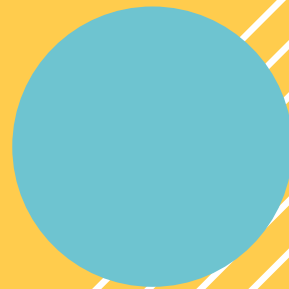


Directory of Resources in Outaouais 2024-2025



**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
direction@apo-qc.org



- Helps with finding initial housing
- Offers interpretation services (\$)
- Helps with enrolling children in school
- Helps with enrolling in French classes
- Helps with opening a bank account
- Offers document certification services
- Helps with filling out various forms
- Offers temporary accommodation

Association des femmes immigrantes de l'Outaouais (AFIO)

109 rue Wright, unité 9, Gatineau, J8X 2G7
Téléphone : (819) 776- 6764
info@afio.ca



- Offers French classes
- Helps with sponsorship
- Offers document certification services
- Offers psychosocial support
- Helps with finding a subsidized daycare
- Espace Parents program (parent-child relationship)

La voix de l'immigrant

180 Boulevard Mont-Bleu, Gatineau, J8Z 3J5
Téléphone: (819) 771-8391 ext. 330 &332
info@lviqc.ca



- Defends immigrants' rights with regard to professional orders in Quebec

Libraries



Libraries offer a number of services:

- Accès Gatineau card
- Homework help
- Books, movies and board games can be borrowed
- French conversations
- Reading rooms
- Public computers



To access library services, you must have your Accès Gatineau card. To get one, go to one of the 11 libraries with a piece of identification and a proof of residence.

Bibliothèque Aurélien-Doucet

207 Boulevard du Mont-Bleu, Gatineau
Téléphone : (819) 595-7460

Bibliothèque Bernard-Lonergan

181 rue Joseph, Gatineau
Téléphone : (819) 595-7460

Bibliothèque de la Maison-du-Citoyen

25 rue Laurier, Gatineau
Téléphone : (819) 595-7460

Bibliothèque de Riviera

12 rue Picardie, Gatineau
Téléphone : (819) 595-7460

Bibliothèque Docteur-Jean-Lorrain

20 Boulevard Lorrain, Gatineau
Téléphone : (819) 595-7460



Bibliothèque Donalda-Charron

255 rue de Bruxelles, Gatineau
Téléphone : (819) 595-7460

Bibliothèque Guy-Sanche

855 Boulevard de la Gappe, Gatineau
Téléphone : (819) 595-7460

Bibliothèque Jean-Marie-Caron

430 rue du Progrès, Gatineau
Téléphone : (819) 595-7460

Bibliothèque Lucien-Lalonde

225 rue Berri, Gatineau
Téléphone : (819) 595-7460

Bibliothèque Lucy-Faris

181 rue Principale, Gatineau
Téléphone : (819) 595-7460

Bibliothèque Manise-Morin

36 chemin de Montréal Est, Gatineau
Téléphone : (819) 595-7460

Social advocacy



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

109 rue Wright, Gatineau, J8X 2G7
Téléphone : (819) 770-4911
info@acefo.org



- Helps with money and financial planning
- Helps with purchasing furniture and appliances
- Offers financial workshops and training

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

15 rue du Sommet, Gatineau, J8Z 3M2
Téléphone : (819) 777-6767
adoo@adoo.ca



Services for those who are deaf and hard of hearing:

- Cooking workshops
- Solidarity breakfasts
- Health and well-being evenings
- Cultural outings
- Computer access
- 18 social and adapted housing units

Bureau d'aide juridique (Aylmer)

204 chemin Aylmer, bureau B-403, Gatineau, J9H 1A1
Téléphone : (819) 684-0333
bureauaylmer@ccjo.qc.ca



- Answers your legal questions
- Legal information

Bureau d'aide juridique (Hull)- Section civile



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

Téléphone : (819) 772-3011 ou (819) 772-3013

bureaucivil-famille@ccjo.qc.ca

- Answers your legal questions
- Legal information

Bureau d'aide juridique (Hull)- Section criminelle



136 rue Wright, Gatineau, J8X 2G9

Téléphone: (819) 772-3084

bureaucriminel@ccjo.qc.ca

- Helps with regard to criminal offences
- Answers your legal questions
- Legal information

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

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

Téléphone : (819) 770-3637

info@caap-outaouais.ca

plainte@caap-outaouais.ca



- Helps with filing a complaint against a health and social services institution

Centre de justice de proximité de l'Outaouais (CJPO)

768 Boulevard Saint-Joseph, bureau 200, Gatineau, J8Y 4B8

Téléphone : (819) 600-4600

Sans frais 1 (844) 606-4600

<https://www.justicedeproximite.qc.ca/centres/outaouais/>



- Provides legal information
- Has computers available
- Provides pamphlets, brochures and tools for legal situations

Logemen'Occupe

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

Téléphone : (819) 246-6644



- Defends tenants' rights
- Landlord/tenant lawyer

Office de la protection du consommateur

<https://www.opc.gouv.qc.ca/immigrants>



- Informs people of goods purchased
- Protects consumers and monitors the proper application of laws
- Informs, educates and receives consumer complaints

Material assistance-

Low cost



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

102 rue Eddy, Gatineau, secteur Hull, J8X 2W4
Téléphone : (819)776-1068



SOCIÉTÉ DE
SAINT-VINCENT DE PAUL

- Second-hand clothes, shoes, furniture, appliances, toys, books and dishes can be purchased at modest 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

- Second-hand clothes, shoes, furniture, appliances, toys, books and dishes can be purchased at modest prices

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

56 rue Principale, Aylmer, J9H 3L3
Téléphone : (819) 685-1343



SOCIÉTÉ DE
SAINT-VINCENT DE PAUL

- Second-hand clothes, shoes, furniture, appliances, toys, books and dishes can be purchased at modest prices

Entraide familiale de l'Outaouais

276A boulevard Saint-Joseph, Gatineau, J8Y 3Y3
Téléphone : (819) 525-6886
communications.efo@gmail.com
<https://www.entraidefamiliale.com/>



Entraide familiale
de l'Outaouais

- Gives furniture and appliances to low-income individuals and families
- Delivery available (cost)

Back to 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 Lucien-Brault

101 rue Saint-Jean-Bosco, Gatineau, J8Y 3G5

(819) 771-2503 poste 4

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 



Centre de formation professionnelle-Vision-Avenir

30 Boulevard Saint-Raymond, Gatineau, J8Y 1R6

Téléphone: (819) 771-7620

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

cfppo@csspo.gouv.qc.ca



Centre de formation
professionnelle des
Portages-de-l'Outaouais

Centre de formation professionnelle-Asticou et Vernon

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

Téléphone: (819) 771-0863

cfppo@csspo.gouv.qc.ca



Centre de formation
professionnelle des
Portages-de-l'Outaouais

SARCA- Service d'accueil, de référence, de conseil et d'accompagnement

Centre Lucien-Brault, local A-2322

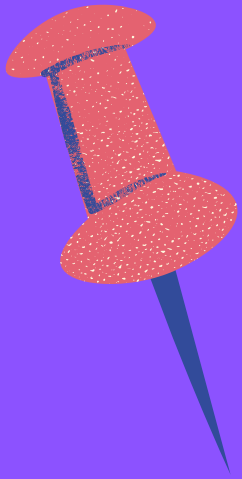
101 rue Saint-Jean-Bosco, Gatineau, J8Y 3G5

Téléphone : (819) 776-4319 poste 1

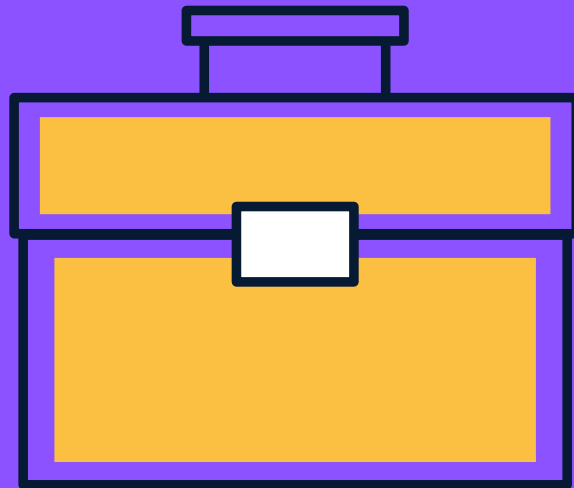
scr.lucien-brault.ceapo@csspo.gouv.qc.ca



- Academic information about programs offered in general adult education, vocational training, college or university
- Guidance service: Guidance meeting to explore career options based on the individual's interests and reality factors
- Analysis of academic record
- Official letter attesting to a level of schooling: Some programs may require a letter attesting to a level of schooling.
- Meetings and personalized accompaniment of the adult in his or her academic projects or qualification for the job market
- Information on how to get recognition for prior learning



Employment



Carrefour jeunesse emploi (CJEO)

350 boulevard de la Gappe, Gatineau, J8T 7T9

Téléphone : (819) 561-7712

info@cjeo.qc.ca



Carrefour
jeunesse emploi
de l'Outaouais

Helps people aged 16–35 with:

- Finding a job
- Finding a new career or field of study
- Starting a business
- Expanding their social network
- Immigrant services

Centre local d'emploi (CLE) de Hull



170 rue de l'Hôtel-de-Ville, RC.120, Gatineau, J8X 4C2

Téléphone : (819) 772-3502

- Job search assistance
- Last-resort financial assistance

Centre local d'emploi (CLE) de Aylmer



420 Boulevard Wilfrid-Lavigne, bureau 10, Gatineau, J9H 6W7

Téléphone : (819) 682-0362

- Job search assistance
- Last-resort financial assistance

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



270 Boulevard des Allumetières, Gatineau, J8X 1N3

Téléphone : (819) 770-6444

info@larelance.ca

- Job search assistance
- Needs assessment

Option-Femmes

365, boul. Gréber, bureau 203, Gatineau, Québec J8T 5R3

Téléphone : (819) 246-1725

info@optionfemmes.ca



- Job search assistance

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

reseauoutaouais@videotron.ca



Job search assistance for:

- People with multiple vulnerabilities (physical, mental, lack of qualifications or socio-economic integration)

SITO (Services Intégration Travail Outaouais)

920 Boulevard Saint-Joseph, bureau 107, Gatineau, J8Z 1S9

Téléphone : (819) 776-2260 poste 16

info@sito.qc.ca



- Job search assistance
- Facilitates professional networking
- Offers an employment preparation training program
- Offers the Federal Internship for Newcomers program
- Provides information about the labour market

Helplines



Alcooliques anonymes

1194 Boulevard Saint-René Ouest, Gatineau, J8T 6H3
Téléphone : (819) 561-2002



- Support for people with alcohol problems

Allôprof

Téléphone: 1 (888) 776-4455
<https://www.facebook.com/alloprof/>



- Homework support
- Answers questions about learning and education
- Chat: exchange with a specialist

Centre d'aide 24/7

19 rue Caron, Gatineau, J8Y 1Y6
Téléphone : (819) 277-3553
centreaide247@videotron.ca



- Helps with suicide prevention at any time
- Offers temporary accommodation

Centre de détresse d'Ottawa et de la région

P.O, BOx 3457, Station C, Ottawa, K1Y 4J6
Téléphone: (613) 238-3311
Sans frais: 1 (866) 996-0991



- Helps with suicide prevention in English

Ligne Parents

C.P. 186 Place D'armes, Montréal, H2Y 3G7

Téléphone : (514) 288-1444

Téléphone : 1 (800) 361-5085

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

LigneParents

- Helps parents with questions about their child's development (ages 0-20)

Jeunesse, J'écoute

Téléphone: 1 (800) 668-6868

Texto: 686868

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

Multilingual and confidential



- Responds to young people's concerns at any time

Narcotiques anonymes

Téléphone : 1(855) 544-6362

info@na-outaouais.org



- Supports people with drug problems

Ligne 988

Téléphone : 1 (866) 277-3553

Message texte au : 1 (855) 957-5353



- Offers crisis support services
- Answer questions about mental health and suicide prevention services

SOS violence conjugale

Téléphone : 1 (800) 363-9010

Texte : (438) 601-1211

www.cestpasviolent.com

www.sosviolenceconjugale.ca

sos@violenceconjugale.ca



- Helps victims of domestic violence at any time

Suicide.ca

Téléphone : 1 (866) 277-3553

Texte : 1 (855) 957-5353



- Helps with suicide prevention

Tel-Aide Outaouais

Téléphone : 1 (800) 567-9699

Téléphone : (819) 775-3223 (Gatineau)

Téléphone : (613) 741-6433 (Ottawa)

<https://telaideoutaouais.ca/>

Chat available



- Helps those who need assistance, support or references

Tel-Jeunes

Téléphone : 1 (800) 263-2266

Texte : (514) 600-1002



- Helpline
- Answers questions from young people aged 20 or under at any time

Housing



Gîte Ami

85 rue Morin, Gatineau, J8X 0A1
Téléphone : (819) 776-0134 poste 1



- Helps those who are homeless
- Helps people faced with social exclusion challenges
- Short-term accommodation services

Les Œuvres Isidore-Ostiguy

95 rue Lois, Gatineau, J8Y 3R5
Téléphone: (819) 778-1325
reception_oio@videotron.ca



- Helps with finding housing
- Offers temporary accommodation

Mimosa du Quartier

260 rue Saint-Rédempteur, Gatineau, J8X 2T1
Téléphone: (819) 600-1062
mimosa@sc-inf-mte.com



- Rents housing to low-income families
- Help with personal objectives like returning to school
- Homework help with volunteers

L'Office municipal d'habitation de l'Outaouais

649 Boulevard de la Gappe, Gatineau, J8T 8G1
Téléphone : (819) 568-0033
info@ohoutaouais.ca



- Finds housing for low-income families
- Rents low-cost housing

Tribunal administratif du logement

170 rue de l'Hôtel-de-Ville, 4ème étage, bureau 4.100, Gatineau, J8X 4C2
Téléphone : 1(800) 683-2245

- Answers any questions about housing
- Responds to lease obligations
- Facilitates making a housing complaint

Revenu Québec



Téléphone : 1 (855) 291-6463

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

- Offers up to \$170 per month for low-income rentals

Service d'aide à la recherche de logement

649 Boulevard de la Gappe, Gatineau, J8T 8G1
Téléphone : (819) 568-2433
sarl@ohoutaouais.ca



- Helps with finding new housing
- List of organizations offering subsidized housing, housing search (other alternative)

Youth centres



Offers various services to youth aged 12-17:

- Movies
- Music
- Sports
- Dance
- Educational games and workshops
- Cooking
- Pool Tables

For more information, contact your closest youth centre.

Auberge du cœur Héberge-Ados

39 rue Richard, Gatineau, secteur Hull

Téléphone : (819) 771-1750

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)

infomdj@avenuedesjeunes.com



Maison de jeunes l'Antrados

10 rue Bériault, Gatineau, secteur Hull

Téléphone : (819) 778-0634

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

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)

infomdj@avenuedesjeunes.com



- Accommodation of adolescents aged 13 to 17
- Individual monitoring and group activities



Community centres



Offers various services to families:

- Community kitchens
- Sports
- Homework help
- Meetings
- Winter clothing
- Family activities
- Neighbourhood parties and events
- Community-fridge
- Summer camp

For more information, contact your closest community centre.

Action- Quartiers

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



Centre communautaire Entre-Nous

175 rue Front, Gatineau, J9H 5S9
Téléphone : (819) 684-2236



Groupe Communautaire Deschênes

55 chemin Vanier, Gatineau, J9H 1X5
Téléphone : (819) 684-7999
gcd_intervenante@hotmail.com



Maison communautaire Daniel-Johnson

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



Maison d'accueil Mutchmore

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



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

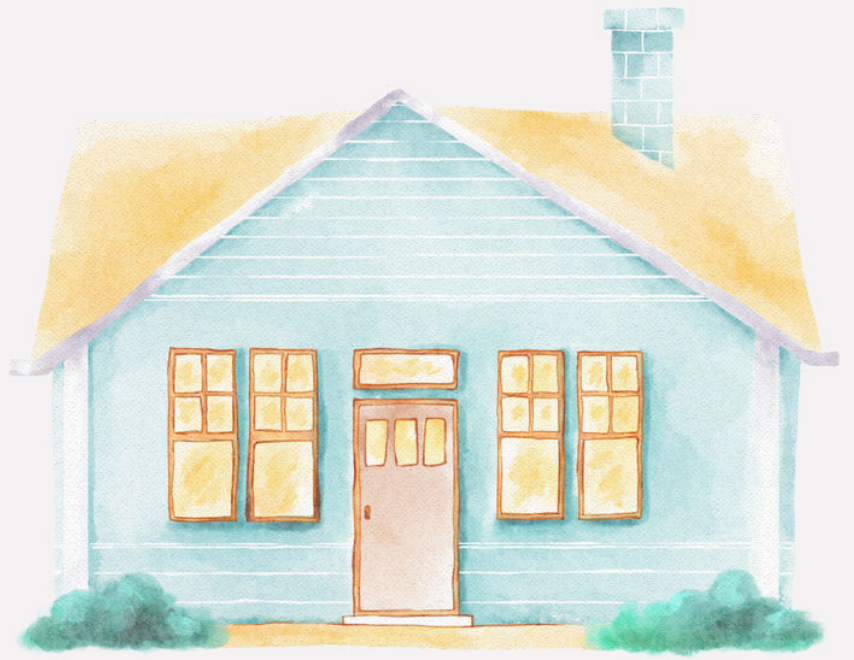


Table des partenaires du secteur Fournier

Téléphone : (873) 655-2596
Coordo.comitefournier@gmail.com



Shelters



Safe houses for women who are victims of domestic violence

- Individual group or telephone interventions

L'Autre Chez Soi

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



Le Centre Mechtilde

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



Maison d'Ingrid

C.P 2993, succ. Buckingham, Québec, J8L 2X5
Téléphone : (873) 636-3979
accueil@maisondingrid.com
Confidential messaging

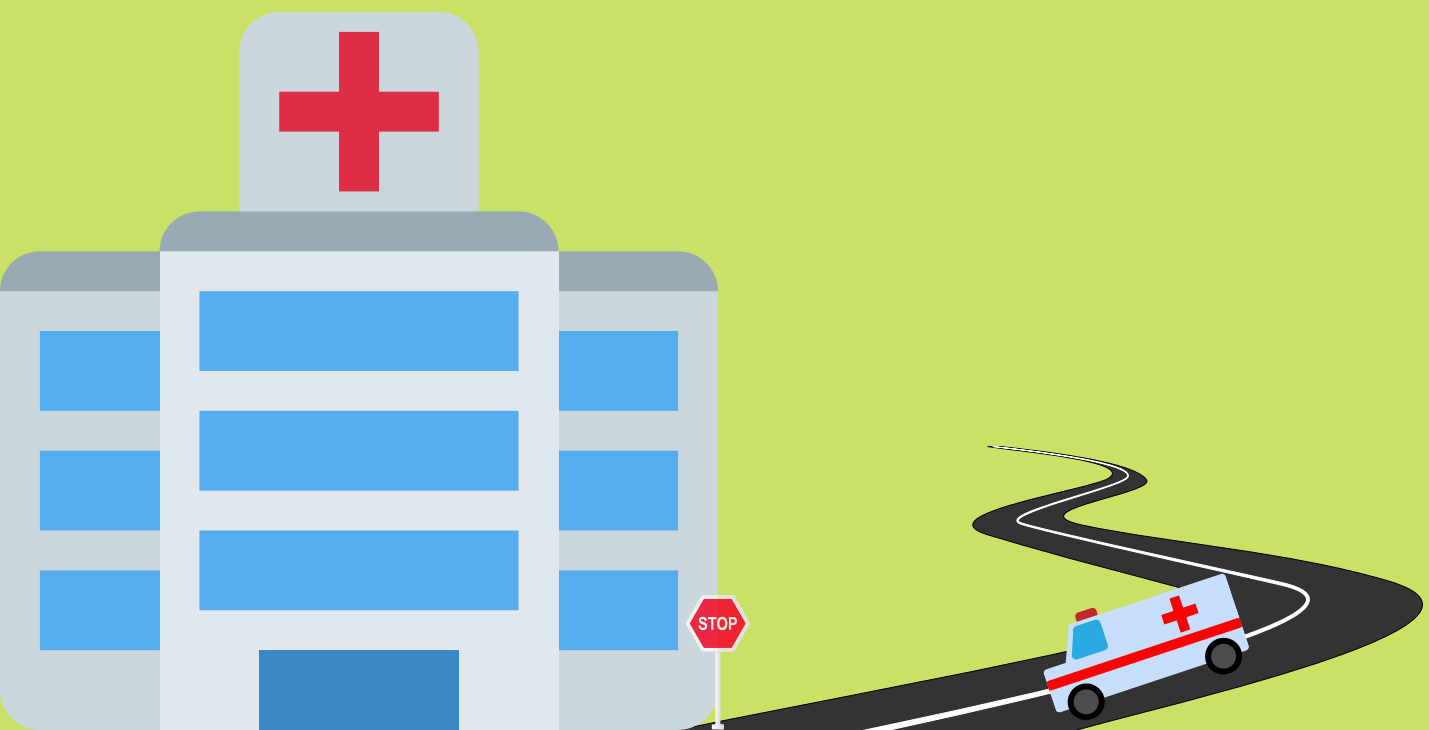


Maison Unies-Vers-Femmes

Téléphone : (819) 568-4710
accueil@maisonunies.ca



Health



911

Emergency service for contacting the police, paramedics or firefighters

Rendez-vous Québec



<https://rvsq.gouv.qc.ca/accueil/index-en.html>

Online platform to schedule medical appointments for people that are on the provincial wait list for a family doctor

CLSC LeGuerrier (Secteur Aylmer)

425 rue LeGuerrier, Gatineau, J9H 6N8

Téléphone : (819) 966-6540

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

Québec 

- Responds to health matters (vaccination, prenatal classes, newborn care, etc.)

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 

- Responds to health matters (vaccination, prenatal classes, newborn care, etc.)

CLSC Saint-Rédempteur (Secteur Hull)

85 rue Saint-Rédempteur, Gatineau, J8X 4E6

Téléphone : (819) 966-6510

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

Québec 

- Responds to health matters (vaccination, prenatal classes, newborn care, etc.)
- Offers a service to assess the health and social condition of new immigrants and refugees

Guichet d'accès à un médecin de famille (GACO)

Téléphone : (819) 966-6200 poste 333989

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

Québec 

- Facilitates registration for the family doctor waiting list

Guichet d'accès à la première ligne (GAP)

Québec 

Téléphone : (819) 966-6201 et 1 833 966-6201 (sans frais)

<https://www.quebec.ca/sante/trouver-une-ressource/guichet-acces-premiere-ligne>

- Allows people without a family doctor to obtain a medical appointment or a health service. To benefit from it, you must:
be waiting for a family doctor following registration with the
One-stop access to a family doctor (GAMF)



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 

Informations about the health (Info-Santé)

Téléphone : 811, option 1

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

Québec 

Programme OLO (Aide alimentaire aux femmes enceintes)

811, option 2

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

Québec 

- Offers free coupons to pregnant women and for newborns
- Offers nutritional monitoring starting in the 12th week of pregnancy

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
info@lapogee.ca



- Helps parents and friends of people with mental health problems

Clinique de services psychologiques de l'UQO

283 Alexandre-Tâché, Gatineau, J8X 3X7, local F-2008
Téléphone: (819) 773-1679
cspuqo@uqo.ca



Psychological assistance:

- Couples' therapy
- Individual therapy
- Psychological assessment

Droit-Accès Outaouais

17 rue Jeanne-D'Arc, Gatineau, J8Y 2H3
Téléphone : (819) 777-4746
Sans frais: 1 (800) 667-4746
dao@videotron.ca



- Defends the rights of vulnerable people with a mental health problem

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

Québec 

Info-Social

Téléphone: 811, option 2

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

Québec 

- Helps people with psychosocial problems at any time

Maison Réalité

10 rue Jeanne-D'Arc, Gatineau, J8Y 2H2

Téléphone : (819) 776-1214

info@maisonrealite.org



- Helps people with mental health disorders
- Offers accommodation
- Organizes recreational and educational activities

Santé mentale Outaouais

<https://santementaleoutaouais.ca/a-propos/>



- Platform of mental health resources in the Outaouais

Food services



Centre Alimentaire Aylmer

67 rue du Couvent, Gatineau, J9H 6A2

Téléphone : (819) 684-0163

centrealimentaire-dir@videotron.ca



- Helps with dietary needs
- Distributes food baskets to underprivileged families
- Provides psychosocial support

L'Espace DEP Sylvestre

230 rue Montcalm, Gatineau, J8Y 3C1

Téléphone : (819) 771-3723

depanneursylvestre@hotmail.com



- Helps with dietary needs
- Distributes community meals

Banque Alimentaire Service Entraide-BASE

66 rue Eddy, Gatineau, J8X 2W2

Téléphone : (819) 770-5261

info@mannedelile.com

The logo for BASE consists of the word 'BASE' in a bold, dark green, sans-serif font. A small yellow horizontal bar is positioned under the letter 'A'.

BANQUE ALIMENTAIRE | SERVICES ENTRAIDE

- Helps with dietary needs
- Distributes food baskets to underprivileged families

Le Chemin

480 rue de Vernon, Gatineau (Québec), J9J 3K5

Téléphone: (819) 319-2729



- Helps with dietary needs

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

Téléphone : (819) 776-3216



- Distributes food baskets to underprivileged families for free

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

Téléphone: (819) 770-2364



- Distributes food baskets to underprivileged families for free

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

Téléphone: (819) 770-2364



- Distributes food baskets to underprivileged families for free

Soupe Populaire de Hull

751 Boulevard Saint-Joseph, Gatineau

Téléphone : (819) 770-3789

297 Boulevard des Allumetières, Gatineau

Téléphone : (819) 778-0173



Soupe
Populaire de Hull Inc.

Maison de réconfort, d'amitié et d'espoir

- Food assistance for people with low incomes
- Distributes one-dollar lunches
- Offers a voluntary trust service
- Offers group activities

Youth services



Association québécoise des troubles d'apprentissage (AQETA)

109 rue Wright, bureau 205, Gatineau, J8X 2G7
Téléphone: (819) 777-3126
info@aqeta.org



- Helps people with a learning disability and/or ADHD

Centre de pédiatrie sociale (Secteur Hull)

39 rue Frontenac, Gatineau, J8X 1Y9
Téléphone : (819) 600-1661
info.hull@pediatriesociale.gatineau.com



- Welcomes children from the community who are vulnerable, in pain, sick, victims, excluded or abandoned
- Offers group activities
- Offers individual monitoring
- Offers 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



- Protects all children aged 0–17 from family mistreatment at any time

Équipe Soutien-Famille

343 rue Notre-Dame, Gatineau, J8P 1L3
Téléphone: (819) 682-2037



- Prevents abuse and neglect in children 18 months to 5 years old
- Offers respite workshops for families
- Offers home support for families
- Offers early reading activities

Espace Outaouais

10 rue Noël, bureau 107, Gatineau, J8Z 3G5
Téléphone: (819) 771-1546
espaceoutaouais@videotron.ca



- Helps children aged 3–12 with regard to violence of all kinds
- Offers workshops for adults and children

Grands frères et grandes sœurs de l'Outaouais

52 chemin Doherty, L'Ange-gardien, QC, J8L 0T4
Téléphone : (819) 281-0405
yvonne.dube@grandsfreresgrandessoeurs.ca



- Helps children aged 6–14 from single-parent or separated families
- Offers matching with an adult

La Place 0-5 ans

Téléphone : (514) 270-5055
Téléphone : 1 (844) 270-5055
info@laplace0-5.com



- Facilitates registering for and finding a daycare spot

Vallée-Jeunesse Outaouais

111 rue De Carillon, Gatineau, J8X 2P8
Téléphone : (819) 778-8550
administration@valleejeunesse.ca



- Helps youth struggling with dropping out of school or social disconnection
- Offers accommodation
- Offers academic and psychosocial support
- Offers camp for kids 7 to 17 years old

Trait d'union Outaouais

109 rue Wright, bureau 104, Gatineau, J8X 2G7
Téléphone: (819) 595-1290
acces@traitdunionoutaouais.com



- Helps people with autism and their families

Centre d'animation jeunesse (CAJA)

99 Boulevard Saint-Raymond, Gatineau, J8Y 1S8
Téléphone : (819) 595-7400

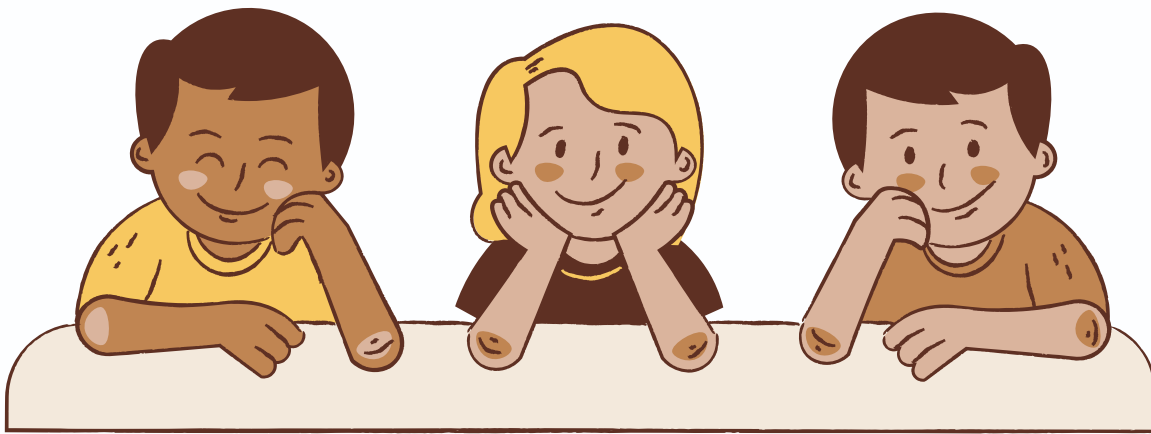
- Activities for teenagers between 12 and 17 years old

Aire ouverte

Téléphone : (819) 966-6220
92 Boulevard Saint-Raymond local 403,
Gatineau, QC J8Y 1S7
07.aire_ouverte@ssss.gouv.qc.ca



- Provides mental and physical health services to young people aged 12 to 25
- Opportunity to meet a professional in person, by telephone or virtually
- Flexible appointment schedule
- Meeting locations according to user preferences
- Fast, free and confidential services



Services for families



Association des familles monoparentales et recomposées de l'Outaouais

85 Boulevard Saint-Joseph, Gatineau, J8Y 3W6
Téléphone: (819) 771-3269



- Helps single-parent and blended families
- Offers various integration workshops
- Offers psychological support
- Offers a social reintegration and pre-employability program

Association des Troubles d'apprentissage et TDAH Outaouais

Téléphone: (819)712-8238
info@ta-tdah-outaouais.com
<https://www.facebook.com/profile.php?id=100057417910390>



- Raises awareness of ADHD learning disabilities and learning disabilities associates
- Offers help and homework workshops to equip parents, children and teenagers
- Offers conferences and awareness training on the various learning disabilities

Centre d'action bénévole-Hull

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



- Helps with tax returns
- Helps with transportation
- Offers a Meals on Wheels service

Centre d'activités préscolaire et familiales

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



- Supports families with preschool-aged children
- Offers a drop-in daycare service
- Day camp

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
info@cavacoutaouais.ca



- Helps victims of assault
- Helps people who witnessed or experienced a violent event

Centre de ressources Connexions

67 rue du Couvent, Gatineau, J9J 6A2
Téléphone : (819) 557-0615
<http://centreconnexions.org/>
<https://www.facebook.com/ConnexionsResourceCentre>



- Helps people with health or social problems in English

Clinique des femmes de l'Outaouais

228 Boulevard Saint-Joseph, local 201, Gatineau, J8Y 3X4
Téléphone : (819) 778-2055



- Helps women regarding planning and termination of pregnancy
- Offers screening for sexually transmitted infections
- Gives workshops
- Offers a range of contraceptive services

Comité Solidarité Gatineau

1096 rue Saint-Louis, Gatineau, J8T 2R7

Téléphone : (819) 246-2029



- Offers group workshops
- Works on parenting skills
- Support for families
- Offers French classes
- Provides internet access
- Offers community kitchen workshops
- Offers a drop-in daycare service
- Day camps
- Community garden

Entraide-Deuil Outaouais

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

Téléphone: (819) 770-4814

Sans frais : 1 (866) 770-4814

direction@entraide-deuil.qc.ca



- Bereavement support

Maison Alcide-Clément

132 rue Saint-Jacques, Gatineau, J8X 2Z4

Téléphone: (819) 776-1306

www.facebook.com/maisonalcideclement

maisonalcideclement@videotron.ca



- Offers a drop-in daycare service (0-5 years)
- Offers homework help and summer camps
- Offers café-jasette and café-rencontre services
- Activities during march break

Naissance-Renaissance Outaouais

101 Avenue, Gatineau, Porte B
Téléphone : (819) 561-4499
info.nro@videotron.ca



- Helps families for the birth of a child
- Nursing and breastfeeding support

L'Antre-Hulloise

16 rue Bériault, Gatineau, J8X 1A3
Téléphone: (819) 778-0997
antre.hulloise@bellnet.ca



- Offers women an environment where they can learn and improve their living conditions

Les Enfants de l'espoir de Hull

50 rue Isidore-Ostiguy, Gatineau, J8X 3B8
Téléphone : (343) 204-3774
info@enfantsdelespoirhull.org



- Integrates new families into the area
- Organizes free or low-cost integration activities
- Offers community kitchen workshops
- Offers extracurricular activities
- Runs a day camp in March and during the summer
- Offers activities for children under the age of 5

Association des résidents du Plateau

145 Rue de l'Atmosphère, Gatineau, QC J9A 3G3
arp2000@gmail.com



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

calas@bellnet.ca



- Helps women aged 12 and over who have been victims of sexual assault

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

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

Téléphone : (819) 595-1905

Sans frais: 1-855-595-1905

info@ciasf.org



- Helps families and individuals facing child sexual abuse

Donne-toi une chance

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

Téléphone : (819) 205-1451

administration@donnetoiunechance.org



- Helps men who have problems with interpersonal, domestic and family violence

Jeunesse Idem

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

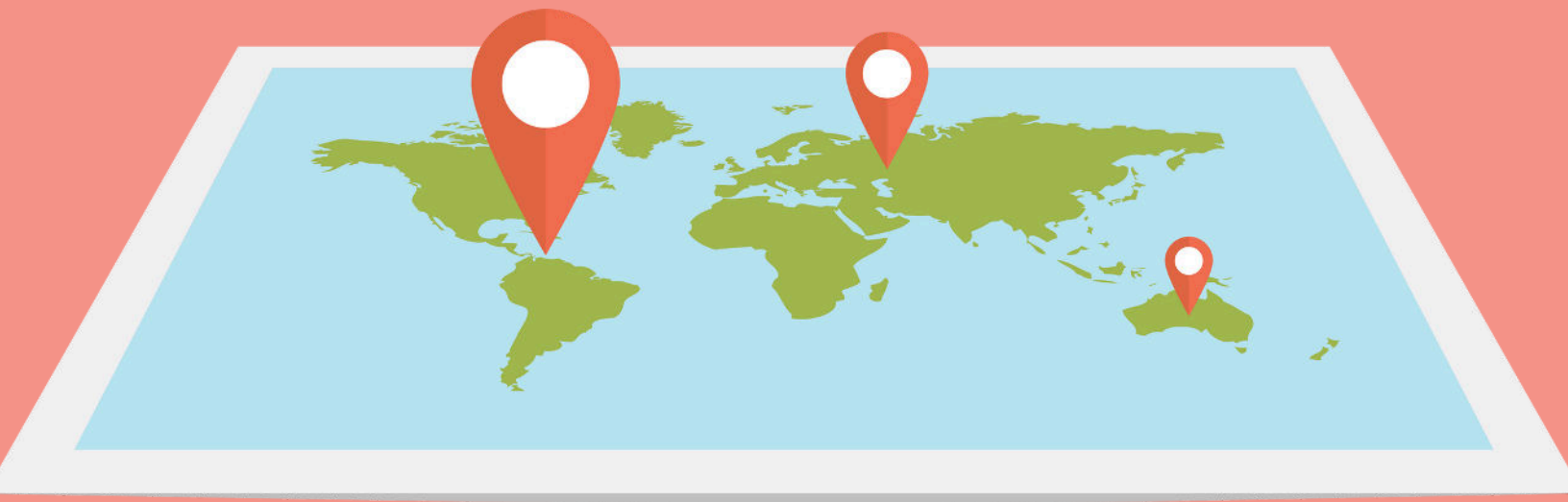
Téléphone : (819) 776-1445

erik@jeunesseidem.com



- Helps youth aged 14–25 with questions about sexual orientation (gay, lesbian, bisexual, transgender, transsexual)

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



If you have any questions or comments, please write to :
maude.berniquez@csspo.gouv.qc.ca (maternity leave)
roxane.beauchamp@csspo.gouv.qc.ca
sylvie.blanchard@csspo.gouv.qc.ca

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

Québec 