HAUT-SAINT-FRANÇOIS

RESSOURCES

CONTINUUM HSF
Together, we support better

COMMUNITY OUTREACH WORKERS

Nancy Orichefsky	873 989-7601	Listening, support and referral for ages 12 to 17
Annie Bouchard	873 339-0390	Listening, support and referral for ages 50 and up
Édith Blais	819 832-3540 p. 103	Listening, support and referral for people with disabilities
Sophia Takser	873 682-6008	Outreach worker
Cindy Couture	819 570-1134	Outreach worker 0-5 years

FOOD AID

Moisson HSF	819 451-2781	Food baskets, solidarity grocery store, activities
Moisson Cookshire	819 875-1431	Food baskets on Thursdays
Centre d'action bénévole	819 560-8540	Meals on wheels (East Angus), frozen food
Cuisines collectives HSF	819 832-1176	Cooking workshops, food autonomy and Café Collectif

HEALTH

CLSC	819 821-4000	Extension 38232. Leave your message; we will call you back
Info-Santé (24/7)	811 option 1	Medical information
Info-Social (24/7)	811 option 2	Psychological support
Primary care access point	811 option 3	Medical consultation for people without a family doctor
GMF Haut-Saint-François	819 875-5535	Medical clinic - Emergencies - Other services
Maison Cinquième Saison	819 554-8129	Palliative and end-of-life care, day center

SUPPORT AND LISTENING

Carrefour jeunesse-emploi	819 832-1513	Ages 16 to 35: job search, educational development, and projects
Centre d'action bénévole	819 560-8540	Elders and care-givers
La Maison Jaune	1 877 447-3423	Women’s centre – welcoming women and gender-diverse people
La Relève	819 875-5050	Living environment for families, parents and children
Virage santé mentale	819 877-2674	Mental health, addiction, and greif
Intro-Travail	819 832-1750	Employment assistance (18 +)
La Méridienne	1 888 699-3050	Domestic violence - women and children, support and shelter
L'Étoile Duo	873-825-7227	Social perinatal care (0 to 5 years old)
Service d'aide à la recherche de logement	819 943-4281	Housing search, information and support
Multus	873 825-7272	Youth centers 12 to 17 years old, Dudswell, Scotstown, Weedon
Centre Services Éducatifs Populaires	819 832-4059	Returning to school, basic education
Maison des jeunes Actimaje	819 832-4856	Youth centers 12 to 17 years old, in East Angus
Les Étincelles de bonheur	819 832-3540	Activities and services (ID-ASD-PD)
Aide à domicile	819 832-2200	Cleaning, cooking, assistance and other services
Adult education	819 832-3637	16 +, many possibilities
Equijustice	819 791-7397	Extension 6: Mediation and restorative justice

TRANSPORT AND SECURITY

Transport HSF	819 832-2711	Public transportation, paratransit
Centre d’action bénévole	819 560-8540	Transportation support for medical appointments
Youth protection	1 800 463-1029	Report a situation 24/7
Service de police	819 875-3331	Reports, complaints, community police

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