



The Outaouais Health & Social Services Network's  
**DIRECTORY OF SERVICES**  
*for*  
**English-speaking Seniors**



**2010**

# Contents

- OHSSN Contact Information..... 1
- Important Phone Numbers ..... 1
- CLSC health and social services centres ..... 2
  - Aylmer ..... 2
  - Buckingham ..... 2
  - Gatineau ..... 2
  - Hull ..... 3
  - MRC des Collines..... 3
  - Pontiac..... 4
- Hospitals and Rehabilitation ..... 5
- City of Ottawa Hospitals ..... 6
- Government of Canada..... 8
- Quebec Government ..... 10
  - Services Quebec..... 10
  - Seniors’ Council (Conseil des aînés) ..... 10
  - Quebec Human Rights Commission ..... 10
  - Public Curator ..... 10
  - Department of Family, Seniors, and the Status of Women ..... 11
  - Quebec Justice Department..... 11
  - Consumer Protection Office..... 11
  - Quebec Office for the Handicapped..... 11
  - Quebec Health Insurance Plan ..... 12
  - Pensions..... 12
  - Rent Review Board..... 12
  - Revenue Quebec..... 12
  - Automobile licensing bureau ..... 13
  - Housing..... 13
- City Of Gatineau..... 13
  - Residential Services ..... 13
  - Seniors Home Renovation..... 13
- Seniors Assistance Volunteers-Organizations ..... 14

Aylmer-Volunteers.....	14
Buckingham Masson-Angers Volunteers.....	14
Gatineau Volunteers.....	14
Gatineau Seniors' Centre.....	14
Hull Volunteers.....	15
Volunteers & Assistance to Seniors.....	15
Meals on Wheels.....	15
Associations for the handicapped.....	16
Hearing Impaired.....	16
Association for the Visually-Handicapped.....	16
Quebec Association for the rights of retired persons.....	16
Complaint Assistance for Health and Social Services.....	16
Council for the protection of the ill.....	16
Outaouais Mental Health-Rights and Support Services.....	17
Familis - Rights of Grand-Parents.....	17
Federation of Seniors – Support and Rights for Seniors.....	17
Food assistance for individuals in need.....	17
La Manne de l'Île food bank.....	17
Soupe populaire de Hull.....	17
Aylmer Food Centre.....	17
Centre Frédéric-Ozanam.....	18
Centre Yolande Duval.....	18
Seniors Food Shopping Assistance.....	18
Aylmer-Saint-Vincent-de-Paul-Community Counter.....	18
Gatineau-Saint-Vincent-de-Paul-Community Counter.....	18
Hull-St-Vincent De Paul-Community Counter.....	18
Seniors' support.....	18
Outaouais Alzheimer's Society.....	18
Centre C.A.R.M.E.N.....	18
Seniors Activity Centre.....	19
Women Centre-Support.....	19
Deschênes Community Group-Serving Deschênes District.....	19
The Friendship House.....	19
Financial Education and Support.....	19
Gatineau Seniors' Centre.....	19
Legal assistance and individual rights.....	20

Aide juridique Aylmer .....	20
Aide juridique Buckingham .....	20
Aide juridique de Gatineau .....	20
Centre juridique communautaire de Hull .....	20
Chambre des notaires, info juridique .....	20
Nursing homes.....	21
Gatineau .....	21
Hull .....	21
Housing assistance.....	22
Mental and physical health support groups .....	23
Alcoholics Anonymous .....	23
Support for the Physically handicapped.....	23
Muscular Dystrophy Association of Canada .....	23
Sceliacs Disease Association of Canada .....	23
Assistance for the hearing impaired.....	23
Visually-handicapped Association .....	23
Association of Persons Living with Chronic Pain.....	23
Community Support for Intellectually Deficient Individuals .....	24
Crime Victims Assistance Centre .....	24
Addiction Support & Prevention centre .....	24
Mental Health Support .....	24
Help for violent men .....	24
Grief support group. ....	25
Epilepsy Outaouais.....	25
Gambling Addiction 24/7 help-line .....	25
Emotional Support for Existential Difficulties.....	25
Canadian National Institute for the Blind .....	25
Women's Shelter: 24/7 help-line .....	25
Women's Shelter: La Maison Unies-Vers-Femmes .....	25
Women's Shelter: L'Autre Chez-Soi.....	25
Women's Shelter: Centre Mechtilde .....	25
Spousal Abuse: 24/7 support .....	26
Diabetic Support group .....	26
Drug, Alcohol, and Medication Treatment Centre.....	26
Intellectual Deficiency Support for Seniors and families .....	26
End of life-Individual & Family Support Services .....	26

Fall Prevention Programs .....	26
Active Living for Seniors .....	26
Heating Impaired Support Services .....	27
Canadian Arthritis Society .....	27
Multiple Sclerosis Society of Canada .....	27
Canadian Cancer Society .....	27
Outaouais Alzheimer's Society .....	27
Telephone Crisis help-line .....	27
Palliative Care Services .....	28
Transportation .....	29
Outaouais Bus Services .....	29
(STO) Special Transport for handicapped .....	29
Outaouais Specialized Medical Transport (Private) .....	29
Via Rail Canada .....	29
Voyageur /Greyhound bus services.....	29
Libraries .....	30
Gatineau .....	30
Hull .....	30
Buckingham-Masson-Angers.....	30



**OHSSN is the Outaouais Health and Social Services Network and the  
*Connexions* Resource Centre at 2 Millar Street, Gatineau (Hull)**

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### **OHSSN Contact Information**

For help regarding access to health and social services information in English,  
please contact us at:

**Tel: 819-777-3206**

**Email: [info@ohssn.org](mailto:info@ohssn.org)**

**Website: [www.ohssn.org](http://www.ohssn.org)**

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### **Important Phone Numbers**

Emergencies	9-1-1
Police	9-1-1
Fire	9-1-1
Ambulance	9-1-1
Telehealth Information	8-1-1
Quebec Provincial Police	819-310-4141
Poison Centre	1-800-463-5060
Hydro Québec	1-800-790-2424
Gazifière (gas)	819-771-8321 (press 1)
City of Gatineau	3-1-1

## **CLSC health and social services centres**

CLSCs (*Centre locale de services communautaires*) are Quebec's local health and social services centres. The CLSCs are the entry point to most of the health and social services in the Outaouais. There are centres in all areas of the Outaouais.

### ***Aylmer***

CLSC Grande-Rivière  
425, Rue LeGuerrier, Gatineau-J9H 6N8  
Telephone: 819-966-6540

### ***Buckingham***

CLSC de la Vallée de la Lièvre  
578, rue MacLaren, Gatineau-J8L 2W1  
Telephone: 819-986-3359

### ***Gatineau***

CLSC de Gatineau  
777, boulevard de La Gappe, gatineau  
Telephone: 819-966-6550

Gatineau Home Service Centre  
( Centre de services à domicile)  
80, Avenue Gatineau, Gatineau  
Telephone: 819-561-2250

CLSC de Gatineau  
Gatineau  
Telephone: 819- 966-6550

CLSC de Gatineau  
Saint-Rédempteur  
Telephone: 819-966-6510

CLSC de Gatineau  
du Mont-Bleu  
Telephone: 819-966-6510

CLSC de Gatineau  
Saint-Raymond  
Telephone: 819-966-6525

CLSC de Gatineau  
LeGuerrier  
Telephone: 819-966-6540

CLSC de Gatineau  
Maison Bruyère  
Telephone: 819- 966-6540

CLSC de Gatineau  
Alexandre-Taché  
Telephone 819-966-6580

### ***Hull***

CLSC de Hull  
207, boulevard Mont-Bleu, Gatineau-J8Z 3G3  
Telephone: 819-966-6510

CLSC de Hull  
85 rue Saint-Rédempteur, Gatineau  
Telephone: 819-770-6900

### ***MRC des Collines***

CLSC -Chelsea  
490 Route 105, Suite 201, Chelsea  
Telephone: 819-827-5622

CLSC Masham  
9 Passe Partout Rd. Masham  
Telephone: 819-456-4531

CLSC Cantley  
850 Monté de la Source, Cantley  
Telephone: 819-827-5818

CLSC Val des Monts  
1884 Route du Carefour, Val des Monts  
Telephone: 819- 671-3060

***Pontiac***

CLCS Fort Coulonge  
160 De la Chute Rd. Mansfield  
Telephone: 819-683-3000

CLSC Otter Lake  
340 Martineau Ave. Otter Lake  
Telephone: 819- 453-7392

CLSC Rapides-des-Joachims  
48A, De l'Église St. Rapides-des-Joachims  
Telephone: 613-586-2357

CLSC Chapeau  
72, St-Patrick St. Chapeau  
Telephone: 819-689-5080

CLSC Bryson  
420 Terry Fox St. Bryson  
Telephone: 819- 648-2193

CLSC Quyon  
1164 Clarendon St. Bryson  
Telephone: 819-458-2848

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## Hospitals and Rehabilitation

CHVO-Gatineau Sector Hospital  
909, La Vérendrye Boul. West, Gatineau  
Telephone: 819-561-8100  
819-966-6100

CHVO-Hull sector Hospital  
116 Lionel-Émond Boul. Gatineau  
Telephone: 819-595-6000  
819-966-6200

Papineau Hospital  
500 Bélanger St. Gatineau  
Telephone: 819-986-3341

Memorial Hospital-Wakefield  
101 Burnside Rd.  
Telephone: 819- 777-6261

Pontiac Hospital-Shawville  
200 Argue St. Shawville,  
Téléphone: 819- 647-2211

Centre hospitalier psychiatrique Pierre Janet  
(Pierre Janet Psychiatric Hospital)  
20, Pharrand St. Gatineau  
Telephone: 819-771-7761

Centre de Réadaptation La RessourSe  
(La RessourSe Rehabilitation Centre)  
135 Saint-Raymond Boul. Gatineau  
Internet: [www.crr-la-ressource.qc.ca/index\\_f.html](http://www.crr-la-ressource.qc.ca/index_f.html)  
Telephone 819-777-6261

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## **City of Ottawa Hospitals**

Élizabeth Bruyère Centre  
Palliative care centre  
43 Bruyère street, Ottawa  
Telephone: 613-562-0050

Perley and Rideau Veterans Hospitals  
1750 Russell Road, Ottawa  
Telephone: 613-562-7170

Ottawa Hospital-Civic Campus  
1053 Carling Avenue, Ottawa  
Telephone: 613-722-7000  
Hearing impaired: 613-761-4024

Regional Cancer Centre  
190 Melrose Avenue, Ottawa  
(Right next to the General Campus)  
Telephone: 613-737-7700

Ottawa Hospital-General Campus  
501 Smyth Road, Ottawa  
Telephone: 613-722-7000  
Hearing impaired 613-761-4024

Cognitive and Geriatric Evaluation Program  
(Ottawa Hospital-General Campus)  
501 Smyth Road, Ottawa  
Telephone: 613-737-8039

Ottawa Hospital-Riverside Campus  
1967 Riverside drive, Ottawa  
Telephone: 613-722-7000

Montfort Hospital  
713 Montreal Road, Ottawa  
Telephone: 613-746-4621

Queensway-Carleton Hospital  
3045 Baseline Road, Ottawa  
Telephone: 613-721-2000

Ottawa Royal Hospital (Psychiatric)  
1145 Carling Avenue, Ottawa  
Telephone: 613-722-6521

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## **Government of Canada**

Services Canada

Information on Programs and Services

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

Telephone: 1- 800-622-6232

Hearing impaired 1- 800-926-9105

Canadian Revenue Agency

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

Telephone: 1-800-959-7383

Canadian Human Rights Commission

[www.ccdp-chrc.ca](http://www.ccdp-chrc.ca)

Telephone: 1- 800-214-1090

Hearing Impaired 1- 800-643-3304

Info-Seniors Canada

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

Telephone: 1-800-622-6232

Hearing Impaired 1-800-926-9105

National Defence & Veterans Canada- Support Centre

Information and Assistance to war veterans

Telephone: 613-995-1457

War Veterans Services

2323 Riverside Drive (Billings Bridge Plaza)

Ottawa, K1A 0P5

Telephone: 613-998-9460

Social Security Number (Office)

Telephone: 1- -800 -622-6232

Canadian Pension Plan and Old Age Security

Information on services, Canadian Pension Plans,

Death benefits, Old Age Security, forms and publications.

85 rue Bellehumeur, (room 150) Gatineau-K8T 8B7

920 Boulevard Saint-Joseph, Gatineau-J8Z 1S9

Telephone: 1- 800-277-9915

Hearing Impaired 1- 800-255-4786

Passport Office

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

Information and passport requests

Telephone: 1-800-567-6868

Hearing Impaired 1-866-255-7655

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## Quebec Government

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

### *Services Quebec*

Information on programs and services offered to Seniors by the Quebec Government

Telephone: 1-877-644-4545

Hearing Impaired 1-800-361-9596

### **Local offices:**

Aylmer 420 Wilfred Lavigne, Suite 6  
Gatineau, QC J9H 6W7

Buckingham 154 Maclaren East,  
Gatineau, QC J8L 1K4

Hull sector: 170 Hotel-de-Ville,  
Gatineau, QC J8X 4C2

### *Seniors' Council (Conseil des aînés)*

[www.conseil-des-aines.qc.ca](http://www.conseil-des-aines.qc.ca)

Organization promoting the rights and interests of Seniors

Telephone: 1-877-657-2463

### *Quebec Human Rights Commission*

(Commission des droits de la personne et des droits de la jeunesse)

Information on human rights in Quebec

Site Internet : [www.cdpdj.qc.ca](http://www.cdpdj.qc.ca)

Telephone: 819-772-3681

Hearing impaired 1-514-873-2648

### *Public Curator*

4, rue Taschereau, bureau 320, Gatineau, QC J8Y 2V5

Site Internet : [www.curateur.gouv.qc.ca](http://www.curateur.gouv.qc.ca)

Telephone: 819-772-3694

Toll free 1 800-363-9020

***Department of Family, Seniors, and the Status of Women***

(Ministère de la Famille, des Aînés et de la Condition Féminine)

Site Internet : [www.mfacf.gouv.qc.ca](http://www.mfacf.gouv.qc.ca)

Oversees all government programs and initiatives relating to Seniors (including Seniors' Secretariat), women, and the family.

Telephone: 1-877-502-4127

***Quebec Justice Department***

Ministère de la Justice -Directeur de l'état civil

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

Information relating to birth certificates, death certificates, marriage certificates, etc.

Telephone: 1-800-567-3900

***Consumer Protection Office***

(Office de la protection du consommateur)

Regional office-Outaouais

170, Hôtel de Ville St.

Office 8300, Gatineau, QC J8X 4C2

Site Internet : [www.opc.gouv.qc.ca](http://www.opc.gouv.qc.ca)

Information on consumer protection laws, small claims court, funeral home services, etc.

Telephone: 819-772-3016

***Quebec Office for the Handicapped***

(Office des personnes handicapées du Québec)

Information and support for all things related to the handicapped

170 Hotel de Ville St. Room 8200

Gatineau, QC J8X 4C2

Site Internet : [www.ophq.gouv.qc.ca](http://www.ophq.gouv.qc.ca)

Telephone: 1-800-567-1465

Hearing Impaired 1-800-567-1477

**Quebec Health Insurance Plan**

(Régie de l'assurance maladie du Québec)

Site Internet : [www.ramq.gouv.qc.ca](http://www.ramq.gouv.qc.ca)

Information and services related to health cards, drug insurance plan, hearing aids programs, free eye exams, physical aids, prosthetics, ambulance service, etc.

Telephone: 1-800-561-9749

Health Card 1-800-561-9749

Hearing Impaired 1-800-361-3939

**Pensions**

(Régie des rentes du Québec)

Édifice Jos Montferrand, 170 Hôtel de Ville St.

local 3450, Gatineau, QC J8X 4C2

Site Internet : [www.rrq.gouv.qc.ca](http://www.rrq.gouv.qc.ca)

Information and forms related to pension supplement, spousal death benefits, etc.

1 800 463-5185

1 800 603 3540

**Rent Review Board**

(Régie du logement)

Édifice Jos Montferrand, 170 Hôtel de Ville St.

local 4100, Gatineau, QC J8X 4C2

Site Internet : [www.rdl.gouv.qc.ca](http://www.rdl.gouv.qc.ca)

Info on rights and obligations relating to renting and leasing, complaints and rental court related issues.

Telephone: 1-800-683-2245

**Revenu Quebec**

(Revenu Québec)

Site Internet : [www.revenu.gouv.qc.ca](http://www.revenu.gouv.qc.ca)

For information on income tax, taxes, contributions to the drug benefit program, tax credits for keeping the elderly at home RRSPs, RIFs.

Telephone: 819-770-1768 (Gatineau office)

Toll free: 1-800-267-6299

Hearing Impaired: 1-800-361-3795

***Automobile licensing bureau***

(Société de l'assurance automobile du Québec )

Site Internet : [www.saaq.gouv.qc.ca](http://www.saaq.gouv.qc.ca)

Telephone: 1-800-361-7620

Hearing Impaired 1-800-565-7763

***Housing***

(Société d'habitation du Québec)

Site Internet : [www.habitation.gouv.ca](http://www.habitation.gouv.ca)

Information on programs and housing for seniors.

Telephone: 1-800-463-4315

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**City Of Gatineau*****Residential Services***

Telephone 3-1-1

***Seniors Home Renovation***

Subsidies for independent living.

City of Gatineau- Urbanism Office

Telephone: 819-595-7331.

## **Seniors Assistance Volunteers-Organizations**

Please note that the following organizations offer a wide variety of support services to Seniors. Services vary widely with the different groups and **NOT all services are free**. However, most are volunteer-based and offer basic support services such as accompaniment for appointments, therapy, rehabilitation, grocery shopping. Other services include meal assistance, home visits, telephone contact to reduce isolation, government forms and tax-filing assistance.

**Please contact the one nearest you for information about the services offered in your area.**

### ***Aylmer-Volunteers***

Centre d'action bénévole ACCÈS  
Membership required.  
67, rue Principale, Gatineau, QC J9H 3L4  
E-mail : [c.a.b.acces@bellnet.ca](mailto:c.a.b.acces@bellnet.ca)  
Telephone: 819 684-2242

### ***Buckingham Masson-Angers Volunteers***

Association des bénévoles de la Vallée-de-la-Lièvre  
390, ave de Buckingham, Gatineau, QC J8L 2G7  
E-mail : [associationdesbenevoles@videotron.ca](mailto:associationdesbenevoles@videotron.ca)  
Telephone: 819 281-4343

### ***Gatineau Volunteers***

Centre d'action bénévole de Gatineau  
42 Gatineau Ave. Gatineau, QC J8T 4J3  
E-mail: [benevole@ncf.ca](mailto:benevole@ncf.ca)  
Internet : [www.ncf.ca/benevole](http://www.ncf.ca/benevole)  
Telephone: 819 568-0747

### ***Gatineau Seniors' Centre***

Centre des aînés de Gatineau-Volunteers  
Membership required.  
89, rue Jean-René-Monette, Gatineau, QC J8P 5B8  
E-mail : [cag@videotron.ca](mailto:cag@videotron.ca)

Internet : [www.centredesainesdegatineau.qc.ca](http://www.centredesainesdegatineau.qc.ca)

Telephone: 819-663-3305

### ***Hull Volunteers***

Centre d'action bénévole de Hull

4 Taschereau St. Room 550, Gatineau, QC J8Y 2V5

E-mail : [direction@benevoles-outaouais.org](mailto:direction@benevoles-outaouais.org)

E-mail : [rwall@medi-santé.com](mailto:rwall@medi-santé.com)

Internet : [www.benevoles-outaouais.org](http://www.benevoles-outaouais.org)

Telephone: 819 778-6155

### ***Volunteers & Assistance to Seniors***

Centre d'entraide aux aînés

Membership required.

331 Cité des Jeunes Boul. Room 101,

Gatineau, QC J8Y 6T3

E-mail : [centredentraideauxaines@videotron.ca](mailto:centredentraideauxaines@videotron.ca)

Internet : [www.infonet.ca/entraideauxaines](http://www.infonet.ca/entraideauxaines)

Telephone: 819-771-6609

### ***Meals on Wheels.***

Meal Delivery Support for Seniors

Telephone: 819-684-8523

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## **Associations for the handicapped**

### ***Hearing Impaired***

Association de l'ouïe de l'Outaouais  
115, boul. Sacré-Cœur, bureau 206 ,  
Gatineau, QC J8X1C5

E-mail: [adoo@qc.aira.com](mailto:adoo@qc.aira.com)

Telephone: 819-770-9653

### ***Association for the Visually-Handicapped***

Association des personnes handicapées visuelles de l'Outaouais (APHVO)  
109, rue Wright, local 411, Gatineau, QC J8X 2G7

E-mail : [aphvo@bellnet.ca](mailto:aphvo@bellnet.ca)

Internet : [www.aphvo.qc.ca](http://www.aphvo.qc.ca)

Telephone: 819-771-5417

### ***Quebec Association for the rights of retired persons***

Association québécoise pour la défense des droits des personnes retraitées et  
préretraitées

Telephone: 1- 514 526-3845

### ***Complaint Assistance for Health and Social Services***

Centre d'assistance et d'accompagnement aux plaintes Outaouais  
92, boul. Saint-Raymond, bureau 203  
Gatineau, QC J8Y 1S7

E-mail : [caap-out@videotron.ca](mailto:caap-out@videotron.ca)

Telephone: 819-770-3637

Toll free: 1- 877-767-2227

### ***Council for the protection of the ill***

Conseil pour la protection des malades (CPM)

For individuals using the health and social services in Quebec

E-mail: [info@cpm.qc.ca](mailto:info@cpm.qc.ca)

Internet : [www.cpm.qc.ca](http://www.cpm.qc.ca)

Toll free: 1 877 276-2433

***Outaouais Mental Health-Rights and Support Services***

Droits-accès de l'Outaouais  
 145, rue Eddy, Gatineau, QC J8X 2W7  
 E-Mail: [droitsaccésout@qc.aira.com](mailto:droitsaccésout@qc.aira.com)  
 Telephone: 819-777- 4746  
 Toll free: 1 800-667- 4746

***Familis - Rights of Grand-Parents***

Rights pertaining to access to grandchildren.  
 Internet : [www.familis.org](http://www.familis.org)  
 Toll free: 1-877-527- 8435

***Federation of Seniors – Support and Rights for Seniors***

Fédération des Clubs d'âge d'or du Québec (FADOQ)  
 Outaouais 331 Cité-des-Jeunes Boul. Room111, Gatineau,  
 E-Mail: [admin@fadoqoutaouais.qc.ca](mailto:admin@fadoqoutaouais.qc.ca)  
 Internet : [www.fadoqoutaouais.qc.ca](http://www.fadoqoutaouais.qc.ca)  
 Telephone: 819-777- 5774

**Food assistance for individuals in need*****La Manne de l'Île food bank***

119, rue de Carillon, Gatineau, QC J8X 2P8  
 Courriel : [mannedelile@sympatico.ca](mailto:mannedelile@sympatico.ca)  
 Telephone: 819 770-5261

***Soupe populaire de Hull***

Food and clothing support  
 E-Mail : [soupepophull@bellnet.ca](mailto:soupepophull@bellnet.ca)  
 Telephone: 819 770-3789

***Aylmer Food Centre***

Telephone: 819-684-0163

***Centre Frédéric-Ozanam***

751, boul. Saint-Joseph, Gatineau, QC J8Y 4B7

Telephone: 819 -770-3789

***Centre Yolande Duval***

57, rue Charlevoix, Gatineau, QC J8X 1P3

Telephone: 819 778-0173

***Seniors Food Shopping Assistance***

Le Centre d'entraide aux aînés

Provides bus and accompaniment for seniors

With their grocery needs and outings.

Telephone: 819-771-6609

***Aylmer-Saint-Vincent-de-Paul-Community Counter***

56 Principale St. Aylmer

Telephone: 819 684-0754

***Gatineau-Saint-Vincent-de-Paul-Community Counter***

35 St-Raymond Boul. Gatineau,

Telephone: (819) 777-5987

***Hull-St-Vincent De Paul-Community Counter***

102 Eddy St. Hull

Telephone: (819) 776-1068

**Seniors' support*****Outaouais Alzheimer's Society***

Société Alzheimer de l'Outaouais québécois

Telephone: 819-777-4232

***Centre C.A.R.M.E.N.***

Professional services supporting the ill and their families.

Telephone: 819 243-0037

***Seniors Activity Centre***

Centre des aînés de Gatineau

Day activities for Seniors, and those afflicted with Alzheimer's'

Workshops for continued autonomy for seniors at home.

Telephone: 819 663-3305

***Women Centre-Support***

Centre Actu-Elle

501, Des Pins, St. Gatineau, QC J8L 2L2

Telephone: 819 986-9713

***Deschênes Community Group-Serving Deschênes District***

Groupe communautaire Deschênes

57, Vanier Rd. Aylmer

E-mail : [gcd\\_coordo@hotmail.com](mailto:gcd_coordo@hotmail.com)

Telephone: 819 684-7999

***The Friendship House***

Maison de l'Amitié

Community Support-Social activities

58, Hanson St. Gatineau

E-mail: [orgcommunautaire@ncf.ca](mailto:orgcommunautaire@ncf.ca)

Telephone: 819 772-6622

***Financial Education and Support***

Association coopérative d'économie familiale de l'Outaouais

109, Wright St., Gatineau, QC

E-mail : [acefout@videotron.ca](mailto:acefout@videotron.ca)

Telephone: 819 770-4911

***Gatineau Seniors' Centre***

Centre des aînés de Gatineau

Social Activities for Seniors

89, Jean-René-Monette St. Gatineau, QC J8P 5B8

Courriel : [cag@videotron.ca](mailto:cag@videotron.ca)

Telephone: 819 663-3305

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## **Legal assistance and individual rights**

Legal assistance services are offered across the region for low income seniors.

### ***Aide juridique Aylmer***

8 Place Grande Rivière,  
203, ch, Aylmer, Gatineau, QC J9H 6H4  
E-mail: [bajaylmer@videotron.ca](mailto:bajaylmer@videotron.ca)  
Telephone: 819-684-0333

### ***Aide juridique Buckingham***

135, rue Joseph, Gatineau, QC J8L 1G1  
E-mail : [bajbuck@videotron.ca](mailto:bajbuck@videotron.ca)  
Telephone: 819-986-6733

### ***Aide juridique de Gatineau***

365, boul. Gréber, Gatineau, QC J8T 5R3  
E-mail : [bajgat@videotron.ca](mailto:bajgat@videotron.ca)  
Telephone: 819-568-0990

### ***Centre juridique communautaire de Hull***

768, boul. Saint-Joseph, bureau 210,  
Gatineau, QC J8Y 4B8  
E-mail : [bajadmin@bellnet.ca](mailto:bajadmin@bellnet.ca)  
Telephone: 819-772-3011

### ***Chambre des notaires, info juridique***

Clinique juridique de Hull  
155, rue Saint-Etienne, Gatineau, QC J8X 1K7  
E-mail : [droitsocial@cliniquejuridique.org](mailto:droitsocial@cliniquejuridique.org)  
Internet : [www.cliniquejuridique.org](http://www.cliniquejuridique.org)  
Telephone: 1-800-668-2473  
819 778-1147

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## **Nursing homes**

### ***Gatineau***

Centre d'hébergement

Vallée-de-la-Lièvre

111 Gérard-Gauthier St., Gatineau, QC J8L 3C7

Telephone: 819 986-1043

Maison bon séjour

134 Jean-René-Monette, Gatineau, QC J8P 7C3

Telephone: 819 561-2001

Résidence Champlain

510, boul. la Vérendrye Est, Gatineau, QC J8P 8B4

Telephone: 819 669-7331

Résidence Vigi de l'Outaouais

565 de l'Hôpital Boul. Gatineau, QC J8V 3T4

Telephone: 819 568-7434

### ***Hull***

Résidence Foyer du Bonheur

125, Lionel-Emond Boul. Gatineau, QC J8Y 5S8

Telephone: 819 770-1880

Résidence La Pieta

273 Laurier St. Gatineau. QC J8X 3W8

Telephone: 819 771-1112

Day Centre: 819-771-1112 ext:403

La Maison-Fleur-Ange -for clients with Alzheimer's

Telephone:819 777-4232

## Housing assistance

### Co-op Housing

Fédération des coopératives d'habitation de l'Outaouais

178, Gréber, Gatineau Boul. QC J8T 6Z6

CE-mail : [fechohpot@fecho.qc.ca](mailto:fechohpot@fecho.qc.ca)

Internet : [www.coop-habitation.org](http://www.coop-habitation.org)

Telephone: 819 243-3717

### Quebec Housing Corp.

La Société d'Habitation du Québec

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

Home support and housing subsidies

Telephone: 1 800 463-4315

### Shared Housing

Les Habitations partagées de l'Outaouais urbain

331 de la Cité-des-Jeunes Boul. Gatineau, QC J8Y 6T3

Telephone: 819 771-6576

### Social Housing & Community Support

Les œuvres Isidore Ostiguy

95, Lois, Gatineau St. QC J8Y 3R5

Telephone: 819 778-1325

### Housing assistance / Logemen'occupe

60 Carillon St. unit 4, Gatineau, QC J8X 2N9

E-mail: [logemenoccupe@ncf.ca](mailto:logemenoccupe@ncf.ca)

Internet : [www.frapru.qc.ca](http://www.frapru.qc.ca)

Telephone: 819 778-1874

### City Subsidized Housing

Office municipal d'habitation de Gatineau

225 de la Savane boul. Gatineau, QC J8T 1R5

E-mail: [omhg@omhgateau.qc.ca](mailto:omhg@omhgateau.qc.ca)

Internet : [www.omhgateau.qc.ca](http://www.omhgateau.qc.ca)

Telephone: 819 568-0033

## **Mental and physical health support groups**

### ***Alcoholics Anonymous***

Telephone: 819 663-2676

### ***Support for the Physically handicapped***

Amicale des handicapés physiques de l'Outaouais

405 Notre-Dame St. Gatineau, QC J8P 1L7

E-mail: [amicale.handicapes@videotron.ca](mailto:amicale.handicapes@videotron.ca)

Telephone: 819 663-2999

### ***Muscular Dystrophy Association of Canada***

Association canadienne de la dystrophie musculaire

Telephone: 613 232-7334

### ***Sceliacs Disease Association of Canada***

Association canadienne de la maladie coeliaque

Telephone: 613 728-1156

### ***Assistance for the hearing impaired***

Association de l'ouïe de l'Outaouais

115, boul. Sacré-Cœur, Room 206, Gatineau, QC J8X1C5

E-mail: [adoo@qc.aira.com](mailto:adoo@qc.aira.com)

Support, Rights, Education and Sign Language

Telephone: 819 770-9653

### ***Visually-handicapped Association***

Association des personnes handicapées visuelles de l'Outaouais

109 Wright St. Room 411, Gatineau, QC J8X 2G7

E-mail: [aphvo@bellnet.ca](mailto:aphvo@bellnet.ca)

Telephone: 819 771-5 417

### ***Association of Persons Living with Chronic Pain***

Association des personnes vivant avec la douleur chronique

115. Sacré-Cœur Boul. Room 211, Gatineau, QC J8X 1C5

Courriel : [info@apvdc.ca](mailto:info@apvdc.ca)

Telephone: 819 246-4932

***Community Support for Intellectually Deficient Individuals***

Association pour l'intégration communautaire de l'Outaouais (APICO)

10 Noël St. Room 107, Gatineau, QC J8Z 3G5

E-mail: [apico@bellnet.ca](mailto:apico@bellnet.ca)

Internet : [www.apico.ca](http://www.apico.ca)

Telephone: 819 771-6219

Help-line 24 hours a day, 7 days a week / Centre d'aide 24/7

Telephone: 819 595-9999

***Crime Victims Assistance Centre***

Centre d'aide aux victimes d'actes criminels (CAVAC)

E-mail : [cavacoutaouais@bellnet.ca](mailto:cavacoutaouais@bellnet.ca)

Internet : [www.cavac.qc.ca](http://www.cavac.qc.ca)

Telephone: 819-778-3555

Toll free: 1-800-331-2311

Toll free: 1-866-532-2822

***Addiction Support & Prevention centre***

Centre d'intervention et de prévention  
en toxicomanie de l'Outaouais (CIPTO)

E-mail : [toxico@ciptto.qc.ca](mailto:toxico@ciptto.qc.ca)

Internet : [www.ciptto.qc.ca](http://www.ciptto.qc.ca)

Telephone: 819 770-7249

***Mental Health Support***

Centre Inter-Section H.A.G.

1232. Saint-René Boul. Gatineau, QC J8T 6H3

E-mail : [info@inter-section.ca](mailto:info@inter-section.ca)

Telephone: 819 568-4555

Support for suicide related grief

Deuil après suicide

1232 Saint-René Boulevard West, Gatineau, QC J8T 6H3

Telephone: 819 568-4555

***Help for violent men***

Donne-toi une chance

80 Notre-Dame St. Gatineau, QC J8P 1L5

Telephone: 819 643-1311

***Grief support group.***

Entraide-Deuil de l'Outaouais

E-mail: [direction@entraide-deuil.qc.ca](mailto:direction@entraide-deuil.qc.ca)

Telephone: 819 770-4814

***Epilepsy Outaouais***

Epilepsy sufferers and family support

115 Sacré-Cœur Boul, Room 109, Gatineau, QC J8X 1C5

E-mail : [info@epilepsieoutaouais.org](mailto:info@epilepsieoutaouais.org)

Telephone: 819 595-3331

***Gambling Addiction 24/7 help-line***

Telephone: 1-800-461-0140

***Emotional Support for Existential Difficulties***

La Maison Alonzo-Wright

2425A Saint-Louis St. Gatineau, QC J8V 1E7

E-mail: [maisonalonzowright@ncf.ca](mailto:maisonalonzowright@ncf.ca)

Telephone: 819 246-7277

***Canadian National Institute for the Blind***

Telephone: 613 563-4021

Hearing Impaired 613 567-2937

***Women's Shelter: 24/7 help-line***

La Maison d'hébergement pour Elles des Deux Vallées

Telephone: 819 986-8286

***Women's Shelter: La Maison Unies-Vers-Femmes***

Telephone: 819-568-4710

***Women's Shelter: L'Autre Chez-Soi***

Telephone: 819 685-0006

***Women's Shelter: Centre Mechtilde***

Telephone: 819 777-0887

emergency : 819 777-2952

***Spousal Abuse: 24/7 support***

SOS violence conjugale

E-mail : [cstdenis@sosviolenceconjugale.com](mailto:cstdenis@sosviolenceconjugale.com)

Telephone: 1 800 363-9010

***Diabetic Support group***

Les diabétiques de l'Outaouais

331 Cité-des-Jeunes boul. Room 203

Gatineau, QC J8Y 6T3

Telephone: 819 770-0442

***Drug, Alcohol, and Medication Treatment Centre***

Pavillon Jellinek

25 Saint-François St. Gatineau, QC J9A 1B1

E-mail : [jellinek@jellinek.org](mailto:jellinek@jellinek.org)

Telephone: 819 776-5584

***Intellectual Deficiency Support for Seniors and families***

Pavillon du Parc

124 Lois St. Gatineau, QC J8Y 3R7

Internet : [www.pavillonduparc.gc.ca](http://www.pavillonduparc.gc.ca)

Telephone: 819 770-1022

***End of life-Individual & Family Support Services***

Pavillon du Parc

124 Lois St. Gatineau, QC J8Y 3R7

Internet : [www.pavillonduparc.gc.ca](http://www.pavillonduparc.gc.ca)

Telephone: 819 770-1022

***Fall Prevention Programs***

Pavillon du Parc (for access contact your nearest CLSC)

14 Lois St. Gatineau, QC J8Y 3R7

Internet : [www.pavillonduparc.gc.ca](http://www.pavillonduparc.gc.ca)

***Active Living for Seniors***

Physical activity support

Programme Vie active (Outaouais)

Telephone: 819 776-7665

***Heating Impaired Support Services***

Service régional d'interprétation visuelle  
de l'Outaouais (SRIVO) 115 Sacré-Cœur boul. Room 212,  
Gatineau, QC J8X 1C5

E-mail : [srivo@qc.aira.com](mailto:srivo@qc.aira.com)

Telephone: 819 771-7273

Hearing Impaired 819 771-6270

***Canadian Arthritis Society***

Telephone: 1-800-321-1433

***Multiple Sclerosis Society of Canada***

10 Noël St. Room 109, Gatineau, QC J8Z 3G5

E-mail : [info.outaouais@scleroseenplaques.ca](mailto:info.outaouais@scleroseenplaques.ca)

Telephone: 819-778-1450

***Canadian Cancer Society***

15 Buteau St. Room 105, Gatineau, QC J8Z 1V4

Telephone: 819 777-4428

***Outaouais Alzheimer's Society***

Société Alzheimer de l'Outaouais québécois

380 . Saint-Raymond St. Gatineau, QC J9A 1V9

E-mail : [saoq@saoq.org](mailto:saoq@saoq.org)

Internet : [www.saoq.org](http://www.saoq.org)

Telephone: 819 777-4232

***Telephone Crisis help-line***

Tel-Aide Outaouais

E-mail: [admin@tel-aide-outaouais.org](mailto:admin@tel-aide-outaouais.org)

Internet : [www.tel-aide-outaouais.org](http://www.tel-aide-outaouais.org)

Telephone: 613 741-6433

Toll free: 1 800 567-9699

***Palliative Care Services***

Canadian Palliative Care Association  
Association canadienne des soins palliatifs  
E-mail : [info@chpca.net](mailto:info@chpca.net)  
Internet : [www.acsp.net/debut.htm](http://www.acsp.net/debut.htm)  
Telephone: 1-800-668-2785  
Leçons de vie / Life Lessons Program  
Telephone: 1 877 203-4636

Quebec Palliative Care Association  
Association québécoise des soins palliatifs  
E-mail : [info@aqsp.org](mailto:info@aqsp.org)  
Internet : [www.aqsp.org](http://www.aqsp.org)  
Telephone: 1 514 282-3808

Palliative care Centre & Support Services  
Maison Mathieu-Froment-Savoie  
55 Du Couvent St. Gatineau, QC J9H 3C  
E-mail: [mmsf@qc.aira.com](mailto:mmsf@qc.aira.com)  
Internet : [www.mmsf.org](http://www.mmsf.org)  
Telephone: 819 682-3900

## **Transportation**

### ***Outaouais Bus Services***

Société de transport de l'Outaouais  
(STO) Schedule  
Telephone: 819 770-7900

### ***(STO) Special Transport for handicapped***

Registration required.  
Telephone: 819 770-7900 ext. 6950  
Reservations 819 773-2222  
Internet: [www.sto.ca](http://www.sto.ca)

### ***Outaouais Specialized Medical Transport (Private)***

Telephone: 819 778-1602

### ***Via Rail Canada***

Telephone: 1 800 361-6800  
Internet : [www.viarail.ca](http://www.viarail.ca)

### ***Voyageur /Greyhound bus services***

Hull Terminal-238 St-Joseph Boul.  
Telephone: 819 771-2442

Gatineau Terminal  
141 De la Savane Rd.  
Telephone: 819 243-4400

## **Libraries**

### ***Gatineau***

Lucy-Faris Library

115 Principale St. Gatineau, QC J9H 3M2

Telephone: 819 685-5009

Bowater Library

855 De la Gappe Boul. Gatineau, QC J8T 8H9

Telephone: 819 243-2506

De la Riviera Library

12 Picardie, St. Gatineau, QC J8T 1N9

Telephone: 819 243-2543

Docteur Jean Lorrain Library

20 Lorrain Boul. Gatineau, QC J8P 2C8

Telephone: 819 669-5201

### ***Hull***

Aurélien-Doucet Library

207 du Mont Bleu Boul. Gatineau, QC J8Z 3G3

Telephone: 819 595-7490

Lucien-Lalonde Library

225 Berri, Gatineau, QC J8Y 4K1

Telephone: 819 595-7480

Bibliothèque Maison du Citoyen

25 Laurier St. Gatineau, QC J8X 4C8

Telephone: 819 595-7473

### ***Buckingham-Masson-Angers***

Bernard-Lonergan Library

181 Joseph St. Gatineau, QC J8L 1G6

Telephone: 819 986-4212