

COMMUNITY SERVICES OFFERED IN ENGLISH

B R O M E - M I S S I S Q U O I







515 Sud, bureau 206, Cowansville
450-375-1443 | acefme.org

SERVICES OFFERED:

- Budgeting support
- Consumer rights information
- Tenant rights information and advocacy



112 rue du Sud, local 300, Cowansville
450-293-2123 | actionplusbm.org

SERVICES OFFERED:

- Advocacy and defence of rights for people on social assistance
- Provide awareness of injustices related to social assistance



328 rue Principale, suite 240, Granby
450-777-3363 | alzheimergranby.ca

SERVICES OFFERED:

- Support for individuals affected by Alzheimer's disease
- Respite for caregivers
- Stimulating activities for those living with Alzheimer's disease



APPHBM

(Association de parents de personnes
handicapées de Brome-Missisquoi)



112-370 rue de la Rivière, Cowansville
450-266-1566 | apphbm.ca/en

SERVICES OFFERED:

- Support for parents of children and adults who have an intellectual disability or autism spectrum disorder
- Respite for caregivers
- Activities and programs for children and adults



9 rue Rivière, Bedford
450-248-0530 | awcentre.com |

SERVICES OFFERED:

- Supporting women in reaching their full potential through educational and informational workshops, support services, and collective action for social change



23 chemin Garagona, Frelighsburg
450-298-5159 | garagona.org

SERVICES OFFERED:

- Overnight camp for people living with an intellectual disability and/or on the autism spectrum
- Services are offered year round (summer and weekends)
- Outdoor recreational activities, artistic and creative activities



C.P. 63, Granby
450-375-3338 | calacsdesrivieres.ca

SERVICES OFFERED:

- Direct support for women and teens who are victims of sexual assault and support for their loved ones
- Education for sexual assault prevention
- Advocacy and defense of women's rights



Cellule Jeunes et Families
de Brome-Missisquoi



504 rue du Sud, Cowansville
450-260-1823 | infocellule.org/en

SERVICES OFFERED:

- Support for individuals living difficult situations
- Emergency food bank
- Drug addiction prevention program
- Integrated screening and prevention services for STIs

CABBE

CENTRE D'ACTION BÉNÉVOLE
DE BEDFORD ET ENVIRON INC.



35 rue Cyr, Bedford cp. 1696
450-248-2473 | cabbed.org

SERVICES OFFERED:

- Medical transportation, help for errands, Securi-cab, technical support, tax returns and help filling out official forms, school fees support, food bank



201 rue Principale, Cowansville
450-263-3758 | cabcowansville.com

SERVICES OFFERED:

- Food bank
- Medical transport support
- Income tax service
- Information and referrals for seniors and caregivers, community meals and anti-waste project

CAB SUTTON



7 rue Maple, Sutton
450-538-1919 | cabsutton.com

SERVICES OFFERED:

- Outreach worker for families and seniors
- Food bank
- Meals on Wheels
- Homework support



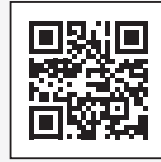
Centre de
PRÉVENTION DU SUICIDE
Haute-Yamaska Brome-Missisquoi



328 rue Principale, bureau 220, Granby
450-375-6949 | cpshybm.ca

SERVICES OFFERED:

- Suicide prevention services
- Support for family and friends
- Suicide awareness training



119 boulevard Dieppe, Cowansville
450-263-1028 | facebook.com/CentreFemmesDesCantons

SERVICES OFFERED:

- Advocacy for women's rights, helping women reach their full potential, listening and support in safe-friendly environment



1964 chemin Scottsmore, Dunham
450-263-3434 | dunhamhouse.ca

SERVICES OFFERED:

- Residential and outpatient services for individuals suffering from mental health and concurrent disorders, including addiction.
- Workshops and group counseling



18 rue Saint-Antoine Nord, Granby
450-375-4042 | entrelles.ca

SERVICES OFFERED:

- Mental health support for adult women experiencing a psychosocial or psychotraumatic crisis
- Respite housing



525 rue Saint-Édouard, Farnham
217 rue d'Oxford, Cowansville
450-293-1631 | entreechezsoi.com

SERVICES OFFERED:

- Mental health support in the community
- Transitional housing to regain mental health stability



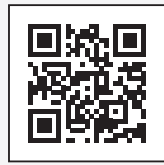
265 rue Hanson, Cowansville
450-955-0622 | espacevivantlivingroom.org

SERVICES OFFERED:

- Temporary housing for 12 to 17 year olds going through difficult situations (personal, social, family, school)
- A teenager can stay for a period of 1 to 60 days
- 48 hour emergency bed also available



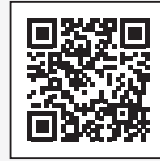
*La Fondation
Claude De Serres*



34 rue St-Joseph, Bedford
450-203-9350 | fondationcds.ca

SERVICES OFFERED:

- Lending of equipment for medical reasons (Bedford region)



C.P. 248 Cowansville
450-263-5046 | horizonpourelle.ca

SERVICES OFFERED:

- Shelter for women and their children victims of domestic abuse
- Support and empowerment of women victims of abuse
- Referrals and accompaniment (court, housing, welfare)



3 rue Cairns, Granby
450-375-1541 | lamaisonsantementale.org

SERVICES OFFERED:

- Providing services for men and women living with mental health issues limiting their autonomy



3688 rue Principale, Dunham
450-522-5271 | larecoltedesgenerations.com

SERVICES OFFERED:

- Fostering intergenerational connections through gardening, cooking, art and culture



455 rue Yamaska, Farnham
450-293-7098 | educationadultesfarnhambedford.org

SERVICES OFFERED:

- Helping adults improve their reading abilities as well as their oral and written proficiency in French



MAIN
DANS LA
MAIN



1159 rue du Sud, Cowansville
450 260-1414 | cpscmaindanslamain.org/en

SERVICES OFFERED:

- Multidisciplinary team meets and follows up with the child and the persons who are significant in his life.
- Developing the potential of children in vulnerable situations by offering: homework tutoring, art therapy, zoo therapy, special activities and more



213 rue Rivière, Bedford
450-248-0595 | mffbedford.com

SERVICES OFFERED:

- Support, listening and referral for young families
- Respite daycare
- Workshops and activities for the whole family
- Homework assistance



7 rue Academy, Sutton
450-522-7494 | mdjsutton.org

SERVICES OFFERED:

- Fostering the development of youth through workshops, homework help, activities and individual and group interventions

Maison des Jeunes de Bedford

MDJ LE BOUM



52 rue du Pont, Bedford
450-248-0522 | mdjleboum.com

SERVICES OFFERED:

- Fostering the development of youth through workshops, homework help, activities and individual and group interventions



436 rue Horner, Granby
450-375-4404 | lepassant5.wixsite.com

SERVICES OFFERED:

- 7-day temporary accommodations for adult men suffering from personal or social difficulties



177 rue Denison est, Granby
450-777-7131 | oasissantementale.org

SERVICES OFFERED:

- Support and services for family members who have a loved one living with mental illness



790 rue du Sud, Cowansville
450-263-5300 | pleinsrayons.ca

SERVICES OFFERED:

- Positive social inclusion of young adults with an intellectual disability and/or on the autism spectrum
- Development of work and social skills



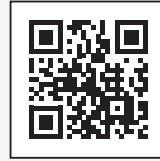
Regroupement
Soutien aux Aidants
Maison Gilles-Carle
Brome-Missisquoi



614 boul. J.-André-Deragon, Cowansville
450-263-4236 | rsabm.ca

SERVICES OFFERED:

- Psychological support, well being activities and respite services for caregivers



793 rue Dufferin , Granby
450-777-6680 | rhhy.qc.ca

SERVICES OFFERED:

- Support for men through specific programs related to men's health and well being, male survivors of child sexual abuse, violence and abuse



706 rue du Sud, Cowansville
450-266-3766 | lesacamots.com

SERVICES OFFERED:

- Helping adults improve their reading abilities as well as their oral and written proficiency in French
- Workshops, group conversations, social activities



*Stanbridge East
Sports Association, Inc.*



5 rue Academy, Stanbridge East
450-248-7998 | facebook.com/stanbridgeeastsports

SERVICES OFFERED:

- Sports and leisure activities and events for all age groups in the Stanbridge East & surrounding areas



VILLE DE LAC-BROME
TOWN OF BROME LAKE



270 rue Victoria, Lac-Brome
450-243-6111 | lacbrome.ca

SERVICES OFFERED:

- Workshops for parents and kids 0-5.
- 9-12 Club, a weekly extracurricular activity
- Outreach work and counseling



505 rue du Sud #203, Cowansville
450-263-7503 | 1-866-337-7503 | yamaskaliteracy.ca

SERVICES OFFERED:

- Free tutoring in reading, writing and math for adults and youth (16 years +)
- Help with forms, digital literacy and family literacy

**There are many organizations
that can help you in Brome-Missisquoi.**

Call 211 or visit www.211quebecregions.ca

TROUVEZ RAPIDEMENT DES
RESSOURCES COMMUNAUTAIRES
PRÈS DE CHEZ VOUS /

QUICKLY FIND COMMUNITY
RESSOURCES NEAR YOU

 **2-1-1**

 **211quebecregions.ca**

 **Clavardage en ligne
Chat service**

Service d'interprète en 900 langues /
Interpreter service in 900 languages.


BROME-MISSISQUOI

Gratuit et confidentiel / Free and confidential

Lundi au vendredi / Monday to friday :
8 h à 19 h

Samedi au dimanche / Saturday to sunday :
8 h to 15 h 30

 Ministère de
développement social
du Brome-Missisquoi

*Scan here
to view
the resources
available*



In Collaboration with the
Members of the Committee



Funded by



**Réseau de
développement social
de Brome-Missisquoi**