



RESOURCES

for people aged 50 and over

The Table de concertation des aînés de Vaudreuil-Soulanges' mission is to regroupe our local organizations and strengthen their partnerships in order to improve the well-being, living conditions and services offered to seniors in the region.

This resource directory was created to help seniors and their loved ones quickly find information and resources available in Vaudreuil-Soulanges. We believe that grouping these resources by theme will make it easier for you to find what you're looking for.



ACTIVITIES AND COGNITIVE VITALITY

Centre communautaire des aînés Vaudreuil-Soulanges

Activities contributing to the enrichment of the intellectual, emotional, physical and social vitality of the people taking part, physical and social vitality of participants, taking place in several Vaudreuil-Soulanges municipalities

**Soulanges
sector**
450-265-3548
ext. 225
**Vaudreuil
sector**
450-424-8503

Montréal West Community Network (MWCN)

Develop a strong and dynamic English-speaking community in the Montréal West and Vaudreuil-Soulanges regions.

514-425-0399

COMQUAT

Literacy, reading, writing, conversation, French as a second language and alphanumeric workshops (computer, tablet, cell phone, social networks). Public writer service. Available to residents of the Vaudreuil sector.

514-453-3632

La magie des mots

Literacy, reading, writing, conversation, Digital, food, health, financial literacy and maintaining cognitive function. Available to residents of the Soulanges sector. Available to residents of the Soulanges sector

450-763-1331

Société Alzheimer du Suroît

Information, individual or group support, caregiver training workshops, respite-stimulation (at home or at the respite activity centre)

1-877-773-0303

FOOD

Centre d'action bénévole l'Actuel

For the residents of the Vaudreuil sector
Food assistance and collective kitchens

450-455-3331

Centre d'action bénévole Soulanges

For the residents of the Soulanges sector
Food assistance and collective kitchens

450-265-3134

Centre communautaire des aînés Vaudreuil-Soulanges

Meals on Wheels, hot meals and frozen meals on delivery
Meals on Wheels to go, frozen meals

1-855-510-3548
ext. 223
450-265-3548

Café de la débrouille

Food assistance for the residents of the Rigaud, Pointe-Fortune et Très-Saint-Rédempteur sectors

450-206-1008

La Source d'entraide

Food assistance for the residents of the Saint-Lazare sector

450-455-8000

Dorion Dream Center

Food assistance for the residents of the Vaudreuil-Dorion sector

450-455-4532

Les Gardes-mangers partagés de Vaudreuil-Soulanges

Community refrigerators and self-service pantries

f/FrigoscommunautairesVS

DEFENSE OF THE RIGHTS AND COMPLAINTS

Commissaire aux plaintes et à la qualité des services du CISSS de la Montérégie- Ouest

Complaints about the services offered

1-800-694-9920
ext. 2280

Educaloi

Legal information

educaloi.qc.ca

Montréal Complaints Assistance and Support Centre

Service for people who are not satisfied with services offered by an establishment in the health and social service network.

1-800-263-0670

AQDR Valleyfield-Suroît

Assistance and Support Center for the Defense of the Rights for the elderly, their families & acquaintances
Bilingual and free

450-370-0204

Crime Victims Assistance Center (CAVAC Montérégie)

450-670-3400

SUPPORT AND HELP LINE

Tel-Seniors Listening service for seniors aged 60 and over	514-353-2463
Bereavement Line For persons dealing with a death	1-888-533-3845
Centre d'écoute Montérégie Break down senior feelings of isolation	450-658-8509

HOUSING

Tribunal administratif du logement (TAL) Information about the rights and obligations of tenants and landlords	514-873-2245
Soutien d'aide à la recherche de logement, ORHVS Assistance to those finding housing. Accompany households in their search and guide them toward resources.	450-218-6994 ext. 4226
Hébergement La Passerelle Accommodation for women victims of conjugal violence 24/7 telephone line for women victims of domestic violence and their families	450-424-6010
L'Aiguillage Front-line intervention offering emergency accommodation, among other services	450-218-6418
Société protectrice des animaux de l'Ouest (SPCA Ouest)	514-566-5678
Mon logement, mes droits Tenant rights consultation, education and information services.	438-308-5973

MISTREATMENT OF ELDERLY PEOPLE

Mistreatment Helpline	514-489-2287
INFO-SANTÉ / INFO-SOCIAL	811
Carrefour bienveillance 50+ Information and awareness activities to counter elder abuse and promote good care. Individual intervention service Bilingual and free	450-424-0111 ext. 223
CAAPA Assistance and Support Center for the Defense of the Rights for the elderly, their families & acquaintances Bilingual and free	450-807-2232 ext. 2

INCOME TAXE

Centre d'action bénévole L'Actuel For residents in the Vaudreuil sector	450-455-3331
Centre d'action bénévole Soulanges For the residents in the Soulanges sector	450-265-3134
Le Café de la débrouille Low-income individuals or families	450-206-1008

SUPPORT, HELP AND ACCOMPANIMENT

INFO-SOCIAL/ INFO-SANTÉ – CLSC Quick, free and confidential phone consultation service with a professional psychosocial worker	811
CISSSMO – Centralized reception	450-455-6171
Carrefour bienveillance 50+ Individual psychosocial support and group activities.	450-424-0111 ext. 223
Le Tournant For people in distress or suicidal, their loved ones or bereaved by suicide	450-371-4090
L'Aiguillage Front-line intervention offering emergency accommodation, among other services	450-218-6418
Hébergement La Passerelle 24/7 telephone hotline for women victims of domestic violence and those around them	450-424-6010
Centre d'action bénévole L'Actuel Friendly visits for the residents of the Vaudreuil sector	450-455-3331
Société Alzheimer du Suroît Information, individual or group support, caregiver training workshops, respite-stimulation (at home or at the respite activity centre)	1-877-773-0303
Organisme voué aux personnes atteintes de cancer et maladies graves (OVPAC) For people with cancer and serious illnesses and their loved ones.	1-866-386-8722 and 450-371-5400 ext. 1
SOS violence conjugale Reception, evaluation, information, awareness, support and reference services, bilingual, free anonymous and confidential (24 hours a day, 7 days a week)	1-800-363-9010
CALACS La vigie Centre for help and fighting against sexual assault: Individual follow-up and support and groups workshops.	450-371-4222
Institut Nazareth et Louis-Braille (INLB) For people with vision problems caused by an illness resulting in significant and persistent disability impacting daily activities.	450-463-1710 1-800-361-7063

CAREGIVER SUPPORT

Alzheimer Society Suroit

Information, individual or group support, caregiver training workshops, respite-stimulation (at home or at the respite activity centre)

1-877-773-0303

Organisme voué aux personnes atteintes de cancer et maladies graves (OVPAC)

For people with cancer and serious illnesses and their loved ones.

**1-866-386-8722
and
450-371-5400
ext. 1**

Carrefour bienveillance 50+

Personalized psychosocial support to caregiver

**450-424-0111
ext. 223**

Caregiver Helpline Support

Listening, information and referrals
Confidential and free

1-855-852-7784

MEDICAL TRANSPORT

Centre d'action bénévole L'Actuel

For residents aged 65 and over in the Vaudreuil sector

450-455-3331

Centre d'action bénévole Soulanges

For residents in the Soulanges sector

450-265-3134

Organisme voué aux personnes atteintes de cancer et maladies graves (OVPAC)

For people with cancer and serious illnesses and their loved ones.

**1-866-386-8722
and
450-371-5400
ext. 1**

Société de transport de Salaberry-de-Valleyfield

Public and medical transport services available in Coteau-du-Lac, Les Coteaux, Saint-Polycarpe, Saint-Zotique and Rivière Beaudette.

**450-370-0600
stsv.ca**

An initiative of:



In collaboration with:



With the financial support of:

