

# A Resource Directory

## for Everyone



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Born of an association (2016) between GESTE and the Comité des partenaires des secteurs Le Baron et Pointe-Gatineau, Communautés Gatineau Ouest (cGO) is a community stakeholder roundtable that promotes and supports community solidarity.

At the request of partners, a Resource Directory has been maintained and kept up to date for many years.

More recently, through the Settlement and Integration Committee, these partners have sought to develop a communication tool to promote available resources for West Gatineau residents. Special attention has been paid to making the tool simpler and easier to use for newcomer families.

We would also take this occasion to invite you to join the Settlement and Integration Committee. We have provided contact information below for cGO team members.

**Happy reading, and thank you for sharing this tool with those it could benefit.**

Contact us

[info@c-go.org](mailto:info@c-go.org) | 819-593-0041

cGO Website | [www.c-go.org](http://www.c-go.org)



## West GATINEAU SECTOR

### **Association Citoyenne de Pointe-Gatineau**

L'ACPG is a residents' association devoted to improving the quality of life and sense of belonging of Pointe-Gatineau residents by:

- Hosting inter-cultural events
- Fostering citizen involvement through neighbourhood life
- Getting involved in public issues of concern to residents

Email : [acpg@pointegatineau.org](mailto:acpg@pointegatineau.org)  
<https://pointegatineau.org/>



### **Centre d'Animation Familiale (CAF)**



CAF is a community centre for residents of all ages.

The **mission** of Centre d'Animation Familiale is to provide a welcoming place where people can be listened to and find help and support to improve their quality of life.

*All activities are free of charge. Registration required.*

*A daycare is available free of charge for most activities. Please book your space by noon the day before.*

1312, rue St-Louis

Email : [lecaf@videotron.ca](mailto:lecaf@videotron.ca)

**819 561-5196**

<http://centredanimationfamiliale.mozello.com/>



## La Pointe aux Jeunes



Mission: Provide a place where young people can feel they belong, create their own projects, and reach their full potential.

### La Pointe aux Jeunes – Pointe-Gatineau Sector

Centre Daniel-Lafortune  
448, rue de Pointe-Gatineau Porte 1  
819 243-2537

### La cabane – Le Baron Sector

Parc Marcel-Gladu – 104, rue du Barry  
819 246-1170



## Maison de la famille de Gatineau



La Maison de la famille de Gatineau has learning and prevention activities and services to improve the well-being of Outaouais families.

*Registration required to take part in activities*

101, Avenue Gatineau  
Email : [info@maisonfg.org](mailto:info@maisonfg.org)  
**819 568-6830**  
<http://www.maisonfg.org/>



## **Naissance-Renaissance Outaouais**



**NAISSANCE  
RENAISSANCE  
Outaouais**

The mission of Naissance-Renaissance Outaouais is to support Outaouais families around the time of childbirth by helping them develop parenting skills in ways that respect their values and rights.

115, boul. Sacré-Cœur, local 5

Email : [nroutaouais@videotron.ca](mailto:nroutaouais@videotron.ca)

**819 561-4499**

<http://www.nroutaouais.ca/>



## **Solidarité Gatineau-Ouest (SGO)**



A community centre with a welcoming and supportive environment, SGO's mission is to help people and families with social or economic challenges.

The centre works to empower families and youth education stakeholders by providing instructional, integrated, and alternative learning tools to improve community outreach.

1096, rue St-Louis

Email : [s.g.o@videotron.ca](mailto:s.g.o@videotron.ca)

**819 246-2029**

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



## SCHOOL RESOURCES – West GATINEAU

### **Dépannage Alpha**

Trouble reading your documents? Dépannage Alpha offers free assistance to help read letters and fill out forms.

Monday to Friday

Centre Nouvel-Horizon,

100, rue de la Baie

**819-503-8094**

### **PRIMARY SCHOOLS**

**École Le Tremplin :** **819 561-2435**

*31, rue de l'Abbé-Ginguet*

**École La Source :** **819 568-7861**

*22, rue de l'Acadie*

**École Nouveau-Monde :** **819 568-0844**

*9, Ste-Yvonne et 25, St-Arthur*

**École L'Oiseau Bleu :** **819 568-2101**

*184, rue Nelligan*

*Commission scolaire des Draveurs: 819 663-9221*

## **SECONDARY SCHOOLS**

**École Polyvalente Le Carrefour : 819 568-9012**  
*50, chemin de la Savane*

## **ADULT EDUCATION**



### **Services d'accueil, de référence, de conseil et d'accompagnement (SARCA)**

Specialized consulting service that analyzes school records and provides academic counselling, support, guidance, and advice

For adults 16 and older who:

- Have not graduated
  - Want to return to school
  - Are immigrants
  - Need to change careers
  - Want to obtain a CCQ apprentice competency certificate
- 
- ✓ Want to return to school?
  - ✓ Want to explore your potential?
  - ✓ Want to carry out a project?
  - ✓ Need help?

85, rue Du Barry, porte 141  
**819 561-9181**

## **Centre Nouvel-Horizon (16 and older)**

- ✓ Return to school to finish Pre-Secondary, Secondary 1, and Secondary 2
- ✓ Workplace training in a semi-skilled trade, and possible vocational certificate (more than 200 prospective trades)
- ✓ Free French writing courses (30-hour course, one evening per week)
- ✓ Computer/IT course (\*beginner, intermediate, advanced)
- ✓ Day and evening classes
- ✓ French lessons for immigrants
- ✓ Literacy

100, rue de la Baie

**819 561-9395**

<https://cea.csdraveurs.qc.ca/>



## **Centre l'Escale (16 and older)**

- ✓ Return to school to finish Secondary 3, 4 and 5
- ✓ Day, evening, or distance (study from home) courses

85, rue Du Barry

**819 243-2151**

<https://cea.csdraveurs.qc.ca/>



## Le Tremplin des lecteurs



The mission of Le tremplin des lecteurs is to provide basic training in French and math to help adults 16 and older return to school or re-enter the job market.

It also has basic computer/IT courses for everyone.  
24/7 registration.

PARTICIPATION IS VOLUNTARY, BASED ON  
YOUR NEEDS

160, boulevard Maloney Est, 2<sup>e</sup> étage, bureau 12  
**819 643-0745**

<http://tremplindeslecteurs.org/>



## Vent dans les lettres



Le Vent dans les lettres is a community literacy organization devoted to bringing together under-educated people to help improve their quality of life and end their isolation. It also offers educational workshops where illiterate people can learn at their own pace with customized tools, and uses literacy projects to educate the community about issues and challenges faced by those who are illiterate.

797 rue Jacques-Cartier  
Email : [ventdansleslettres@videotron.ca](mailto:ventdansleslettres@videotron.ca)  
**819 561-5473**  
<https://www.ventdansleslettres.ca/>



## **Back to School Program**

Helps parents acquire inexpensive children's school supplies and obtain discount coupons for student workbooks

For low-income families with children in kindergarten to grade 6

To enrol, you must provide:

- ✓ Your child's (or children's) health insurance card
- ✓ Proof of income (previous year's tax return or claim slip)

Families can register at various locations (April/May):

**1. Solidarité Gatineau-Ouest**

1096, rue St-Louis  
819 246-2029

**2. Centre d'animation familiale**

1312, rue St-Louis  
819 561-5196

**3. Maison de la famille de Gatineau**

101, avenue Gatineau  
819 568-6830

For registration dates and times, please call the organization or agency nearest you.

## RESOURCES FOR CHILDREN

### Association québécoise des troubles d'apprentissages (AQETA)



**AQETA**  
Section Outaouais  
Association québécoise  
des troubles d'apprentissage  
en collaboration avec  


AQETA's mission is to meet the needs of people with learning disabilities and/or ADHD to help them integrate into the education system, the community, and professional life.

(Dyslexia, dysphasia, dyspraxia, attention deficit hyperactivity disorder [ADHD], etc.)

109, rue Wright, bureau 203

Email : [info.aqetaoutaouais@videotron.ca](mailto:info.aqetaoutaouais@videotron.ca)

**819 777-3126**

<https://www.aqetaoutaouais.com/>



### Centre de pédiatrie sociale de Gatineau



CPSG's mission is to care and provide a welcoming environment for community children who are vulnerable, suffering, sick, victimized, socially isolated, or abandoned to help them regain their health, restore hope, and fulfill their potential in accordance with the UN Convention on the Rights of the Child.

321, rue Notre-Dame

**819 643-3000**

<http://www.pediatricsocialgatineau.com/fr>



## **Grands Frères et Grandes Sœurs de l'Outaouais**



Grands Frères  
Grandes Sœurs  
DE L'OUTAOUAIS

GFGSO helps young people aged 6 to 14, most of whom are from single-parent homes or have social problems at school.

195, rue Deveault, unité 3

**819-778-0101**

<https://outaouais.grandsfreresgrandessoeurs.ca/>



## **DAYCARE SERVICES AND EARLY CHILDHOOD CENTRES**

### **Early Childhood Centres**

**CPE La Gatinerie** 819 561-2626  
*32, rue de l'Acadie*

**CPE Le Bonjour** 819 561-5280  
*65, rue Smith*

**CPE Le Bonjour** 819 568-5280  
*33, rue de la Baie*

**CPE Feux-Follets** 819 561-9747  
*175, chemin de la Savane*

**CPE L'Arche des Petits** 819 568-225  
*96, rue de la Baie*

## **La place 0-5**

To book a low-cost space in an early childhood centre or affiliated daycare, contact La Place 0-5 at:

[www.laplace0-5.com](http://www.laplace0-5.com)

**1 844 270-5055**

## **Ma Garderie**

Network of information on Québec daycare services

<http://www.magarderie.com/>

## **FAMILY RESOURCES**

### **FOOD ASSISTANCE**

**Saint-Vincent de Paul**

*Call for an appointment*

#### **Conference St-François de Sales**

799, rue Jacques-Cartier

**819 246-8058**

#### **Conference Jean XXIII**

**819 412-5201**

#### **Conference St-Rosaire**

5, rue Saint-Arthur

**819 639-8764**

#### **Conference St-Matthieu**

**819-351-1796**

#### **Conference St-Alexandre**

**819-568-5921**

## **Soupe populaire St-François de Sales**

Meals for families in need, Tuesdays and Thursdays  
11 h 45 to 12 h 30.

799, rue Jacques-Cartier  
**819-561-1607**

## **Boutique 3R friperie**

Boutique 3R Friperie has a wide range of affordable goods for the whole family (clothing, jewellery, accessories, etc.).

Open Monday to Friday 10 h to 17 h

1079, rue St-Louis  
Email : [friperie3r@videotron.ca](mailto:friperie3r@videotron.ca)  
**819 205-1984**  
<https://www.solidaritegatineauouest.ca/friperie>

## **Comptoir Familial Société St-Vincent de Paul – Pointe Gatineau**



SOCIÉTÉ DE  
SAINT-VINCENT DE PAUL

Clothing, furniture,  
jewellery, books, and  
second-hand items

Closed Sundays

1291, rue St-Louis  
Email : [comptoirssvpagat@videotron.ca](mailto:comptoirssvpagat@videotron.ca)  
**819 561-1553**



## Entraide familiale de l'Outaouais



Entraide familiale de l'Outaouais Provides support services to meet the basic needs of low-income people and families in Outaouais through information, education, and DONATED furniture and appliances.

### **Eligibility Requirements:**

Provide proof of income and health card for each family member

396, rue Notre-Dame

Email : [communications.efo@gmail.com](mailto:communications.efo@gmail.com)

**819 669-0686**

<https://www.entreaidefamiliale.com/>



## Le grenier du petit sportif



**S**ervice **A**ction **C**ommunautaire **O**utaouais inc.

**FREE** sports equipment for families and young people 17 or under who cannot play a sport because they don't have the money. You can also donate to the organization.

29-A, boulevard Gréber

Email : [gps10@bellnet.ca](mailto:gps10@bellnet.ca)

**819 246-3653**

## **HOUSING RESOURCES**

### **Fédération intercoopérative en habitation de l'Outaouais**

106, boul. Sacré-Cœur, local 100

Email : [bonjour@fihab.coop](mailto:bonjour@fihab.coop)

**819 243-3717**

<http://www.cooperativehabitation.coop/outaouais/>

### **Logemen'Occupe**

- ✓ Helps people and families find housing
- ✓ Emergency housing for homeless families (0 to 6 months of assistance)

10, rue du Curé-André-Préseault

Email : [bureau@logemenoccupe.org](mailto:bureau@logemenoccupe.org)

**819 246-6644**

<http://logemenoccupe.org/>

### **Office d'habitation de l'Outaouais**

The Office's mission is to provide quality housing and living environments for people with low or modest incomes.

227, chemin de la Savane

Email : [Info@ohoutaouais.ca](mailto:Info@ohoutaouais.ca)

**819 568-0033**

<http://www.ohoutaouais.ca/>



## **Service d'aide à la recherche de logement**

Service offered free of charge by Office d'habitation  
de l'Outaouais

227, chemin de la Savane  
**819 568-2433**

### **Housing Allowance Program**

Provides financial assistance (up to \$80 a month) for low-income families forced to spend too much of their budget on housing

The amount is determined based on:

- ✓ Your age
- ✓ The number of people in your household
- ✓ Your type of household (two-parent, single-parent, etc.)
- ✓ Your income
- ✓ Your monthly rent

This program is for:

- ✓ Homeowners
- ✓ Tenants
- ✓ Lodgers
- ✓ Anyone who shares a home with one or more occupants

### **IMPORTANT!**

You cannot use this program if you receive another direct subsidy for housing. Please call to see if you are eligible.

**1 855 291-6467 (Option 3, option 1)**

<https://www.revenuquebec.ca/fr/citoyens/votre-situation/etudiant/programme-allocation-logement/>

## Régie du logement

*Régie  
du logement*

Québec 

The Régie's task is to rule on disputes before it via a simple procedure based on natural justice principles, prevent conflicts by informing citizens of their lease rights and obligations under the law, and promote conciliation between lessees and property-owners.

- ✓ Free information on laws governing rental accommodation
- ✓ Landlord-tenant disputes

170, rue Hôtel-de-ville, 4<sup>ième</sup> étage, bureau 4.100  
**1 800 683-2245**

<https://www.rdl.gouv.qc.ca/>

## FINANCIAL RESOURCES

### Association coopérative d'économie familiale de l'Outaouais (ACEF)



Our mission is to protect, coordinate, and defend the rights of Outaouais consumers.

- ✓ Financial problem and debt resolution
- ✓ Budget management
- ✓ Consumer rights
- ✓ Customized training
- ✓ One-on-one consultation

Lifetime membership: 5.00\$

You'll need to book an appointment

109, rue Wright

Email : [info@acefo.org](mailto:info@acefo.org)

**819 770-4911**

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



## **Time for your income tax**

Remember to do your taxes if you want to be entitled to family allowance, GST and QST rebates and any other credit for which you are eligible. The service starts at the end of February and run all year long.

### **Centre d'Action Bénévole de Gatineau** (service in effect all year round)



You must contact the organisation to learn the eligibility criteria and more detail:

42, avenue Gatineau

Email : [centreadministration@videotron.ca](mailto:centreadministration@videotron.ca)

819-568-0747 poste 105

<http://www.cabgatineau.com/>



## SERVICES FOR NEWCOMERS

### Accueil parrainage Outaouais (APO)



Support, settlement, and assistance services for newcomers

124, rue Jeanne-d'Arc

<http://www.apo-qc.org/site/>

819 777-2960



### Association des femmes immigrantes de l'Outaouais (AFIO)



Community organization that helps immigrant women socially, culturally, and economically integrate

4, rue Taschereau, local 520

<http://www.afio.ca/>

819 776-6764



## Centre Nouvel-Horizon



To learn French:  
✓ 24/7 registration  
✓ Birth certificate or immigration papers required

- ✓ Classification test needed to determine francization levels
- ✓ Alpha langue (literacy and francization)

100, rue La Baie

**819 561-9395**

<https://cea.csdraveurs.qc.ca/>



## Pour une intégration réussie du Carrefour Jeunesse Emploi de l'Outaouais

Objectif integration, a training course for immigrants of all ages developed by the Ministère de l'Immigration, de la Diversité et de l'Inclusion (MIDI), can help you:

- ✓ Learn about aspects of the Quebec labour market
- ✓ Understand Quebec society's culture, values, and job environment
- ✓ Learn and know how to use various tools, methods, and resources to enter Quebec's workforce

350, boulevard de la Gappe

Email : [Info@cjeo.qc.ca](mailto:Info@cjeo.qc.ca)

**819 561-7712**

<https://cjeo.qc.ca/services/services-aux-immigrants/>

## **Service Intégration Travail Outaouais**

**SITO** Mission: To help immigrants settle into Quebec society through employment and economic integration

- ✓ Experienced job consultants
- ✓ Structured programs with known results
- ✓ Solid training for hundreds of partner employers
- ✓ Work placements with potential for employment

4, rue Taschereau, local 400

Email : [Info@sito.qc.ca](mailto:Info@sito.qc.ca)

**819-776-2260**

<http://www.sito.qc.ca/>



## INSTITUTIONAL RESOURCES

### Canada Revenue Agency



Government  
of Canada Gouvernement  
du Canada

- ✓ Canada Child Tax Benefit (family allowance on the 20th of each month)
- ✓ All federal tax return information
- ✓ GST credit (every 3 months)
- ✓ QST rebate (2 times a year)
- ✓ Universal Child Care Benefit (UCCB)

**1 800 959-7383**

<http://www.cra-arc.gc.ca>

### Health Insurance Card..... 1 800 561-9749

You must go in person to your CLSC

With:

- ✓ Identity documents
- ✓ Photo that meets government standards

To learn more, visit the website:

<http://www.ramq.gouv.qc.ca>

# Centre intégré de santé et de services sociaux de l'Outaouais (CISSSO)

*Centre intégré  
de santé  
et de services sociaux  
de l'Outaouais*

Québec 

Need help?

## **What kind of help?**

- ✓ Information on various topics (pregnancy, breastfeeding, nutrition, child development, etc.)
- ✓ Free dietary supplements (OLO program)
- ✓ Support and assistance (housing, job search, daycare, returning to school, etc.)

<https://cissso-outaouais.gouv.qc.ca/>

**24/7: 811**

- Non-urgent health issues, physical discomfort: 811, Option 1
- Medical emergency: 911
- Difficult circumstances, isolation (bereavement, separation, family disputes, etc.): 811, Option 2



**Birth Certificate** ..... 1 877 644-4545

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

## **CHANGE OF ADDRESS**

**Government of Quebec .....** **1 877 644-4545**

If you are moving, this number may be used for:

- ✓ Ministère du Travail, Emploi et Solidarité sociale
- ✓ Revenu Québec
- ✓ Régie de l'assurance-maladie du Québec
- ✓ Régie des rentes du Québec
- ✓ Société de l'assurance automobile du Québec

**Quebec change of address service:**

<https://www.adresse.gouv.qc.ca>

**Government of Canada .....** **1 800 622-6232**

- ✓ GST/HST credit
- ✓ Universal Child Care Benefit
- ✓ Canada Child Tax Benefit
- ✓ Working Income Tax Benefit
- ✓ Elections Canada

**Other useful services:**

- ✓ Insurer (home, auto, life, etc.)
- ✓ Credit cards
- ✓ School board (school taxes, etc.)
- ✓ Employer
- ✓ Schools
- ✓ Electricity, gas, or oil companies (Hydro-Québec, Gazifère, etc.)
- ✓ Phone, cable, and Internet providers
- ✓ Hospitals, doctors, and medical clinics
- ✓ Financial institutions

**Immigration, Refugees and Citizenship Canada** ..... 1-888-242-2100  
<https://www.canada.ca/fr/services/immigration-citoyennete.html>

**Social Insurance Number** ..... 1 800 808-6352,  
Option 3  
**You will need a:**  
✓ Birth certificate  
✓ Certificate of Canadian citizenship  
[www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)

**Child Assistance Payments**  
1 800 488-2323

**Work Premium** ..... 1 800 267-6299  
Tax credit for working families, wholly dependent on:  
✓ Working family income  
✓ Family/parental status

**Quebec Parental Insurance Plan (QPIP)**  
1 888 610-7727 (Option 3, Option 1)  
<http://www.rqap.gouv.qc.ca/>

**Revenu Québec**  
**Québec**   
✓ All provincial tax return information  
✓ Child Assistance Payments  
<http://www.revenuquebec.ca>  
1 800 267-6299

## **Ville de Gatineau**

For all questions, dial 3-1-1

<https://www.gatineau.ca>



## **LEGAL RESOURCES**

### **Centre communautaire juridique de l'Outaouais**

(Legal aid – free, or contribution-based)

365, boul. Gréber, bureau 202

**819 568-0990**

<http://www.aidejuridiqueoutaouais.ca/>

### **Centre de justice de proximité**

Free legal information and support services

768, Boul. Saint-Joseph, bureau 200

**819 600-4600**

<http://www.justicedeproximite.qc.ca/>

### **Droit Accès de l'Outaouais**



Provides one-on-one or group assistance, support, and advocacy for vulnerable people with mental health issues whose rights are at risk

**819-777-4746**

<http://droitsacces.com/>

## **Inform'Elle (droit familial)**



Inform'elle, an organization devoted to making family law simple, accessible, and easy to understand, offers services to everyone. It also advocates for women's autonomy and gender equality.

Email : [droitpourelle@informelle.osbl.ca](mailto:droitpourelle@informelle.osbl.ca)

**1 877 443-8221**

<http://www.informelle.osbl.ca/>



## **SOS Violence Conjugale**

24/7 free, anonymous, and confidential intake, assessment, information, outreach, support, and referral services

**1 800 363-9010**

<http://www.sosviolenceconjugale.ca/>

## **COMMUNITY RESOURCES**

### **Assemblée des groupes de femmes d'intervention régionale (AGIR)**

819 770-0351

<https://agir-outaouais.ca/>

### **Association des familles monoparentales et recomposées de l'Outaouais (AFMRO)**

819 771-3269

<http://www.afmro.ca/>

## **Carrefour de la miséricorde**

Carrefour de la miséricorde provides a welcoming, respectful, judgment-free environment for single mothers and their children.

355, rue Laviolette

**819 643-5797**

<http://www.carrefourmisericorde.org/>



## **Centre d'action bénévole de Gatineau**

The mission of Le Centre d'Action Bénévole de Gatineau is to meet community needs by promoting and fostering volunteerism and civic action in various fields of human endeavour.

42, avenue Gatineau

Email : [centreadministration@videotron.ca](mailto:centreadministration@videotron.ca)

**819 568-0747**

<https://www.cabgatineau.com/>



## **Centre d'aide et de lutte contre les agressions sexuelles (CALAS)**

819 771-1773

## **Centre d'entraide La Destinée**

Centre d'entraide La Destinée's mission is to help women improve their living conditions and quality of life, end their isolation, and become emotionally, socially, and economically independent.

177, chemin de la Savane

**819 561-7474**

<http://www.ladestinee.org/>

## **Centre d'intervention en abus sexuel pour la famille (CIASF)**

819 595-1905

<http://www.ciasf.org/>

## **Centre inter-section**



Centre inter-section is a community organization that helps people with mental health issues recover and re-enter society while providing support for people bereaved by suicide.

1232, boul. Saint-René Ouest

**819-568-9567**

<https://www.inter-section.ca/>



## **Donne-toi une chance**

Helps effect social change regarding issues faced by men by, among other things, addressing the adverse effects of socialization, pointing out the weaknesses often associated with it, and promoting positive models of masculinity.

1939, rue St-Louis, local 4

**819-205-1451**

<http://www.donnetoiunechance.org/>

## **Espoir Rosalie**



This organization's mission is to offer single mothers and their children a welcoming, respectful, judgement-free environment to help them develop means and resources for personal, parental, social, and financial empowerment.

763 Rue Saint-Louis

**819 243-7663**

<http://www.espoirrosalie.org/>

## **Maison Unies-Vers-Femmes**

*A place where battered women and their children can find support and shelter*

**819 568-4710**

## **EMPLOYMENT RESOURCES**

### **Carrefour jeunesse emploi de l'Outaouais**



Carrefour  
jeunesse emploi  
de l'Outaouais

Carrefour jeunesse emploi de l'Outaouais (CJEQ), a community organization for people aged 16 to 35 who want

to find work, study, become entrepreneurs, or carry out future projects, is instrumental in helping to improve their circumstances.

350, boulevard de la Gappe

Email : [info@cjeo.qc.ca](mailto:info@cjeo.qc.ca)

**819 561-7712**

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



### **Centre local d'emploi de Gatineau**

For people who need help finding a job or require last resort assistance

456, boul. de l'Hôpital

**819 568-6500**

### **Federal Job Bank**

Service Canada Centre

455, blv. de l'Hôpital

**1-800-662-6232**

<https://www.guichetemplois.gc.ca/trouverunemploi>

## Option Femmes



Option Femmes is a regional organization that promotes women's economic independence and works to upgrade the female workforce through career development and entrepreneurship services. We're always here to serve you. Be proud of your choice!

365, boulevard Gréber, bureau 203

Email : [info@optionfemmes.ca](mailto:info@optionfemmes.ca)

**819-246-1725**

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



## HEALTH RESOURCES

**CISSS de l'Outaouais**.....819 966-6550

**Info- Santé /Info-Social** .....8-1-1

**Hôpital de Gatineau**.....819 966-6100

**Clinique médicale d'urgence de l'Outaouais**...819 561-6611  
(25, chemin de la Savane)

**Clinique des femmes de l'Outaouais**.....819 778-2055

**Find a Family Doctor**.....819 966-6550  
<https://cissss-outaouais.gouv.qc.ca/>

**Les Centres Jeunesse de l'Outaouais**.....819 771-6631

**Tel-Aide Outaouais**.....819 776-2649

**LigneParents**.....1 800 361-5085

**DPJ – Youth Protection**.....819 776-6060

## ADDICTION RESOURCES

<u>Alcoholics Anonymous (AA)</u> .....	819 595-1916
<u>Bureau régional Action Sida (BRAS)</u> .....	819 776-2727
<u>Centre d'intervention et de prévention en toxicomanie de l'Outaouais(CIPTO)</u> .....	819 770-7249
<u>Centre de réadaptation en dépendance de l'Outaouais (alcool,drogue,jeux)</u> .....	819 568-3655
<u>Narcotics Anonymous (NA)</u> .....	1 855 544-6362

## DIRECTORY – BOOK LOANS AND DONATIONS (Gatineau and surrounding area)

### Gatineau Library

Anyone can borrow books with the free Accès Gatineau library card.

### Gatineau Ouest

**Bibliothèque Guy-Sanche**  
855, boulevard de la Gappe

**Bibliothèque de Riviera**  
12, rue de Picardie

## Accès Gatineau Card



The Accès Gatineau card is **free** for all Gatineau residents and has the following privileges:

- ✓ Access to the library
- ✓ Registration for the culture and recreation program



The Accès Gatineau + card has a **fee (\$)** and offers, for a small premium:

- ✓ Access to the library
- ✓ Registration for the culture and recreation program
- ✓ Unlimited access to all drop-in activities
- ✓ Free outdoor equipment rental

Available at all Gatineau public library points of service, the Accès Gatineau card is valid for one year. Choose the Accès Gatineau card that best meets your needs:

***Go to a Gatineau public library point of service with valid ID and proof of address.***

**To learn more, visit:**

[http://www.gatineau.ca/page.asp?p=quichet\\_municipal/carte\\_acces\\_gatineau](http://www.gatineau.ca/page.asp?p=quichet_municipal/carte_acces_gatineau)

ORGANIZATION	CHILDREN	ADULTS	LOAN	DONATION
<b>Centre d'Animation Familiale (CAF)</b> <i>Community centre</i> 1312, rue Saint-Louis 819 561-5196	X	X	X	X
<b>Pointe aux Jeunes (PAJ)</b> <i>Book depository and internet access</i> 448, rue de Pointe-Gatineau 819 243-2537	X	X	X	
<b>Centre de pédiatrie sociale de Gatineau (CPSG)</b> <i>Place for children and their families</i> 321, rue Notre-Dame 819 643-3000	X		X	X
<b>AQETA</b> <i>Specialized loans</i> 109, rue Wright 819 777-3126	X	X	X	X
PROGRAM	CHILDREN	ADULTS	LOAN	DONATION
<b>Gatineau Public Library</b> <i>Project: Books for Baby</i> 819 595-7460 Website: <a href="#">Ville de Gatineau - Programme Une naissance, un livre</a>	X			X
<b>Mobile Library</b> <i>Book box based on the concept of free exchange (all ages)</i>	<b>Address</b>			
<b>Carrefour Jeunesse Emploi</b>	360, boul. de la Gappe			
<b>Centre Nouvel-Horizon</b>	100, rue de la Baie			
<b>La Boîte à grains</b>	325, boul. Gréber			
<b>Centre de pédiatrie sociale de Gatineau</b>	321, rue Notre-Dame			
<b>Centre d'hébergement Maison bon séjour</b>	134, rue Jean-René-Monette			



## WHERE TO FIND A "CROQUE-LIVRES"?

**SOLIDARITÉ GATINEAU OUEST**  
1096, RUE SAINT-Louis

**NAISSANCE-RENAISSANCE OUTAOUAIS**  
115, BOUL. SACRÉ-CŒUR

**CENTRE D'ANIMATION FAMILIALE**  
1312, RUE SAINT-Louis

**CENTRE COMMUNAUTAIRE  
DANIEL-LAFORTUNE**  
448, RUE POINTE-GATINEAU

**CPE LES FEUX FOLLETS**  
175, CHEMIN DE LA SAVANE

**OFFICE MUNICIPAL D'HABITATION DE  
GATINEAU**  
227, CHEMIN DE LA SAVANE

**CPE LA GATINERIE**  
32, RUE DE L'ACADIE

**CPE LE BONJOUR**  
33, RUE DE LA BAIE

**DEVANT L'ÉCOLE DU NOUVEAU-MONDE,  
COUR AVANT D'UNE CITOYENNE**  
57, RUE SAINT-ROSAIRE

**MAISON DE LA FAMILLE DE GATINEAU**  
101, AVENUE GATINEAU

**CPE L'ARCHE DES PETITS**  
96, RUE DE LA BAIE

PRENDS OU DONNE  
UN LIVRE

## Moving?

Here's a list of Tables de développement social for other Outaouais sectors:

**Comité de vie de quartier du Vieux-Gatineau(CVQ)**  
[dq@cvqvg.ca](mailto:dq@cvqvg.ca)

819-893-4300

**Hull en santé**  
[coordo@hullensante.ca](mailto:coordo@hullensante.ca)

**Partenaires du secteur Aylmer**  
[dq@partenairesaylmer.ca](mailto:dq@partenairesaylmer.ca)

819-557-1775

**Table de développement social de la Basse-Lièvre**  
[tabledelalievre@gmail.com](mailto:tabledelalievre@gmail.com)

819-442-3414

**Table de développement social des Collines-de-l'Outaouais**  
[dq@tdsco.org](mailto:dq@tdsco.org)

819-457-4480

**Table de développement MRC de Papineau**  
819-427-6243 poste 1406

**Table de développement social du Pontiac**  
819-648-5959

**Table de développement social Vallée-de-la-Gatineau**  
[tdsvg@outlook.com](mailto:tdsvg@outlook.com)

819-463-3838