, Qc J0X 2X0  
(819) 449-4134  
[www.sainte-therese-de-la-gatineau.ca](http://www.sainte-therese-de-la-gatineau.ca)  
[info@sainte-therese-de-la-gatineau.ca](mailto:info@sainte-therese-de-la-gatineau.ca)



### *City of Gracefield*

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351, Higyway 105, C.P. 329, Gracefield, Qc J0X 1W0  
(819) 463-3458  
[www.gracefield.ca](http://www.gracefield.ca)  
[infos@gracefield.ca](mailto:infos@gracefield.ca)



### *City of Maniwaki*

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186, rue Principale Sud, Maniwaki, Qc J9E 1Z9  
(819) 449-2800  
[www.ville.maniwaki.qc.ca](http://www.ville.maniwaki.qc.ca)  
[maniwaki@ville.maniwaki.qc.ca](mailto:maniwaki@ville.maniwaki.qc.ca)



## Emergency / Hotlines

	Phone Toll-free
<i>Poison Control Centre</i>	1-800-463-5060
<i>Drugs : Help &amp; Referral</i>	1-800-265-2626
<i>Crime Stoppers</i>	1-800-711-1800
<i>Gay Line</i>	1-888-505-1010
<i>Hydro-Quebec Outages and Emergencies</i>	1-800-790-2424
<i>Health &amp; Social Services Hotline</i>	8-1-1
<i>Kids Help Phone</i>	1-800-668-6868
<i>Gambling : Help &amp; Referral</i>	1-800-461-0140
<i>Parents Line</i>	1-800-361-5085
<i>Sexual Assault Helpline</i>	1-888-933-9007
<i>SOPFEU Forest Fires</i>	1-800-463-3389
<i>Tel-Aide Outaouais</i>	1-800-567-9699
<i>Tel-Jeunes Youth Hotline</i>	1-800-263-2266 or SMS text 514-600-1002
<i>Emergency (Ambulance, Fire, Police)</i>	9-1-1
<i>Senior Abuse Helpline</i>	1-888-489-2287



### *Jean-Bosco Centre*

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204, rue Laurier, Maniwaki, Qc J9E 2K9  
(819) 449-4057  
centrebosco@bellnet.ca

**MISSION :**

Contribute to social and professional integration of those with severe functional limitations,  
Develop work opportunities for disabled persons.

**SERVICES PROVIDED :**

Programming specific to those with intellectual disabilities : job placement, social activities.  
Operation of a secondhand clothing store and a commercial shredding service.



### *Coopérative de solidarité d'aide domestique de la Vallée-de-la-Gatineau*

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131, rue King, Maniwaki, Qc J9E 2L2  
(819) 441-0227  
[www.csadvq.ca](http://www.csadvq.ca)  
[csadvq@videotron.ca](mailto:csadvq@videotron.ca)

#### **MISSION :**

Domestic support service for residents of the  
MRC aged 18+.

#### **SERVICES PROVIDED :**

Heavy-duty and regular housework. Assistance  
running errands. Meal preparation service (no  
special diets). Some yardwork. Emergency  
callbutton service. Medication reminder program.



## Disabled Persons

### *Coopérative de solidarité Les ateliers Boirec*

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136, ch. Du Parc Industriel, Maniwaki, Qc J9E 3P3  
(819) 441-2229

**MISSION :**

Social insertion of persons with intellectual or physical disabilities. Remarketing of wood-based materials otherwise discarded by the regional forestry industry.

**SERVICES PROVIDED :**

Employment opportunities for persons with intellectual or physical disabilities.  
Labour skills and team development.  
Social empowerment and improvements in personal autonomy.



### *OPHQ Quebec Bureau for Disabled Persons*

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Toll-free 1-800-567-1465  
[www.ophq.gouv.qc.ca](http://www.ophq.gouv.qc.ca)





## Associations / Social Clubs

Contact your municipal office for more information  
on local associations and clubs

### *Kazabazua Cultural, Social and Golden Age Association*

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Marie-Thérèse Kazeef : (819) 467-2580



### *Bel âge de Blue Sea Seniors Club*

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7, rue Principale, Blue Sea, Qc J0X 1C0  
Roger Lacaille : (819) 463-4967



### *Low Seniors Club*

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4-C, ch. D'Amour, Low, Qc J0X 2C0  
(819) 422-1865 / Toll-free 1-844-422-3548



### *Ste-Famille-d'Aumond Golden Age Club*

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Aumond, Qc J0W 1W0  
Reno St-Amour : (819) 449-3715



## Associations / Social Clubs

Contact your municipal office for more information  
on local associations and clubs

### *Bois-Franc Seniors Club*

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466, Highway 105, Bois-Franc, Qc J9E 3A9  
Conrad Hubert : (819) 449-4328



### *Déléage Seniors Club*

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Antoinette Millar : (819) 449-4320



### *L'Assomption Seniors Club*

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267, rue des Oblats, Maniwaki, Qc J9E 1G6  
(819) 449-1657



### *Les cœurs joyeux Seniors Club*

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Grand-Remous, Qc J0W 1E0  
Raymonde Lachaine : (819) 438-2686



## Associations / Social Clubs

Contact your municipal office for more information  
on local associations and clubs

### *Les Geais Bleu Golden Age Club*

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10, rue du Centre, Lac Ste-Marie, Qc J0X 1Z0  
Michelle Beaudoin : (819) 467-3721



### *Les joyeux copains Seniors Club*

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Montcerf-Lytton, Qc J0W 1N0  
Micheline Lamarche : (819) 449-2960



### *Messines Seniors Club*

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Messines, Qc J0X 2J0  
Paul : (819) 465-2750



### *FADOQ Sainte-Thérèse-de-la-Gatineau Quebec Federation of Seniors Clubs*

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Jean-Pierre Major : (819) 449-7387



## Associations / Social Clubs

Contact your municipal office for more information  
on local associations and clubs

### *Bouchette Seniors Club – Les Bons vivants*

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36, rue Principale, Bouchette, Qc J0X 1E0  
Réal Bélec : (819) 465-2589



### *Gracefield Seniors Club – Les Joyeux Vivants*

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Suzanne : (819) 463-2027



### *Les Porteurs de bonheur Seniors Club*

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6, ch. Lachapelle, Cayamant, Qc J0X 1Y0  
Léona Matthiews : (819) 463-1035



## Associations / Social Clubs

Contact your municipal office for more information  
on local associations and clubs

### *AFÉAS – Quebec Association of Women for Social Action and Education*

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#### **MISSION AND CORE VALUES :**

Maintain and defend women's rights and achievements. Encourage overall social participation of women, including public speaking and activism. Promote the value of women as workers (paid and/or unpaid labour) and citizens. Highlight and support women's opinions on social issues and in the public arena.

#### **SERVICES PROVIDED:**

AFÉAS membership includes access to special services such as :

- Visa Classic Desjardins credit services
- Discounts on certain goods and services : paint, eyewear, hearing aids, hotel rentals, etc.
- Rebates or other special offers from selected regional partners.



## Associations / Social Clubs

Contact your municipal office for more information  
on local associations and clubs

### *AFÉAS Bouchette*

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Hélène Larivière : (819) 449-6525

[www.afeas.qc.ca](http://www.afeas.qc.ca)

[h.lariviere@videotron.ca](mailto:h.lariviere@videotron.ca)



### *AFÉAS Gracefield*

---

42, rue Principale, C.P. 305, Gracefield, Qc J0X 1W0

Denise Fleury-Rochon : (819) 467-2169



## Associations / Social Clubs

Contact your municipal office for more information  
on local associations and clubs

### *AREQ – Region 07 – Upper Gatineau Sector*

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313, rue Beaulieu, Maniwaki, Qc J9E 1B1

2014-17 Mandate, Chairperson :

Francine Guy (819) 449-4747

<http://regionoutaouais.areq.ca/>

[fguy@videotron.ca](mailto:fguy@videotron.ca)

#### **MISSION :**

The AREQ – Association of Retired Employees of the Education and Public Service Sectors of Quebec (CSQ) – promotes the interests and defends cultural, social and economic rights of its members and of seniors in general. Their work contributes to social improvements in equality, democracy, solidarity and pacifism.



## Associations / Social Clubs

Contact your municipal office for more information  
on local associations and clubs

### *Cercle des fermières de Maniwaki*

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289, rue Hill, Maniwaki, Qc J9E 2G9  
(819) 449-2818  
[www.cfq.qc.ca](http://www.cfq.qc.ca)

**MISSION :**

Improving living conditions for women and families  
and skillsharing of cultural and handicraft heritage.



### *Knights of Columbus - Local 3063*

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239, rue King, Maniwaki, Qc J9E 2L6  
Réjean Lafond : (819) 449-3063  
[www.chevaliersdecolomb.com](http://www.chevaliersdecolomb.com)  
[geraldclement1945@gmail.com](mailto:geraldclement1945@gmail.com)



### *Knights of Columbus Dr. Jean-Thomas L'Écuyer - Local 11973*

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335, rue Wilfrid-Leblanc, Maniwaki, Qc J9E 1X7  
Gilles Pelletier : (819) 449-3295  
[www.chevaliersdecolomb.com](http://www.chevaliersdecolomb.com)





## Associations / Social Clubs

Contact your municipal office for more information  
on local associations and clubs

### *Low District Lions' Club*

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18, ch. Brennan, Low, Qc J0X 2C0  
(819) 467-3080  
lowlions@hotmail.com



### *Maniwaki Lions' Club*

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175, rue Commerciale, Maniwaki, Qc J9E 3G9  
Serge Boisvert : (819) 449-5782  
sboisvert@tlb.sympatico.ca



### *Club Optimiste Aumond, Déléage and Maniwaki*

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Contact your municipal office for more information  
[www.optimiste.org](http://www.optimiste.org)



### *Club Optimiste Blue Sea*

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2, ch. du Passant, Blue Sea, Qc J0X 1C0  
(819) 463-3282  
[www.optimiste.org](http://www.optimiste.org)



## Associations / Social Clubs

Contact your municipal office for more information  
on local associations and clubs

### *Richelieu Club*

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Gilles Michaud : (819) 449-5160  
net.unique@videotron.ca



### *La Québécoise Richelieu Club*

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Madeleine Saumure : (819) 463-0584  
madosaumure@hotmail.com



## Associations / Social Clubs

Contact your municipal office for more information  
on local associations and clubs

### *Femmes d'action de Gracefield*

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28, ch. Bertrand, Gracefield, Qc J0X 1W0  
819-463-4772  
femmesdactiongracefield@hotmail.com

#### **MISSION :**

Not-for-profit community organisation that advocates for women's welfare, since 1986. Working with grassroots movements, funds are raised and redistributed to women-positive groups. Since its beginning, almost \$39,000 have been distributed in the region.

#### **SERVICES PROVIDED :**

Regional meetings open to all women, every 2<sup>nd</sup> and 4th Wednesday.

### *Filles d'Isabelle de Montcerf-Lytton*

---

198, ch. de l'Aigle, Montcerf-Lytton, Qc J0W 1N0  
(819) 449-6772



## Associations / Social Clubs

Contact your municipal office for more information  
on local associations and clubs

### *Maniwaki Royal Canadian Legion*

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136, rue du Souvenir, Maniwaki, Qc J9E 2H1  
Annie Paquette : (819) 449-4487



### *Maniwaki Crafters' Circle – Les Amies du bricolage*

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253, rue des Oblats, Maniwaki, Qc J9E 1G6  
Anna Gagnon : (819) 449-2325

**MISSION :**

Foster women-positive social inclusiveness during  
Tuesday afternoon meetings in the basement of  
St-Patrick Church.

**SERVICES PROVIDED :**

Variety of handicrafts. Knitting, crochet.



**CISSS Outaouais,  
Gatineau Valley Territory**

*Maniwaki Hospital*

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309, boul. Desjardins, Maniwaki, Qc J9E 2E7  
(819) 449-2300 / Toll-free 1-844-449-2323

*CLSC Maniwaki Service Centre*

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149, rue Principale Nord, Maniwaki, Qc J9E 2B7  
(819) 449-2513 / Toll-free 1-844-255-2513

*CLSC Gracefield Service Centre*

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12-A, rue Principale, C.P.311, Gracefield, Qc J0X 1W0  
(819) 463-2604 / Toll-free 1-844-463-2604

*CLSC Low Service Centre*

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334, Highway 105, C.P. 330, Low, Qc J0X 2C0  
(819) 422-3548 / Toll-free 1-844-422-3548



**CISSS Outaouais,  
Gatineau Valley Territory (cont'd)**

*CHSLD Foyer Père Guinard Residence*

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177, rue des Oblats, Maniwaki, Qc J9E 1G5  
(819) 449-4900

*CHSLD Gracefield Residence*

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1, rue du Foyer, Gracefield, Qc J0X 1W0  
( 819) 463-2100

*Outaouais Youth Centres*

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208, rue Commerciale, Suite 20  
Maniwaki, Qc J9E 1P4  
(819) 449-4880 / Toll-free 1-888-449-4880  
[www.cjoutaouais.qc.ca](http://www.cjoutaouais.qc.ca)



**CISSS Outaouais,  
Gatineau Valley Territory (cont'd)**

*La RessourSe Regional Readaptation Centre*

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244, rue Champlain, Maniwaki, Qc J9E 1L5  
( 819) 449-5248  
[www.crr-la-ressource.qc.ca](http://www.crr-la-ressource.qc.ca)

*Outaouais Addiction Recovery Centre*

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244, rue Champlain, Maniwaki, Qc J9E 1L5  
( 819) 449-5549  
[www.dependanceoutaouais.org](http://www.dependanceoutaouais.org)

*Pavillon du Parc*

---

131, rue King, Maniwaki, Qc J9E 2L2  
( 819) 449-3235



### **CISSS Outaouais, Gatineau Valley Territory (cont'd)**

#### *Le comité des usagers*

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Leave a message at (819) 449-4690, Ext. 682

#### **MISSION :**

Members of the Users' Committee are elected among the community to monitor health or social service users' rights and ongoing improvements to living conditions in all facilities and residences.

#### **SERVICES PROVIDED :**

Users' Committees are entrusted with several duties : Informing users of their rights and obligations. Promoting continued improvement in the quality of living conditions for residents and Evaluating their satisfaction with services provided. The Committee advocates for users rights and interests in the public eye and offers assistance to users, including in registering complaints.





### Medical Clinics

#### *Maniwaki Medical Centre*

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179, boul. Desjardins, Maniwaki, Qc J9E 2C9  
(819) 449-5583

#### *Du Cap Medical Clinic*

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153, rue Commerciale, Maniwaki, Qc J9E 1P1  
(819) 449-7136

#### *Grand-Remous Health Clinic*

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1508, Route Transcanadienne  
Grand-Remous, Qc J0W 1E0  
(819) 438-1297

#### *Haute-Gatineau Health Clinic*

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30, rue Principale, Gracefield, Qc J0X 1W0  
(819) 463-0100



#### *Health and Social Services Hotline*

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Toll-free 8-1-1



### *Coopérative de solidarité d'aide domestique de la Vallée-de-la-Gatineau*

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131, rue King, Maniwaki, Qc J9E 2L2

(819) 441-0227

[www.csadvq.ca](http://www.csadvq.ca)

[csadvq@videotron.ca](mailto:csadvq@videotron.ca)

#### **MISSION :**

Domestic support service for residents of the MRC aged 18+.

#### **SERVICES PROVIDED :**

Heavy-duty and regular housework. Assistance running errands. Meal preparation service (no special diets). Some yardwork. Emergency callbutton service. Medication reminder program.



### *Maison Amitié de la Haute-Gatineau*

---

108, rue Christ-Roi, Maniwaki, Qc J9E 1C3

Day Centre : (819) 449-4570

Emergency Shelter : (819) 449-8137

Administration : (819) 449-6777

#### **MISSION :**

Support and shelter for persons struggling with severe chronic mental illness.

Recovery and social reinsertion programming.

#### **SERVICES PROVIDED :**

Temporary shelter, day centre, literacy training.

Follow-up on community participation.

Recovery and social reinsertion services.



### *PIED – Dynamic Balance Program*

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Contact your local CLSC (Maniwaki, Gracefield, Low)  
(819) 449-2513 / Toll-free 1-844-255-2513

**MISSION :**

Falls prevention program for at home seniors.

**SERVICES PROVIDED :**

Group exercise program designed to improve balance and leg strength. Interactive prevention materials for healthy lifestyle improvement and for raising awareness of risk factors.



### *Regroupement Vallée-de-la-Gatineau en santé*

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224, rue Notre-Dame, Maniwaki, Qc J9E 2J5  
(819) 441-0282

**MISSION :**

Community action designed to collectively improve public well-being in the MRC.

**VISION :**

To live in a MRC where communities help each other freely develop into healthier publics and environments.

**CORE VALUES :**

Respect, commitment, creativity,  
openmindedness, sharing and fun!

**SERVICES PROVIDED :**

Community Action planning meetings,  
Project management support,



### *Kazabazua Cultural, Social and Golden Age Association*

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373, Highway 105, CP 149, Kazabazua, Qc J0X 1X0  
(819) 467-5746

<http://kazculture.weebly.com>

#### **MISSION :**

Not-for-profit group that raises funds by organising activities such as dances and social club meetings. Provides family-friendly cultural programming that develops literacy, computer skills, fine arts and painting techniques, etc.

#### **SERVICES PROVIDED :**

The Association also hosts a variety of training and information workshops and operates the Kazabazua Cultural Centre, where the whole community (youth, families, seniors) can meet, socialise, learn or receive assistance.



### *ASEC Haute-Gatineau Community Solidarity Association*

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147, boul. Desjardins, Maniwaki, Qc J9E 2C9  
(819) 449-6779  
asec.valleedelagatineau@hotmail.com

#### **MISSION :**

This collective rights advocacy group works towards recognition and respect of civil rights for all persons.

#### **ROLE OF ASEC :**

Provides assistance and information sessions on matters relating to rights recognition. Offers special assistance with income tax declarations (especially for low-income households) and campaigns for improvements in rights advocacy.



### *Carrefour jeunesse emploi*

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217, rue Principale Sud, Maniwaki, Qc J9E 2A3  
(819) 441-1165  
www.cjevg.qc.ca  
info@cjevg.qc.ca

#### **MISSION :**

Services designed to improve living conditions for youth aged 16 to 35 by employment support, return to studies or training or for launching a business.

#### **JOB SEARCH SUPPORT :**

Employment opportunities research assistance.  
Tailored individual support for writing resumes, drafting letters, preparing for interviews, networking and more.

#### **PROGRAMMING OFFERED :**

IDEO 16-17, Youth Entrepreneurship Contest,  
Make Way for Youth / Place aux jeunes,  
Complicité emploi, Personal Finance: I'm in Charge.





### *Outaouais Community Legal Centre*

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116-C, rue King, Maniwaki, Qc J9E 2L3  
(819) 449-4800 / Toll-free 1-800-842-2213  
[www.aidejuridiqueoutaouais.ca](http://www.aidejuridiqueoutaouais.ca)

#### **MISSION :**

Free or with cost legal aid services for low-income persons.

#### **Me Chloé Vendette :**

civil law, family law, youth rights

**Me Éric Raymond :** criminal and penal law,  
adolescents and the penal justice system.

#### **SERVICES PROVIDED :**

Representation and assistance by a lawyer during court hearings or appeals, prosecution or defense according to the prescription of the Law.

Consultations with a lawyer and legal information.



### *CAVAC Crime Victims Support Centre*

---

Adress by request, Maniwaki, Qc J9E 1R4  
(819) 441-0986  
[www.cavac.qc.ca](http://www.cavac.qc.ca)  
[cavacmaniwaki@videotron.ca](mailto:cavacmaniwaki@videotron.ca)

#### **MISSION :**

CAVAC provides first-line services to crime victims, to their loved ones, and witnesses of criminal acts.

#### **SERVICES PROVIDED :**

The CAVAC network offers professional, confidential services at no-cost. They strive to equip victims with tools for reestablishing balance during their recovery process.



### *Communauté Métis et Autochtone de Maniwaki*

---

270, rue Notre-Dame, Maniwaki, Qc J9E 2J8

(819) 441-2444

[www.autochtones-maniwaki.com](http://www.autochtones-maniwaki.com)

[admin@autochtones-maniwaki.com](mailto:admin@autochtones-maniwaki.com)

#### **MISSION :**

Promote and advocate in the interest of Native persons (Aboriginal, Inuit and Metis) living off-reserve in Quebec.

#### **SERVICES PROVIDED :**

Job skills training, Human Resource development.

Facilitate participation in programming designed for Native persons. Information services.



### *Waskahegen Corporation*

---

125, rue Laurier, Maniwaki, Qc J9E 2K5

(819) 449-1436

[www.waskahegen.com](http://www.waskahegen.com)

[maniwaki@waskahegen.com](mailto:maniwaki@waskahegen.com)

#### **MISSION :**

Provide improved living conditions for Native persons living off-reserve. Foster economic development within the community. Assist the Native Alliance in advocating for the rights and interests of its members.



### *Be and Become*

---

373, Highway 105, Kazabazua, Qc J0X 1X0

(613) 700-6434

[www.etreteevenir.ca](http://www.etreteevenir.ca)

[bonnie@iheartmyart.ca](mailto:bonnie@iheartmyart.ca)

#### **MISSION :**

To provide grassroots-level social support to youth in the southern sector of the MRC.

#### **SERVICES PROVIDED :**

Community networking platform for youth, referrals to youth resources and mentorship programming.



### *Jardin au Bord de la Rivière 2000*

---

302, rue Gatineau, Maniwaki, Qc J9E 2V5  
(819) 334-1954

#### **SERVICES PROVIDED :**

These community gardens cover 700 sq. feet, divided into plots. Tools such as a rototiller are available to borrow on-site. An irrigation system delivers water near each plot.

Composting bins are available and workshops are offered to beginners.

Gardening opens in April. Limit of one (1) plot per family.

Membership is \$20.



### *Kaz Media Arts*

---

373, Highway 105, Kazabazua, Qc J0X 1X0  
(613) 700-6434  
www.kazmediaarts.com  
kazmediaarts@gmail.com

**MISSION :**

Foster original new media productions.

**SERVICES PROVIDED :**

Documentary video production, website construction, New Media workshop series.



### *Gracefield Charitable Works*

---

42, rue Principale, Gracefield, Qc J0X 1W0  
(819) 463-2857

**SERVICES PROVIDED :**

Weekly food distribution by appointment (see *Gracefield Food Bank*). Secondhand clothing also available.



### *Table de concertation des aînés et retraités de la Vallée-de-la-gatineau*

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tcarvg@hotmail.com

#### **MISSION :**

Defend and promote the interests of its members and of seniors in general.

#### **SERVICES PROVIDED :**

Organisation that represents seniors of the Gatineau Valley region, monitors their well-being and advocates for their best interests. Inform members and the public about regional services such as healthcare, leisure activities or other information sources. Work to improve quality of life for our territory's seniors and retirees with the help of a concerted group of partners.





### *Vallée-de-la-Gatineau Tourism Bureau*

---

186, rue King, Suite 104, Maniwaki, Qc J9E 3N7  
(819) 463-3241 / Toll-free 1-877-363-3241  
[www.tourismevalleedelagatineau.com](http://www.tourismevalleedelagatineau.com)  
[tourisme@mrcvg.qc.ca](mailto:tourisme@mrcvg.qc.ca)

**MISSION :**

Provide information to tourists and assist in planning activities or stays in the Gatineau Valley.

**SERVICES PROVIDED :**

Vallée-de-la-Gatineau Tourism offices are found in: Low, Aumont and Grand-Remous.

The Tourism Kiosk is located in Maniwaki.



### *Voix et solidarité des aidants naturels de la Vallée-de-la-Gatineau*

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147, boul. Desjardins, Maniwaki, Qc J9E 2C9  
(819) 441-1001 / Toll-free 1-855-448-1818  
[www.voixetsolidarite.org](http://www.voixetsolidarite.org)  
[voix.solidarite.VG@hotmail.com](mailto:voix.solidarite.VG@hotmail.com)

#### **MISSION :**

Bring natural caregivers together to improve wellness and act in their common interest. Rights advocacy. Events that promote healthy lifestyles. Support hotline, training, assistance.

#### **SERVICES PROVIDED :**

Information, workshops. Themed "Coffee-chats"  
At-home respite services. Free newsletter to members. Assistance in caregiving-related processes. Referrals if needed.



### *Carrefour jeunesse emploi*

---

217, rue Principale Sud, Maniwaki, Qc J9E 2A3  
(819) 441-1165  
www.cjevg.qc.ca  
info@cjevg.qc.ca

#### **MISSION :**

Services designed to improve living conditions for youth aged 16 to 35 by employment support, return to studies or training or for launching a business.

#### **JOB SEARCH SUPPORT :**

Employment opportunities research assistance.  
Tailored individual support for writing resumes, drafting letters, preparing for interviews, networking and more.

#### **PROGRAMMING OFFERED :**

IDEO 16-17, Youth Entrepreneurship Contest,  
Make Way for Youth / Place aux jeunes,  
Complicité emploi, Personal Finance: I'm in Charge.



### *Familles d'abord*

---

8, rue Laramée, Lac Ste-Marie, Qc J9E 1Z0  
(819) 467-3774  
famillesdabord2015@gmail.com

#### **MISSION :**

Support families in the southern sector of the MRC Vallée-de-la-Gatineau and throughout the MRC Collines-de-l'Outaouais.

#### **SERVICES PROVIDED :**

Family play workshops, health promotion and information, parental support network, single mother programming, respite services.



## Youth Services

### *Jeunesses sans frontières de la Vallée-de-la-Gatineau*

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119, rue St-Jospeh, Gracefield, Qc J0X 1W0  
(819) 463-4030  
jsfvg@hotmail.com

#### **SERVICES PROVIDED :**

Youth Centre, services for 12 to 17 year-olds.

Workshops : addictions prevention, cooking, events, daytrips, fundraisers, table-tennis, billiards, internet access, etc.

Like our Facebook page!



### *Youth Infoline*

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Toll-free 1-800-935-5555  
[www.jeunesse.gc.ca](http://www.jeunesse.gc.ca)



### *Maison de la famille*

---

224, rue Notre-Dame, Maniwaki, Qc J9E 2J5  
(819) 441-0282  
[www.maisondelafamillevg.com](http://www.maisondelafamillevg.com)  
[maisondelafamille@videotron.ca](mailto:maisondelafamille@videotron.ca)

#### **MISSION :**

Provide a welcoming space for discussion, exchanging support, getting information. No-cost. Parents can access support services and tools for healthy family living. Foster social inclusiveness.

#### **SERVICES PROVIDED :**

Promotion of parental skills, adaptation and raising awareness of the roles of fathers and mothers. Promote healthy growth, security and overall development of children, physically, emotionally and cognitively.



### *Mani-Jeunes inc.*

---

86, rue Roy, Maniwaki, Qc J9E 3G9  
(819) 449-6609  
mani-jeunes@bellnet.ca

#### **MISSION :**

Operate a youth centre for 12 to 18 year-olds and programming where youth, with proper adult mentorship, can develop critical thinking, social activism, and sense of responsibility.

#### **SERVICES PROVIDED :**

Healthy Lifestyles : Workshops, Group discussions, Homework Tutoring, Multisports;

Sports : Hockey, camping, dance, basketball, soccer, Kinect ;

Creative : Collage, painting, improv, simulated stained glass, music, theater ;

Cultural : Humanitarian trips, movies, youth newspaper;

Leisure : Board games, billiards, dances, video games, Internet ;

Daytrips : La Ronde, waterslide park, all-night events, sugar shack ;

Fundraising : Bottle Collection, Gratt-o-thon, In-house canteen ;

**NEW!** L'Escale, Room 132 CEHG High School



### *Regroupement Vallée-de-la-Gatineau en santé*

---

224, rue Notre-Dame, Maniwaki, Qc J9E 2J5  
(819) 441-0282

**MISSION :**

Community action designed to collectively improve public well-being in the MRC.

**VISION :**

To live in a MRC where communities help each other freely develop into healthier publics and environments.

**CORE VALUES :**

Respect, commitment, creativity, open-mindedness, sharing and fun!

**SERVICES PROVIDED :**

Community Action planning meetings,  
Project management support,  
Stakeholder Networking Assistance.





### *Suicide Détour*

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181, rue Notre-Dame, Maniwaki, Qc J9E 2J6  
(819) 441-1010  
www.suicidedetour.ca  
suicide-detour@bellnet.ca

#### **MISSION :**

Emergency intervention for persons in distress, caregiver support, grief counselling for residents of the Gatineau Valley.

#### **SERVICES PROVIDED :**

Suicide Détour offers 4 types of services : individual or group support, awareness raising and wellness promotion. It also delivers the "Zippy's Friends" and "Passport : Gear Up for Life" programs. "Sentinels" suicide prevention training offered to volunteers.



### *Vallée-Jeunesse*

---

287, rue Moncion, Maniwaki, Qc J9E 2C6

(819) 449-8168

[www.valleejeunesse.ca](http://www.valleejeunesse.ca)

[cshbo@valleejeunesse.ca](mailto:cshbo@valleejeunesse.ca)

**MISSION :**

Promote academic perseverance and social engagement by contributing to the full development of at-risk youth and young adults.

**SERVICES PROVIDED :**

Psychosocial Services..

School-based programming.



### *Albatros Gatineau Valley (Maniwaki)*

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15, rue Principale, Montcerf-Lytton, Qc J0W 1N0  
(819) 449-4540

[www.fmaq.ca](http://www.fmaq.ca)

[wardoconnor777@gmail.com](mailto:wardoconnor777@gmail.com)

#### **MISSION :**

Volunteer assistance to end-of-life patients, at home, in hospital or in residence (CHSLDs).

Support services during terminal stage illness at no cost. Family support services.

#### **SERVICES PROVIDED :**

Assistance: at-home, in hospital or in residence.

Moral support for patients and families.

Grief counselling.



### *Adoption Vivere Canada*

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15, rue Principale Nord, Montcerf-Lytton, Qc J0X 1N0  
Toll-free 1-866-445-9695  
[www.adoptionviverecanada.com](http://www.adoptionviverecanada.com)  
[viverecanada@gmail.com](mailto:viverecanada@gmail.com)

#### **MISSION :**

No-cost, confidential support services for biological parents struggling with a difficult pregnancy and who are considering newborn adoption options : full, semi-open or closed.

#### **SERVICES PROVIDED :**

Prenatal referrals to regional social integration services and adoption agencies. Public awareness campaigns for promotion of full or semi-open adoption options for Canadian newborns.



### *Familles d'abord*

---

8, rue Laramée, Lac Ste-Marie, Qc J9E 1Z0  
(819) 467-3774  
famillesdabord2015@gmail.com

#### **MISSION :**

Support families in the southern sector of the MRC Vallée-de-la-Gatineau and throughout the MRC Collines-de-l'Outaouais.

#### **SERVICES PROVIDED :**

Family play workshops, health promotion and information, parental support network, single mother programming, respite services.



### *Impact Rivière-Gatineau*

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270, rue Notre-Dame, Maniwaki, Qc J9E 2J8  
(819) 449-3077  
impactrivieregatineauorg@videotron.ca

**MISSION :**

Conflict arbitration services for families,  
including violence counselling.

**SERVICES PROVIDED :**

Individual, group or family counselling services.  
Support groups available according to the problem  
encountered. Training workshops for retirees.



### *Maison de la famille*

---

224, rue Notre-Dame, Maniwaki, Qc J9E 2J5  
(819) 441-0282  
[www.maisondelafamillevg.com](http://www.maisondelafamillevg.com)  
[maisondelafamille@videotron.ca](mailto:maisondelafamille@videotron.ca)

#### **MISSION :**

Provide a welcoming space for discussion, exchanging support, getting information. No-cost. Parents can access support services and tools for healthy family living. Foster social inclusiveness.

#### **SERVICES PROVIDED :**

Promotion of parental skills, adaptation and raising awareness of the roles of fathers and mothers. Promote healthy growth, security and overall development of children, physically, emotionally and cognitively.



### *Regroupement Vallée-de-la-Gatineau en santé*

---

224, rue Notre-Dame, Maniwaki, Qc J9E 2J5  
(819) 441-0282

**MISSION :**

Community action designed to collectively improve public well-being in the MRC.

**VISION :**

To live in a MRC where communities help each other freely develop into healthier publics and environments.

**CORE VALUES :**

Respect, commitment, creativity,  
openmindedness, sharing and fun!

**SERVICES PROVIDED :**

Community Action planning meetings,  
Project management support,  
Stakeholder Networking Assistance.





### *Vallée-Jeunesse*

---

287, rue Moncion, Maniwaki, Qc J9E 2C6

(819) 449-8168

[www.valleejeunesse.ca](http://www.valleejeunesse.ca)

[cshbo@valleejeunesse.ca](mailto:cshbo@valleejeunesse.ca)

**MISSION :**

Promote academic perseverance and social engagement by contributing to the full development of at-risk youth and young adults.

**SERVICES PROVIDED :**

Psychosocial Services.

School-based programming.



## *Suicide Détour*

---

181, rue Notre-Dame, Maniwaki, Qc J9E 2J6  
(819) 441-1010  
www.suicidedetour.ca  
suicide-detour@bellnet.ca

### **MISSION :**

Emergency intervention for persons in distress, caregiver support, grief counselling for residents of the Gatineau Valley.

### **SERVICES PROVIDED :**

Suicide Détour offers 4 types of services : individual or group support, awareness raising and wellness promotion. It also delivers the "Zippy's Friends" and "Passport : Gear Up for Life" programs. "Sentinels" suicide prevention training offered to volunteers.



### *Équipe des bénévoles de la Haute-Gatineau*

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198, rue Notre-Dame, Suite 104  
Maniwaki, Qc J9E 2J5  
(819) 449-7666 / Toll-free 1-866-463-1777  
equipedebenevoles@hotmail.com

**MISSION :**

Medical Transportation service for seniors and/or vulnerable persons.

Limited to residents of the northern sector of the MRC.

**SERVICES PROVIDED :**

Transportation and assistance services for health-related reasons.



### *GUTAC Gatineau Valley*

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198, rue Notre-Dame, Suite 104  
Maniwaki, Qc J9E 2J5  
(819) 449-7666 / Toll-free 1-866-463-1777  
gutac.vg@hotmail.com

**MISSION :**

This service streamlines requests for adapted and collective transportation in the MRC.

**SERVICES PROVIDED :**

GUTAC offers 4 types of transportation :  
health appointments, collective, adapted and community transportation.

Fares are low-cost and vary according to mileage.  
Reservations required 48h prior.



## *Operation Red Nose*

---

150, rue Principale Nord, Maniwaki, Qc J9E 2B8  
(819) 449-6635  
[www.operationnezrouge.com](http://www.operationnezrouge.com)

### **MISSION :**

Promotion of safe and responsible behaviours about driving under the influence.

Free and confidential ride-home services.

### **SERVICES PROVIDED :**

Ride services for persons unable to drive because of alcohol or fatigue. Community-based volunteer team. Available during the December Holiday season.



### *Regroupements des clubs d'âge d'or de la Vallée-de-la-Gatineau*

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198, rue Notre-Dame, Suite 104

Maniwaki, Qc J9E 2J5

(819) 449-7666 / Toll-free 1-866-463-1777

**MISSION :**

Transportation services for residents of the southern sector of the MRC, especially the elderly and vulnerable persons without other transportation alternatives for medical appointments.

**SERVICES PROVIDED :**

Volunteer transport services for health reasons.



### *CALACS Gatineau Valley Sexual Assault Support Centre*

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Address on request, Maniwaki, Qc  
(819) 441-2111  
[www.calacsvg.ca](http://www.calacsvg.ca)  
[calacsmaniwaki@bellnet.ca](mailto:calacsmaniwaki@bellnet.ca)

#### **MISSION :**

CALACS Gatineau Valley offers confidential assistance to women and youth aged 12 and over who are or who have been victims of sexual assault.

#### **SERVICES PROVIDED :**

Services fall under one of 3 categories : direct support (individual or group), free workshops on prevention and awareness, rights advocacy / social activism.



### *Halte-Femme Haute-Gatineau*

---

Maniwaki, Qc

(819) 449-4545

[www.halte-femme.haute-gatineau.ca](http://www.halte-femme.haute-gatineau.ca)

[info@halte-femme.haute-gatineau.ca](mailto:info@halte-femme.haute-gatineau.ca)

#### **MISSION :**

Women's shelter and support for victims of abuse or facing complex social problems, and for their children.

#### **SERVICES PROVIDED :**

Emergency shelter, intervention, assistance.

24h/24 Support / Info / Referral Hotline.

Counselling, consultations, awareness and prevention workshops, public education, parental support, guidance counselling.

Post-crisis follow-up and support groups.





### *Impact Rivière-Gatineau*

---

270, rue Notre-Dame, Maniwaki, Qc J9E 2J8  
(819) 449-3077  
impactrivieregatineauorg@videotron.ca

**MISSION :**

Conflict arbitration services for families,  
including violence counselling.

**SERVICES PROVIDED :**

Individual, group or family counselling services.  
Support groups available according to the problem  
encountered. Training workshops for retirees.



### *SOS Conjugal Violence*

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Toll-free 1-800-363-9010

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