

Directory of Resources in Outaouais 2021-2022

**Centre
de services scolaire
des Portages-
de-l'Outaouais**

Québec 

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Services for immigrants, newcomers and refugees



Accueil parrainage Outaouais



124 rue Jeanne d'Arc, Gatineau, J8Y 2H7

Téléphone : (819) 777-2960

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

direction@apo-qc.org

Welcomes and supports immigrants by promoting their socio-economic integration, while engaging the Outaouais community in the process of social cohesion. The APO can help people to find their first accommodation and complete the documentation for family benefit applications, as well as to register for French classes, interpretation and translation services and other services that are offered on their website.

Association des femmes immigrantes de l'Outaouais (AFIO)

109 rue Wright, Gatineau, J8X 2G7

Téléphone : (819) 776- 6764

<https://afio.ca/>

info@afio.ca



Promotes the social, cultural and economic integration of immigrant women and their families by offering, for example, coffee meetings, French classes and training workshops on equal relationships between men and women.



La voix de l'immigrant

180 Boulevard Mont-Bleu, Gatineau
Téléphone: (819) 771-8391 ext. 330 & 332
<https://www.lviqc.ca/>
info@lviqc.ca



An organization dedicated to collectively defending the rights of workers with credentials from outside Canada who have experienced systemic discrimination by certain professional associations in Quebec.

Ministère de l'Immigration et des Communautés culturelles du Québec (MICC)



Sans frais : 1 (877) 864-9191
<http://www.immigration-quebec.gouv.qc.ca/fr/accueil.html>

Its mission is to promote immigration to Quebec, to select immigrants and to facilitate the linguistic, social and economic integration of newcomers within Quebec society in order to encourage their full participation. Furthermore, the MICC aims to foster a society open to pluralism and conducive to intercultural understanding. The MICC offers free intake, guidance and integration support services.



Social advocacy



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

109 rue Wright, Gatineau, J8X 2G7

Téléphone : (819) 770-4911

<https://acefo.org/>

info@acefo.org



An organization that defends people's rights and provides services in the areas of budgeting, debt and consumer habits by offering training, workshops and free budget consultation services. The organization also offers interest-free loans for the purchase of essential sustainable goods, such as household appliances or furniture.

Association de l'Ouïe de l'Outaouais (ADOO)

15 rue du Sommet, Gatineau, J8Z 3M2

Téléphone : (819) 777-6767

<https://www.adoo.ca/>

adoo@adoo.ca



Defends the rights and interests of Deaf and hard-of-hearing people, known as people living with hearing impairment (PLHI), in the Outaouais region by curbing isolation through wellness programs and activities. It offers cooking workshops, solidarity breakfasts, health and well-being evenings, cultural outings and provides access to computers with internet.

Association pour la défense des droits sociaux

18 rue Charlevoix, Gatineau, J8X 1P1

Téléphone : (819) 770-3839

<https://addsgatineau.wordpress.com/>

lutteraddsgatineau@gmail.com



An organization that aims to combat the causes of poverty. It organizes educational activities for the public and political action in order to collectively tackle poverty by bringing together and informing welfare recipients, unemployed people and low-income workers who seek to enhance their economic and social interests.

Bureau d'aide juridique (Aylmer)



204 chemin Aylmer, bureau B-403, Gatineau, J9H 1A1

Téléphone : (819) 684-0333

bureauaylmer@ccjo.qc.ca

Public legal service offered free of charge or for a contribution to financially eligible people who request it.

Bureau d'aide juridique (Hull)- Section civile



768 Boulevard Saint-Joseph, bureau 210, Gatineau, J8Y 4B8

Téléphone : (819) 772-3011

bureaucivil-famille@ccjo.qc.ca

Public legal service offered free of charge or for a contribution to financially eligible people who request it.

Bureau d'aide juridique (Hull)- Section criminelle



136 rue Wright, Gatineau, J8X 2G9

Téléphone: (819) 772-3084

bureaucriminell@ccjo.qc.ca

Public legal service offered free of charge or for a contribution to financially eligible people who request it.

Centre d'assistance et d'accompagnement aux plaintes- CAAP Outaouais

92 boulevard Saint-Raymond, bureau 203, Gatineau, J8Y 1S7

Téléphone : (819) 770-3637

<https://caap-outaouais.ca/accueil/>

info@caap-outaouais.ca



Regional community organization mandated by the Ministre de la Santé et des Services sociaux to assist people in filing a complaint concerning the health care or social services provided by a public institution. This also applies to an agency, a business or an individual who has an agreement with the establishment to provide such services. The services are free and confidential.

Centre communautaire juridique de l'Outaouais

136 rue Wright, Gatineau, J8X 2G9

Téléphone: (819) 772-3084

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



Its mission is to ensure that free legal aid or legal aid with a contribution (criminal, family, civil and youth law) is provided to financially eligible people who request it.

Logemen'Occupe

10 rue du Curé-André-Préseault, Gatineau, J8T 6N6

Téléphone : (819) 246-6644



An organization that defends the rights of tenants. It takes concrete action concerning inadequate housing and plays a role in raising awareness and informing the public.

Material assistance



Comptoir Saint-Vincent-de-Paul de Hull (Secteur Hull)

102 rue Eddy, Gatineau, secteur Hull, J8X 2W4
Téléphone : (819)776-1068
<http://www.comptoirstvincentdepaulhull.org/>



SOCIÉTÉ DE
SAINT-VINCENT DE PAUL

An organization that offers second-hand clothing, shoes, furniture, appliances, toys, books and dishes at low prices.

Comptoir Saint-Vincent-de-Paul - Soupe populaire (Secteur Hull)

751 Boulevard Saint-Joseph, Gatineau
Téléphone : (819) 770-3789



SOCIÉTÉ DE
SAINT-VINCENT DE PAUL

An organization that offers second-hand clothing, shoes, furniture, appliances, toys, books and dishes at low prices.

Comptoir Saint-Vincent-de-Paul - De l'Île (Secteur Hull)

109 rue Wright, Gatineau, J8X 2G7
Téléphone : (819) 770-8150



SOCIÉTÉ DE
SAINT-VINCENT DE PAUL

An organization that offers second-hand clothing, shoes, furniture, appliances, toys, books and dishes at low prices.

Comptoir Saint-Vincent-de-Paul- Saint-Médard (Secteur Aylmer)

25 rue Côté, Gatineau, J9H 2B2
Téléphone : (819) 684-9840



SOCIÉTÉ DE
SAINT-VINCENT DE PAUL

An organization that offers second-hand clothing, shoes, furniture, appliances, toys, books and dishes at low prices.

Comptoir Saint-Vincent-de-Paul- Notre-Dame (Secteur Aylmer)

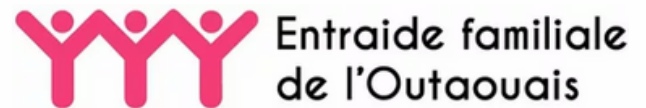
56 rue Principale, Aylmer, J9H 3L3
Téléphone : (819) 684-0754



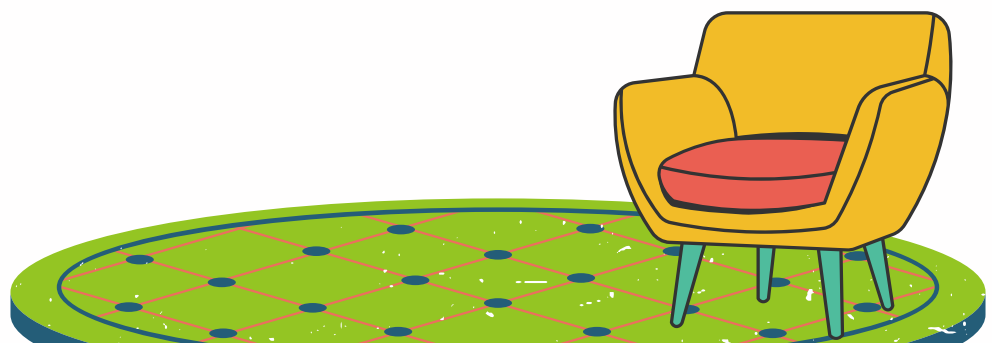
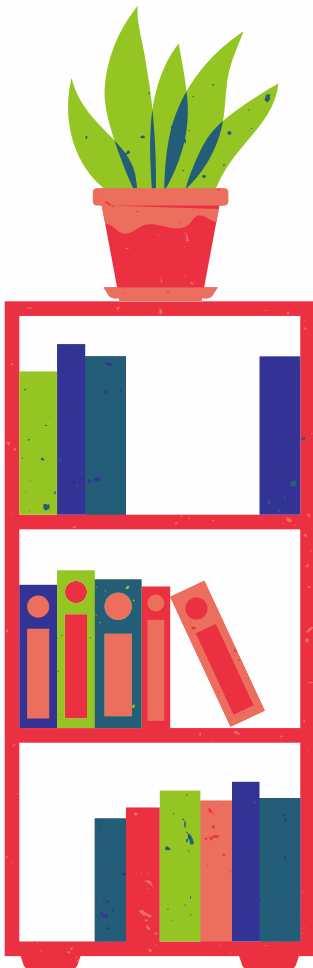
An organization that offers second-hand clothing, shoes, furniture, appliances, toys, books and dishes at low prices.

Entraide familiale de l'Outaouais

396 rue Notre-Dame, Gatineau, J8P 1L5
Téléphone : (819) 669-0686
<https://www.entraidefamiliale.com/>
communications.efo@gmail.com



A support organization that donates furniture and household appliances to low-income individuals and families. Delivery available.



School



Centre d'éducation des adultes

<http://ceapo.cspo.qc.ca>

ceapo@cspo.qc.ca



Centre l'Arrimage

450 rue Leguerrier, Gatineau, J9H 7J1

Téléphone: (819) 771-2503 poste 2

Centre La Pêche

5A rue Principale Ouest, La Pêche, J0X 2W0

Téléphone: (819) 771- 2503 poste 5

Centre la Génération

35 rue Davies, Gatineau, J8Y 4S8

Téléphone: (819) 771-2503 poste 1

Centre Saint-Raymond

30 Boulevard Saint-Raymond, Gatineau, J8Y 1R6

Téléphone: (819) 771-2503 poste 3

Centre de formation professionnelle Vision-Avenir

30 Boulevard Saint-Raymond, Gatineau, J8Y 1R6

Téléphone: (819) 771-7620

<http://visionavenir.cspo.qc.ca>

centre.vision-avenir@cspo.qc.ca



Centre de services scolaires des Portages-de-l'Outaouais

225 rue Saint-Rédempteur, Gatineau, J8X 2T3

Téléphone : (819) 771-4548

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

reception@cspo.qc.ca

**Centre
de services scolaire
des Portages-
de-l'Outaouais**

Québec 

École des métiers spécialisés Asticou

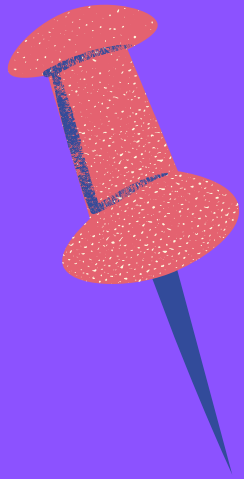
249 Boulevard Cité-des-Jeunes, Gatineau, J8Y 6L2

Téléphone: (819) 771-0863

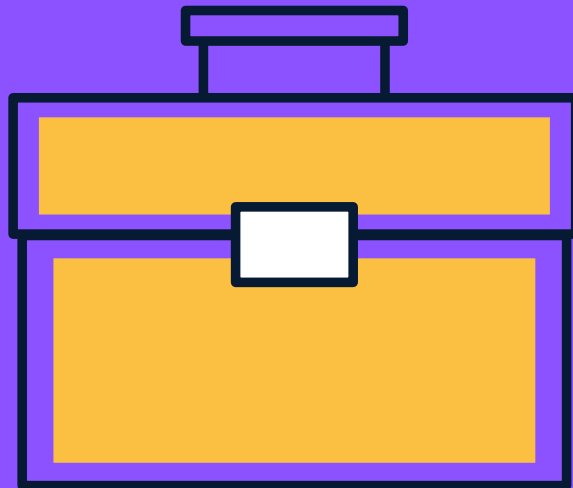
ecolemetiersasticou.cspo.qc.ca

ecole.metiers.asticou@cspo.qc.ca





Employment



Carrefour jeunesse emploi (CJEO)

350 boulevard de la Gappe, Gatineau, J8T 7T9

Téléphone : (819) 561-7712

<https://cjeo.qc.ca/>

info@cjeo.qc.ca



Carrefour
jeunesse emploi
de l'Outaouais

A community organization working with people mainly aged 16 to 35 who seek to move towards employment, studies, entrepreneurship or to carry out a future project. For example, it offers three programs to help immigrants. The first is called Objectif intégration, a training program intended for immigrants of all ages to help them better understand Quebec society. The second program provides help to immigrants aged 16 to 40 in finding a job. The third program offers mentoring to develop their social network in Quebec.

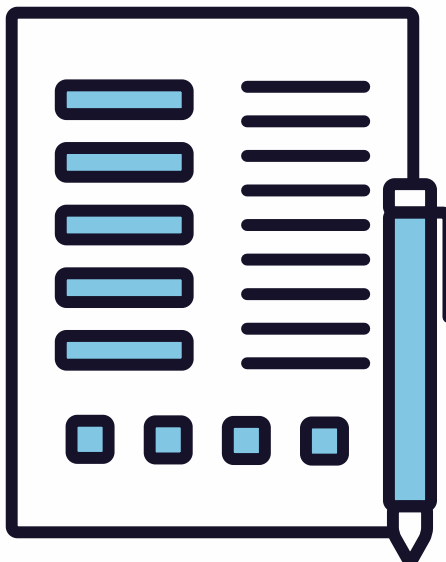
Centre local d'emploi (CLE) de Hull



170 rue de l'Hôtel-de-Ville, 9ème étage, Gatineau, J8X 4C2

Téléphone : (819) 772-3502

Offers income security programs and services to those in need to combat social exclusion and poverty. It provides resources and services to people who need help with employment or last-resort assistance.



Centre local d'emploi (CLE) de Aylmer

420 Boulevard Wilfrid-Lavigne, bureau 6, Gatineau, J9H 6W7
Téléphone : (819) 682-0362

Offers income security programs and services to those in need to combat social exclusion and poverty. It provides resources and services to people who need help with employment or last-resort assistance.

La Relance (Services d'aide à l'emploi)



270 Boulevard des Allumetières, Gatineau, J8X 1N3
Téléphone : (819) 770-6444
www.larelance.ca
info@larelance.ca

La Relance is committed to offering, to anyone who seeks it, integration into a job that suits them through its services and companies.

Réseau Outaouais (ISP)



200-109 rue Wright, Gatineau, secteur Hull, J8X 2G7
456 Boulevard de l'Hôpital, suite 300, secteur Gatineau, J8T 8P1
Téléphone : (819) 770-7129
<https://www.reseauoutaouais.qc.ca/>
reseauoutaouais@videotron.ca

An organization that offers unemployed people with multiple problems (physical, mental, under-qualification, underemployment or socio-economic integration) evaluation services, support and training to foster their autonomy and their progression towards successful social and professional integration.

SITO (Services Intégration Travail Outaouais)



4 rue Taschereau, bureau 400, Gatineau, J8Y 2V5

Téléphone : (819) 776-2260

www.sito.qc.ca

info@sito.qc.ca

Offers services and programs to find and keep a job in Outaouais in order to integrate immigrants into Quebec society through employment and economic integration.



Helplines



Alcooliques anonymes

1194 Boulevard Saint-René Ouest, Gatineau, J8T 6H3

Téléphone : (819) 561-2002

Alcoholics Anonymous (AA) is an association of men and women who share their experiences, strengths and hopes with each other with the aim of resolving their common problem and helping other alcoholics recover. A desire to stop drinking is the only condition for becoming an AA member.

Allôprof

Téléphone: 1 (888) 776-4455

<https://www.alloprof.qc.ca/>

<https://www.facebook.com/alloprof/>



Offers free, practical resources to help parents support their child aged 6 to 17 in their school career. This service provides a multitude of articles, columns, special features, tools and videos created and revised by specialists on the website. Like the 811 health service, Allôprof Parents allows parents to ask questions to professionals such as remedial teachers from Monday to Thursday from 5 p.m. to 8 p.m., by phone or through private messaging on its Facebook page.

Centre d'aide 24/7

19 rue Caron, Gatineau, J8Y 1Y6

Téléphone : (819) 277-3553

<http://centredaide247.com/>

centredaide247@videotron.ca



An organization that offers telephone and in-person intervention, suicide prevention awareness sessions, reading material on suicide, as well as training aimed at preventing and managing suicidal crises. Also offers temporary accommodation for people experiencing a period of crisis or distress. To receive the temporary accommodation service, you must be referred by the Services Sociaux de l'Outaouais (CISSS de l'Outaouais). The accommodation is provided for a maximum of 7 days. The services are confidential and free.

Centre de détresse d'Ottawa et de la région



P.O, B0x 3457, Station C, Ottawa, K1Y 4J6

Téléphone: (613) 238-3311

Sans frais: 1 (866) 996-0991

www.dcottawa.on.ca

An anonymous and confidential information and listening service for English speakers who are feeling alone or depressed, experiencing a crisis situation or contemplating suicide.

Ligne Parents

LigneParents

186 Place D'armes, Montréal, H2Y 3G7

Téléphone : 1 (800) 361-5085

<https://www.ligneparents.com/LigneParents>

<https://www.ligneparents.com/LigneParents/Ecrivez-nous>

Phone and online live chat service for parents who want to discuss difficulties related to their child's development, their relationship with their child or the parenting of children aged 0 to 20 years. The service is free, confidential, available at all times and bilingual.

Jeunesse, J'écoute

Téléphone: 1 (800) 668-6868

Texto: 686868

<https://jeunessejecoute.ca/>

<https://jeunessejecoute.ca/simpliquer/nous-joindre/>



Jeunesse, J'écoute 

Offers free phone and text support to young people in French and in English and is available 24/7.

Narcotiques anonymes

Téléphone : 1(855) 544-6362
<https://na-outaouais.org/>
info@na-outaouais.org



A group made up of men and women for whom drugs have become a significant issue and who want to stop using. There are no admission or membership fees to participate.

SOS violence conjugale

Téléphone : 1 (800) 363-9010
Texte : (438) 601-1211
<http://www.sosviolenceconjugale.ca/>



Contributes to the safety of domestic violence victims and to the reduction of domestic violence and its consequences by offering 24-hour telephone services, assessments and referrals to victims, the population and any person affected by domestic violence.

Suicide.ca

Téléphone : 1 (866) 277-3553
Texte : 1 (855)957-5353
<https://suicide.ca/fr>



Offers a listening service by phone, live chat or text messaging on the topic of suicide. Also offers a suicide prevention and mental health self-management app that provides tools to improve well-being and prevent suicidal thoughts.

Tel-Aide Outaouais



Téléphone : 1 (800) 567-9699

Téléphone : (819) 775-3223 (Gatineau)

Téléphone : (613) 741-6433 (Ottawa)

<http://telaideoutaouais.ca/>

Offers a telephone listening service in French for people who need help, support or referrals. The volunteers at Tel-Aide lend an attentive, warm and empathetic ear.

Tel-Jeunes

TEL-JEUNES

Téléphone : 1 (800) 263-2266

Texte : (514) 600-1002

<https://www.teljeunes.com/Accueil>

A free help and listening service offered 24 hours a day, 365 days a year to young people aged 20 and under on issues that concern them.



Housing



Gîte Ami

85 rue Morin, Gatineau, J8X 0A1

Téléphone : (819) 776-0134

<https://legiteami.org/>



Is a temporary community shelter that works with people facing issues related to social exclusion and homelessness.

Les Œuvres Isidore-Ostiguy

95 rue Lois, Gatineau, J8Y 3R5

Téléphone: (819) 778-1325

reception_oio@videotron.ca



An organization that helps, supports and guides tenants who are experiencing difficulties or who are homeless. Help with finding housing. Also offers emergency accommodation when the eligibility criteria are met.

Mimosa du Quartier

260 rue Saint-Rédempteur, Gatineau, J8X 2T1

Téléphone: (819) 600-1062

<https://mimosa.sc-inf-mte.com/fr/index.php>

mimosa@sc-inf-mte.com



Aims to acquire, build and manage community housing to rent to vulnerable families with low or modest incomes.

L'Office municipal d'habitation de l'Outaouais



649 Boulevard de la Gappe, Gatineau, J8T 8G1

Téléphone : (819) 568-0033

<http://www.ohoutaouais.ca>

info@ohoutaouais.ca

An organization that intervenes in the housing sector by offering quality accommodation and living environments to people with low or moderate incomes.

Régie du logement



170 rue de l'Hôtel-de-Ville, Gatineau, J8X 4C2

Téléphone : 1(800) 683-2245

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

A specialized tribunal exercising its jurisdiction in residential lease matters: it makes decisions on the disputes referred to it and informs citizens of their rights and obligations associated with the lease of a dwelling.

Revenu Québec



Téléphone : 1 (855) 291-6463

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

Offers supplementary financial assistance to low-income households who spend too much of their income on housing. Up to \$80 of financial assistance is available per month.

Service d'aide à la recherche de logement

649 Boulevard de la Gappe, Gatineau, J8T 8G1

Téléphone : (819) 568-2433

www.ohoutaouais.ca

sarl@ohoutaouais.ca



Offers free services to inform, guide and support people whose living situation puts them at risk of homelessness, or whose housing does not meet their needs and who wish to find new housing on the private market.



Youth centres



Definition of a youth centre: A centre that offers activities and shelter for young people. Organizes activities and services intended to create a stimulating living environment adapted to the reality and needs of young people. Sets up prevention activities aimed at reducing social adjustment problems among young people and develops collective projects targeting the development, learning and independence of young people in order to facilitate improved quality of life.

Auberge du cœur Héberge-Ados

39 rue Richard, Gatineau, secteur Hull

Téléphone : (819) 771-1750

Téléphone : (819) 771-5189

<https://avenuedesjeunes.com/>

infomdj@avenuedesjeunes.com



Maison de jeunes Les Deschênés

26 rue Arthur-Whelan, Gatineau, secteur Aylmer

Téléphone : (819) 778-0634 (jour)

Téléphone : (819) 684-2953 (soir)

<https://avenuedesjeunes.com/>

infomdj@avenuedesjeunes.com



Maison de jeunes l'Antrados

10 rue Bériault, Gatineau, secteur Hull

Téléphone : (819) 778-0634

<https://avenuedesjeunes.com/>

infomdj@avenuedesjeunes.com



Maison de jeunes du parc de l'Île

94 rue Mance, Gatineau, secteur Hull

Téléphone : (819) 778-0634 (jour)

Téléphone : (819) 772-6626

<https://avenuedesjeunes.com/>

infomdj@avenuedesjeunes.com



Maison de jeunes Au pic d'Aylmer

175 rue Front, Gatineau, secteur Aylmer

Téléphone : (819) 778-0634 (jour)

Téléphone : (819) 684-2236 (soir)

<https://avenuedesjeunes.com/>

infomdj@avenuedesjeunes.com



Community centres



Definition of a community centre: An accommodating space for educational and recreational activities in the sociocultural domain located in neighbourhoods, towns and cities, offering residents social and social-educational activities, outreach services and sociocultural activities.

Action- Quartiers

2 rue Fortier, Gatineau, J8Y 4P5
Téléphone : (819) 777-7815
coordonnatrice.actionquartiers@gmail.com



Promotes collective cultural, recreational and sports activities in the Saint-Jean-Bosco and Wright neighbourhoods.

Centre communautaire Entre-Nous

175 rue Front, Gatineau, J9H 5S9
Téléphone : (819) 684-2236
<https://centrecommunautaireentrenous.org/fr/>



By welcoming, inviting and supporting people, the Entre-Nous community centre aims to create bonds of solidarity and to foster a sense of belonging to the neighbourhood by offering activities for young people and their parents.

Groupe Communautaire Deschênes

55 chemin Vanier, Gatineau
Téléphone : (819) 684-7999
https://groupedeschenes.myfreesites.net/gcd_intervenante@hotmail.com



An open living environment that interacts with the local community. Invites people of all ages to empower themselves by carrying out leisure activities and organizing projects while promoting community development. The organization offers cooking workshops, stimulation workshops for children, a homework club and a book and toy lending service.

Maison Alcide-Clément

132 rue Saint-Jacques, Gatineau, J8X 2Z4
Téléphone: (819) 776-1306
www.facebook.com/maisonalcideclement
maisonalcideclement@videotron.ca



Provides a place of hospitality, support, listening, solidarity and engagement for the whole family.

Maison communautaire Daniel-Johnson

22 rue Arthur-Buies, Gatineau, J8Z 1P5
Téléphone : (819) 772-6625
mcdj@bellnet.ca



A centre for mutual aid, sharing and citizen participation. The organization offers leisure activities for children, a homework club, community kitchens and community cafes.

Maison d'accueil Mutchmore

142 rue Mutchmore, Gatineau, J8Y 3T7
Téléphone : (819) 770-0788
<http://maisondaccueilmutchmore.ca/>
info@maisondaccueilmutchmore.ca



Welcomes and listens to residents of all cultures, origins and ages living in the Mutchmore neighbourhood. It supports residents in carrying out their projects by facilitating the integration of individuals and their families in order to curb isolation in a spirit of mutual aid, sharing and respect. It invites residents to get involved socially or politically. It offers English and French workshops, sewing workshops, a community kitchen, a daycare for 0–5 year-olds, karate, fitness classes, a thrift-shop service and other activities on their website.

Maison de l'Amitié de Hull

58 rue Hanson, Gatineau, J8Y 3M5

Téléphone : (819) 772-6622

<https://fr-ca.facebook.com/maisondelamitie.hull>

maisonamitiehull@videotron.ca

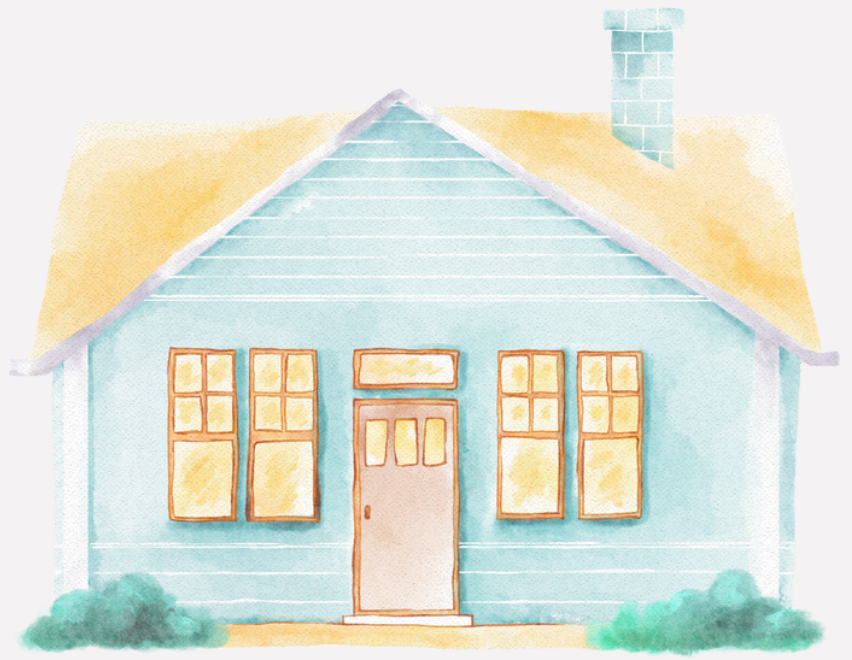
La Maison de l'Amitié de Hull



A community centre that offers support to people in need by creating support groups.



Shelters



L'Autre Chez Soi

C.P. 444, Gatineau, J9H 5E7
Téléphone : (819) 685-0006
<https://lautrechezsoi.com/>
accueil@lautrechezsoi.com



Provides a safe and confidential living environment for women who are victims of domestic violence and their children. The organization offers free, bilingual services in assistance, accommodation, individual and group intervention, support, prevention, information and awareness-raising, both internally and externally.

Le Centre Mechtilde

C.P. 79182, succ. Galeries de Hull, Gatineau, J8Y 6V2
Téléphone: (819) 777-2952
<https://www.centremechtilde.ca/>
accueil@centremechtilde.ca



Is a resource providing assistance and shelter that supports women and their children experiencing domestic or family violence or at risk of homelessness in their path towards well-being by offering a safe and confidential living environment. It creates conditions conducive to healthy and rewarding choices and offers support appropriate to each person receiving shelter to facilitate their integration into a social network.

Maison Unies-Vers-Femmes

Téléphone : (819) 568-4710
<http://maisonunies.ca/>
accueil@maisonunies.ca



A shelter that offers assistance to women who are victims of domestic violence and their children, and that aims to counter domestic violence by ensuring that their rights to safety are respected through offering them a confidential and safe place to stay.

Religion



Cathédrale Saint-Joseph

245 Boulevard Saint-Joseph, Gatineau, J8Y 3X5

Téléphone : (819) 771-7454

<https://paroissestjoseph.ca/>

Centre islamique de l'Outaouais

4 rue Lois, Gatineau, J8Y 3R1

Téléphone : (819) 776-1831

<http://cio-oic.com/>

Mission portugaise du Saint-Esprit

13 rue Sainte-Bernadette, Gatineau, J8X 2C3

Téléphone : (819) 778-0544

Mission portugaise Notre-Dame-de-Fatima

42 rue Hanson, Gatineau, J8Y 3M5

Téléphone : (819) 770-3536

Mosquée d'Aylmer

21 rue Park, Gatineau, J9H 4J6

Téléphone : (819) 684-9299

<https://mosque-aylmer.ca/>

Notre-Dame de l'Eau Vive

30 rue Saint-Onge, Gatineau, J8Y 5T6

Téléphone : (819) 777-0553

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

Notre-Dame-de-l'Île

115 Boulevard Sacré-Cœur, Gatineau, J8X 1C5

Téléphone : (819) 771-3285

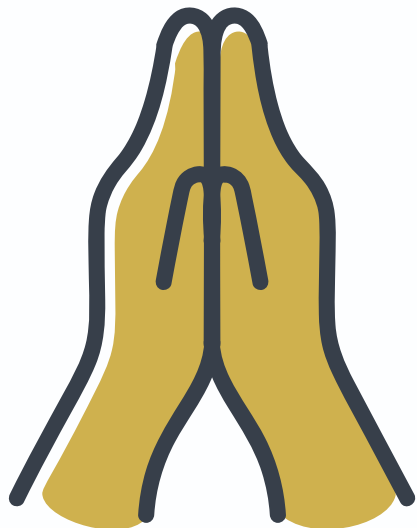
<http://www.paroissedelile.org/>

Saint-Médard

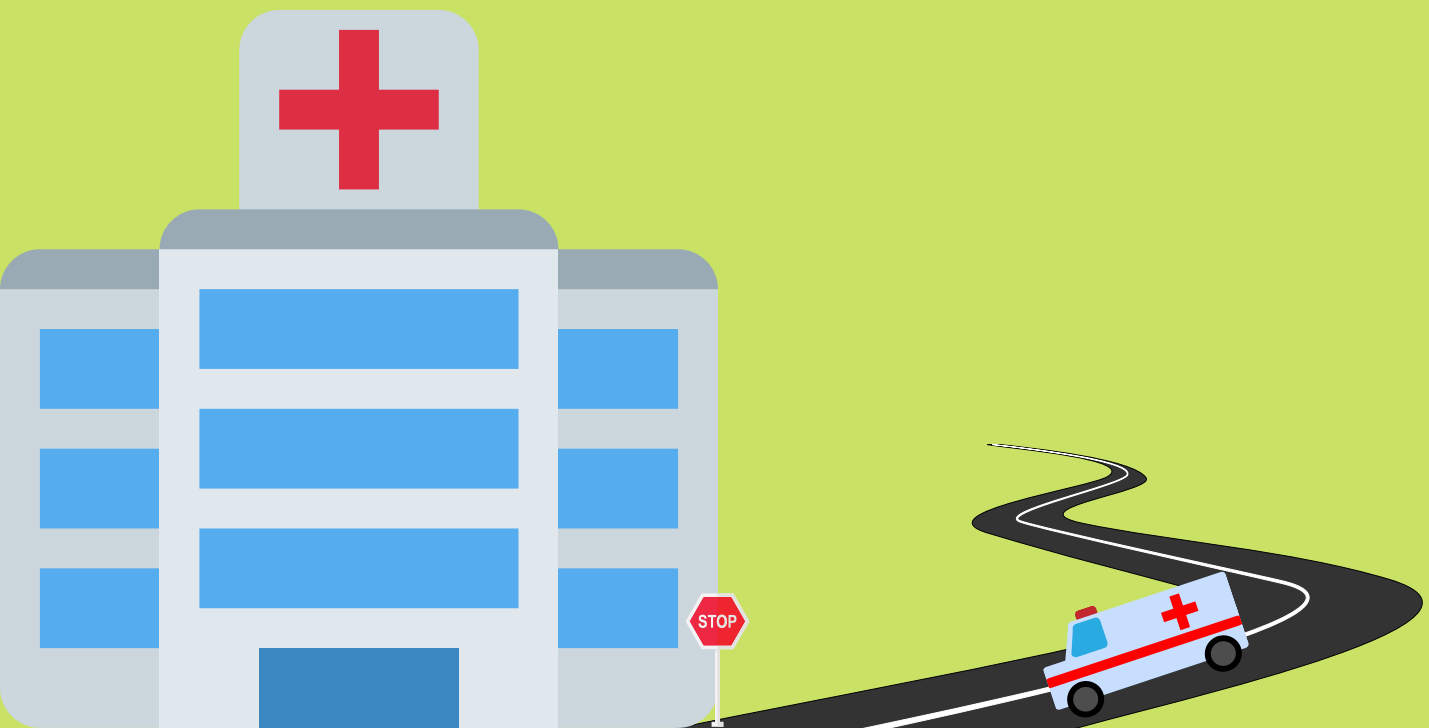
25 rue Saint-Médard, Gatineau, J9H 7E4

Téléphone : (819) 684-6760

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



Health



911

An emergency service for contacting the police, ambulance service or fire department.

Clinique Médigo



165 Boulevard Saint-Raymond, Gatineau, J8Y 0A7

Téléphone : (819) 282-7090

<https://cliniquemedigo.ca/>

An organization that provides the services of a family doctor, nurses or professionals to people who register with the clinic. Registration with a family doctor provides access to complete patient healthcare management and to one's family doctor for medical appointments, follow-ups as well as emergency appointments, 7 days a week, with one's family doctor or a doctor in the family medicine group. This organization also provides complete outpatient emergency services (sprains, fractures, minor infections, wounds), allowing all patients who do not have a family doctor or who are not able to see their family doctor to come for a consultation. The organization also offers specialized medicine (cardiology, endocrinology, pediatrics, gastroenterology, psychiatry and general surgery).

CLSC LeGuerrier (Secteur Aylmer)

425 rue LeGuerrier, Gatineau, J9H 6N8

Téléphone : (819) 966-6540

<https://cisss-outaouais.gouv.qc.ca/clsc/leguerrier/>



Public organization offering front-line health services (dispensary, clinic) and assistance with services such as prenatal classes, newborn care and vaccination of young children.

CLSC de Gatineau- de la Gappe (secteur Gatineau)

777 Boulevard de la Gappe, Gatineau, J8T 8R2

Téléphone : (819) 966-6550

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

Québec 

Public organization offering front-line health services (dispensary, clinic) and assistance with services such as prenatal classes, newborn care and vaccination of young children.

CLSC Saint-Rédempteur (Secteur Hull)

85 rue Saint-Rédempteur, Gatineau, J8X 4E6

Téléphone : (819) 966-6510

<https://cisss-outaouais.gouv.qc.ca/clsc/saint-redempteur/>

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

Québec 

Public organization offering front-line health services (dispensary, clinic) and assistance with services such as those for refugees and asylum seekers, prenatal classes, newborn care and vaccination of young children. It offers, for example, a health assessment service for newcomers and refugees.

CLSC de Gatineau-du Mont-Bleu (secteur Hull)

207 Boulevard du Mont-Bleu, Gatineau, J8Z 3G3

Téléphone : (819) 966-6510

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

Québec 

Public organization offering front-line health services (dispensary, clinic) and assistance with services such as prenatal classes, newborn care and vaccination of young children.

CLSC de Gatineau- Saint-Raymond (Secteur Hull)

92 Boulevard Saint-Raymond, Gatineau, J8Y 1S7
Téléphone : (819) 966-6525

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

Québec 

Public organization offering front-line health services (dispensary, clinic) and assistance with services such as prenatal classes, newborn care and vaccination of young children.

CLSC de Gatineau- Alexandre-Taché (Secteur Hull)

400 Boulevard Alexandre-Taché, Gatineau, J9M 1M5
Téléphone : (819) 966-6580

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

Québec 

Public organization offering front-line health services (dispensary, clinic) and assistance with services such as prenatal classes, newborn care and vaccination of young children.

Hôpital de Hull

116 Boulevard Lionel-Émond, Gatineau, J8Y 1W7
Téléphone : (819) 966-6200
Urgence : (819) 966-6222
Centrale de rendez-vous : (819) 966-6300

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

Québec 

Hôpital de Gatineau

909 Boulevard La Vérendrye, Gatineau, J8P 7H2
Téléphone : (819) 966-6100
Urgence : (819) 966-6333
Centrale de rendez-vous : (819) 966-6350

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

Québec 

Info- Santé

Téléphone : 811, option 1

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

Québec 

An organization that answers your questions and concerns about your health. You can contact the Info-Santé service by phone by dialling 8-1-1, option 1. The service is offered by health professionals to the entire Outaouais population on a 24/7 basis. Info-Santé provides answers to common health questions, whether to get advice and information concerning physical health or a psychosocial problem, information about the care that should be given to yourself or a loved one, or to check if the person's condition warrants a medical consultation.

Info COVID-19

Téléphone: 1-877-664-4545

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

Québec 

Programme OLO (Aide alimentaire aux femmes enceintes)

811, option 2

<https://cisss-outaouais.gouv.qc.ca/obtenir-un-service/avoir-un-enfant/grossesse-et-accouchement/programme-oeuf-lait-orange-olo/>

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

Québec 

Improves the nutrition, health and well-being of pregnant women who live below the low-income threshold, thereby contributing to the health of unborn babies. The program provides food (eggs, milk and orange juice) and supplements (vitamins and minerals), as well as nutritional monitoring from the 12th week of pregnancy. The support is offered with a nutritionist, a nurse and other practitioners as required.



Mental health



Association pour parents et amis de la personne ayant un problème de santé mentale



92 Boulevard Saint-Raymond, Bureau 304, Gatineau, J8Y 1S7

Téléphone: (819) 771-6488

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

info@lapogee.ca

Is an assistance, mutual aid and support resource for families and friends who support an adult living with a major mental health disorder. Offers information and training on mental illness and the resources available in the community, support groups, respite services and awareness-raising activities.

Clinique de services psychologiques de l'UQO



283 Alexandre-Tâché, Gatineau, J8X 3X7, local F-2008

Téléphone: (819) 773-1679

www.uqo.ca/cspuqo

cspuqo@uqo.ca

Is a university training environment where doctoral students provide psychological services to the population of the Outaouais region, working in collaboration with partners from the regional health network. It can offer individual psychotherapy services (short term), couple or family psychotherapy, neuropsychological assessments and psychological assessments.

Droit-Accès Outaouais

17 rue Jeanne-D'Arc, Gatineau, J8Y 2H3

Téléphone : (819) 777-4746

Sans frais: 1 (800) 667-4746

<http://droitsacces.com/>

dao@videotron.ca



Offers an individual or collective approach to help, support and promote the defence of rights for people who are vulnerable due to a mental health problem and whose rights are likely to be violated.

Hôpital en santé mentale Pierre-Janet

20 rue Pharand, Gatineau, J9A 1K7
Téléphone : (819) 771-7761

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



Info-Social

Téléphone: 811, option 2

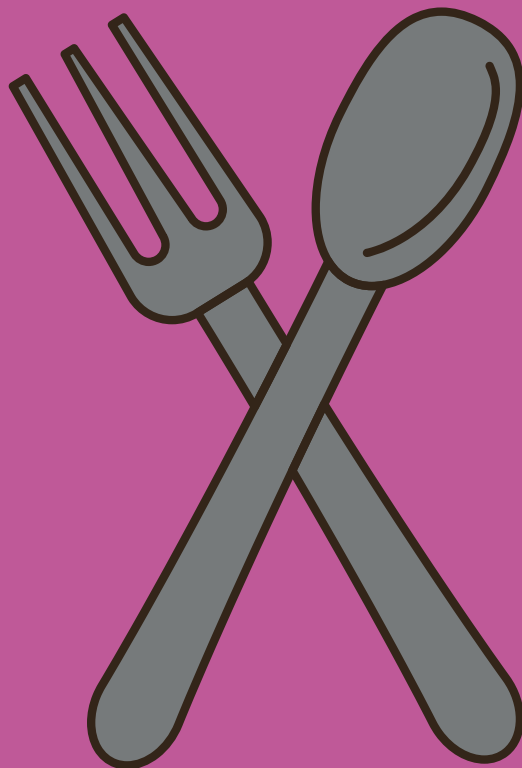
Centre intégré
de santé
et de services sociaux
de l'Outaouais



Info-Social 811 is a free and confidential phone consultation service. 811 allows you to quickly reach a psychosocial worker. The service is offered 24 hours a day, 365 days a year. The professionals at Info-Social 811 give advice and can answer psychosocial questions. If necessary, they can also refer you to an appropriate resource in the health and social service network or a community resource.



Food services



Centre Alimentaire Aylmer

67 rue du Couvent, Gatineau, J9H 6A2
Téléphone : (819) 684-0163
centrealimentaire-dir@videotron.ca



An organization that meets the food needs of the community while offering front-line social aid services, depending on its financial and professional capacities.

Comité Partage Saint-Pierre Chanel

180 Boulevard du Mont-Bleu, Gatineau, J8Z 3J5
Téléphone: (819) 776-3030

Dépanneur Sylvestre

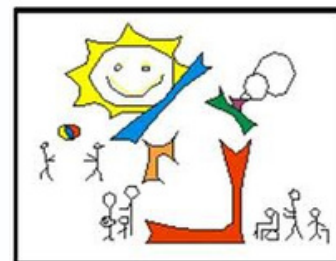
9 Fortier, Gatineau, J8Y 4P4
Téléphone : (819) 771-3723
<https://depanneursylvestre.org/>
accueil@depanneursylvestre.org



An organization that offers food services by providing community meals. They enable users to eat healthily, but above all, they aim to create a space for togetherness, hospitality and sharing. To access the service, a voluntary contribution within the person's means is requested.

Frigo-partage Maison communautaire Daniel-Johnson

22 rue Arthur-Buies, Gatineau, J8Z 1P5
Téléphone: (819) 772-6625



A fridge is available outside so that people can access food for free. The quantity of food depends on the people who donate food to the fridge.

Manne de l'Île (Banque Alimentaire Service Entraide-BASE)

66 rue Eddy, Gatineau, J8X 2W2

Téléphone : (819) 770-5261

<http://mannedelile.com/>

info@mannedelile.com



A food distribution organization helping residents of the Île de Hull and the surrounding areas in situations of financial and social hardship by defending the right to food security.

Moisson Outaouais

Téléphone : (819) 669-2000

<https://www.moissonoutaouais.com/aide-alimentaire/recevoir-de-laide-alimentaire/>



A site that allows you to find the nearest food bank, soup kitchen or sharing fridge to you.

Société de Saint-Vincent de Paul Notre-Dame de Lorette (Secteur Hull)

Téléphone : (819) 776-3216

<https://www.ssvp-nd-lorette-hull.com/obtenir-aide>



Provides food packages. To register, call their phone number and leave your name, address and phone number in their voicemail.

Société de Saint-Vincent de Paul Saint-Joseph et Saint-Jean-Bosco

Téléphone: (819) 770-2364

<https://www.ssvp-nd-lorette-hull.com/obtenir-aide>



Provides food packages. To register, call their phone number and leave your name, address and phone number in their voicemail.

Société de Saint-Vincent de Paul Notre-Dame de l'Eau de Vive

Téléphone: (819) 770-2364

<https://www.ssvp-nd-lorette-hull.com/obtenir-aide>



Provides food packages. To register, call their phone number and leave your name, address and phone number in their voicemail.

Soupe Populaire de Hull

751 Boulevard Saint-Joseph, Gatineau

Téléphone : (819) 770-3789

297 Boulevard des Allumetières, Gatineau

Téléphone : (819) 778-0173

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



Soupe
Populaire de Hull Inc.

Maison de réconfort, d'amitié et d'espoir

Welcomes anyone experiencing a precarious financial, social or personal situation by offering them the support and tools necessary to improve their quality of life by providing lunch for \$1 (until 1:30 p.m.), a warm welcome, a listening ear and activities.

Regroupement des cuisines collectives de Gatineau

180 Boulevard du Mont-Bleu, Gatineau, J8Z 3J5

Téléphone : (819) 771-8391 poste 236

<https://cuisinescollectivesgatineau.ca/>

rccg.gatineau@hotmail.ca



RCCG

Regroupement des cuisines
collectives de Gatineau

Aims to develop and consolidate collective kitchens with the purpose of helping individuals and families living in situations of poverty or insecurity to receive the nutrition they need.

Youth services



Association québécoise des troubles d'apprentissage (AQETA)

109 rue Wright, bureau 205, Gatineau, J8X 2G7

Téléphone: (819) 777-3126

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

info.aqetaoutaouais@videotron.ca



An organization that meets the needs of people with a learning disability and/or ADHD to promote their integration into the educational network as well as into community and professional life by offering information, active listening and support and by giving conferences.

Centre de pédiatrie sociale (Secteur Hull)

39 rue Frontenac, Gatineau, J8X 1Y9

Téléphone : (819) 600-1661

<http://www.pediatriesociale.gatineau.com/fr>

info@pediatriesociale.gatineau.com



Welcomes children in the community who are vulnerable, suffering, ill, victims, excluded or abandoned, with the aim of helping them regain health and hope and develop their full potential while respecting the Convention on the Rights of the Child. The services offered are group activities, individual monitoring and therapy.

Direction de la protection de la jeunesse (DPJ)

105 Boulevard Sacré-Coeur, Gatineau, J8X 1C5

Téléphone: (819) 776-6060

Sans frais : 1-800-567-6810



The DPJ intervenes using reports received from people who have reasonable grounds to believe that the development or safety of a young person aged 0 to 17 is at risk.

Espace Outaouais



10 rue Noël, bureau 107, Gatineau, J8Z 3G5

Téléphone: (819) 771-1546

<https://espacesansviolence.org/outaouais/>

espaceoutaouais@videotron.ca

Works with children aged 3 to 12, with the support of adults in the environment concerned, with the aim of preventing violence and empowering them to protect themselves against all forms of abuse—verbal, physical, psychological, or sexual—whether it be neglect or bullying.

Grands frères et grandes sœurs de l'Outaouais



203 rue Deveault, Gatineau, J8Z 1S7

Téléphone : (819) 778-0101

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

yvonne.dube@grandsfreresgrandessoeurs.ca

An organization that enables young people aged 6 to 14 from single-parent families and experiencing different problems to be paired with mentors. They are role models, confidants, friends and even guides for the Little Brothers and Little Sisters who often live in isolation.



La Place 0-5 ans



Téléphone : (514) 270-5055

Téléphone : 1 (844) 270-5055

<https://www.laplace0-5.com/accueil>

info@laplace0-5.com

Is a digital platform that, in just a few clicks, lets you find out about all the recognized childcare services in Quebec and express your interest in those of your choice, according to your criteria. To register, the first step is to create an account on their website: <https://www.laplace0-5.com/s'inscrire-a-la-place-0-5>. The second step is to create your child's account, as explained on the site. The third step is to look for childcare services in your neighbourhood that interest you. If one of the childcare services interests you, you put yourself on the waiting list and the childcare service will contact you when there is a place for you.

Vallée-Jeunesse Outaouais

111 rue De Carillon, Gatineau, J8X 2P8

Téléphone : (819) 778-8550

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

administration@valleejeunesse.ca



An organization that prevents social and academic disengagement by offering services adapted to young people in the Outaouais region and their families. The organization offers accommodation, academic and psychosocial services.

Trait d'union Outaouais

109 rue Wright, bureau 104, Gatineau, J8X 2G7

Téléphone: (819) 595-1290

<http://traitdunionoutaouais.com/>



Services for people with autism in the region and their families to facilitate their integration into the community.

Services for families



Association des familles monoparentales et recomposées de l'Outaouais

85 Boulevard Saint-Joseph, Gatineau, J8Y 3W6
Téléphone: (819) 771-3269
<https://www.afmro.ca/>



An organization that offers support to single-parent and blended families. For children aged 6 to 12, they offer an activity when parents separate. For parents, they provide psychological support and several workshops on understanding adolescence, parenting skills and shared custody. For mothers, they also offer an employability program which aims to help them achieve a better quality of life. For fathers, they offer parenting courses.

Centre d'action bénévole-Hull

12 rue Brodeur, Gatineau, J8Y 2P4
Téléphone : (819) 778-2900
<https://benevoles-outaouais.org/>
direction@benevoles-outaouais.org



An organization that offers tax clinics, escort-transportation and meals-on-wheels services to the population.

Centre d'activités préscolaire et familiales

122 rue Berri, Gatineau, J8Y 4H8
Téléphone: (819) 776-0114
<http://centreprescolaire.ca/>
capf@bellnet.ca



An organization that offers educational services by promoting the overall development of preschool children and providing support tools to families.

Centre d'aide aux victimes d'actes criminels de l'Outaouais (CAVAC)

729 Boulevard Saint-Joseph, bureau 104, Gatineau, J8Y 4B6

Téléphone : (819) 778-3555

<https://cavac.qc.ca/>

info@cavacoutaouais.ca



An organization that helps victims who have witnessed or experienced an assault through a criminal act (breaking and entering or any other crime). The practitioners enable people to overcome the physical, psychological and social consequences. The CAVAC can also help you through the process of obtaining compensation for the damages suffered.

Clinique des femmes de l'Outaouais



Clinique des femmes
de l'Outaouais

228 Boulevard Saint-Joseph, local 201, Gatineau, J8Y 3X4

Téléphone : (819) 778-2055

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

Provides health services related to family planning, including termination of pregnancy, screening for sexually transmitted diseases and contraception.

Comité Solidarité Gatineau

1096 rue Saint-Louis, Gatineau, J8T 2R7

Téléphone : (819) 246-2029

<https://solidaritegatineauouest.ca/>



An organization that offers programs related to children's development (games, homework help) and parenting skills (managing emotions and stress, nonviolent communication) and offers support to families (going back to school, snowsuits, French classes), courses on health and well-being and workshops on healthy eating.

Entraide-Deuil Outaouais



115 Boulevard Sacré-Coeur, bureau 202, Gatineau, J8X 1C5

Téléphone: (819) 770-4814

Sans frais : 1 (866) 770-4814

<http://www.entraide-deuil.qc.ca/>

direction@entraide-deuil.qc.ca

Focuses on the well-being and autonomy of people bereaved following the death of a loved one, through mutual aid and group sharing and a comprehensive approach to mourning.

Naissance-Renaissance Outaouais



115 Boulevard Sacré-Cœur, local 5, Gatineau, J8X 1C5

Téléphone : (819) 561-4499

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

info.nro@videotron.ca

Supports families in the Outaouais region during the period surrounding the birth of a child by promoting the development of parenting skills while respecting their values and rights.

L'Antre-Hulloise

16 rue Bériault, Gatineau, J8X 1A3

Téléphone: (819) 778-0997

www.antrehulloise.org

info@antrehulloise.com



Offers women an environment of belonging and action aimed at improving their living conditions by providing development groups, various activities and phone support.

Les Enfants de l'espoir de Hull

120 rue Charlevoix, Gatineau, J8X 2T4

Téléphone : (819) 778-5259

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

info@enfantsdelespoirhull.org



Its main objective is to help impoverished families experiencing difficult situations to become autonomous in all spheres of life in society and in their community. It offers support and an accessible place for families by enabling children in the area to participate in free or low-cost activities and by promoting the integration of new families in the area. The organization offers French and English workshops, art and sewing classes, self-esteem courses, emergency food supplies, multicultural cooking classes, extracurricular activities, theatre classes and programs for children ages 5 and under.

Programme CLIC OPEQ

1 Alexander G. Bell, Tour B, 2ème étage, Verdun, H3E 3B3

Téléphone: 1-877-617-6737 option 2, 2

<https://www.opeq.qc.ca/>

demande@opeq.qc.ca



The CLIC OPEQ program allows low-income families to benefit from a refurbished desktop computer at a very affordable price.

NOTE: Individuals cannot make requests themselves; all requests **MUST** come from an organization or a school.

Ville de Gatineau

1970 succursale Hull, Gatineau, J8X 3Y9

Téléphone: 311 ou (819) 595-2002

Sans frais : 1-866-299-2002

<https://www.gatineau.ca/portail/default.aspx?p=accueil&ref=haut-de-page>



Offers Gatineau residents an Accès Gatineau card that lets them use library and recreational services. Several activities are offered in the area for families such as basketball, swimming, badminton and tennis. The price and details for obtaining the card can be found on their website.



Sexuality



Centre d'aide et de lutte contre les agressions sexuelles de l'Outaouais (CALAS)

C.P.1872 succursale de Hull, Gatineau, J8X 3Z1

Téléphone : (819) 771-1773

Sans frais: 1-866-757-7757

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

calas@bellnet.ca



Helps women who have been sexually assaulted and fights sexual violence. Through its direct aid work, the CALAS supports women aged 12 and over who have experienced sexual assault, regardless of their ethnic origin, sexual orientation or disability. All services are confidential.

Centre d'intervention en abus sexuels pour la famille (CIAF)

92 Boulevard Saint-Raymond, bureau 400-A, Gatineau, J8Y 1T2

Téléphone : (819) 595-1905

Sans frais: 1-855-595-1905

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

info@ciasf.org



The Centre d'intervention en abus sexuels pour la famille is a non-profit regional community organization (Outaouais) whose mission is to provide specialized services to families and individuals dealing with child sex abuse.

Donne-toi une chance

Donne-t♂i une chance

1939 Saint-Louis, local 4, Gatineau, J8T 4H5

Téléphone : (819) 205-1451

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

administration@donnetoiunechance.org

An organization that contributes to social change with regard to domestic and family violence by intervening directly with men who are struggling with violent behaviour in relationships: interpersonal, marital and family.

Jeunesse Idem



109 rue Wright, suite 007 (porte 41, rue Leduc), Gatineau, J8X 2G7

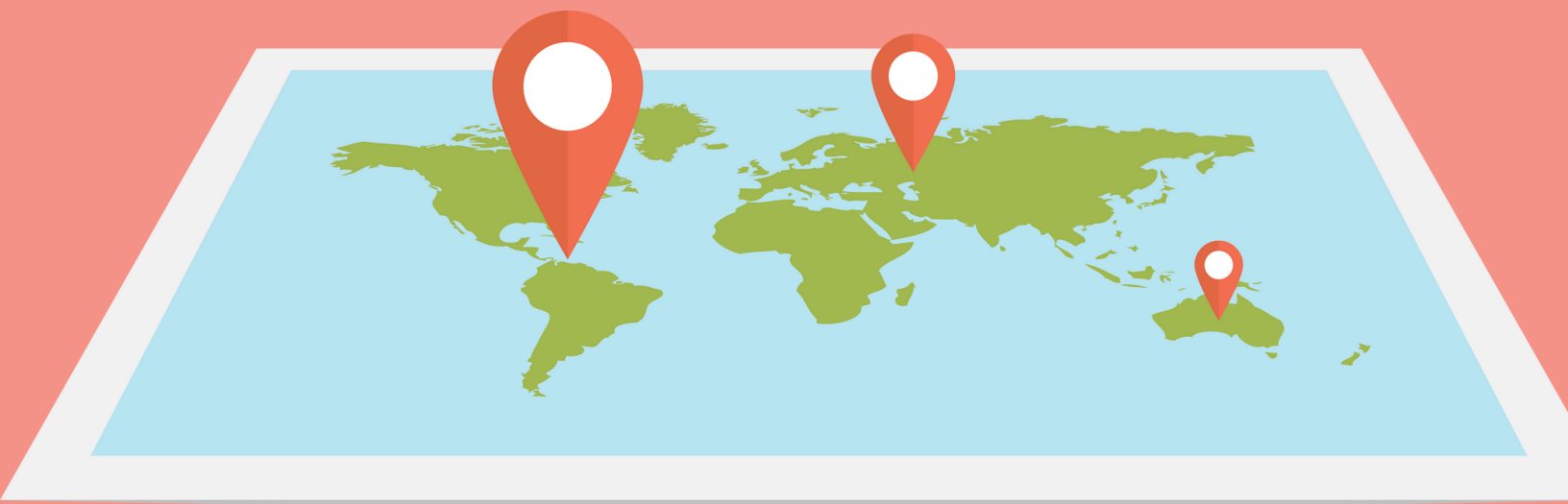
Téléphone : (819) 776-1445

www.facebook.com/jeunesseidem

erik@jeunesseidem.com

Aims to improve quality of life for young gay, lesbian, bisexual, transgender, transsexual and questioning people aged 14 to 25, as well as to raise awareness among the population of the Outaouais region of the realities of diverse sexual orientations and identities.

Interactive map



Here is an interactive map of all the organizations presented in this guide. To access it, here is the link:

https://www.google.com/maps/d/edit?mid=1xbgPj9IE_hAZE1ABL8er0GHAUQ-Ea6Jj&usp=sharing



**Centre
de services scolaire
des Portages-
de-l'Outaouais**

Québec 