

COVID19

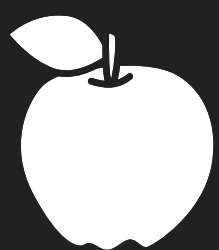
COMMUNITY RESOURCES
UPDATED APRIL 8, 2020

COMMUNITY RESOURCES FOR THE MRC D'ARTHABASKA (VICTO)

FOR ALL HEALTH-RELATED ISSUES:

Dial 811 to reach Info-Santé and Info-Sociale.

Dial 1 for physical health concerns. Dial 2 for mental health or social services.



FOOD AID

Sécurité alimentaire: 819 752.5305 (Distribution on Friday afternoons. Call Friday mornings between 9-11am to reserve a basket.)

Resto-Pop: 819 758.4615 (Prepared meals for 1\$ to take home between 11am-12:30pm daily.)



MENTAL HEALTH SUPPORT

Centre de prévention au suicide Arthabaska-Érable: 819-751-2205

Kid's Help Line*: 1-800-668-6868

Tel Jeunes*: 1-800-263-2266



ERRANDS & OTHER ASSISTANCE

Meals on Wheels for seniors, transportation to essential medical appointments:

Centre d'entraide bénévole des Bois-Francis: 819-758-4188

Service Canada*: 1-833-381-2725 (Help with identifying and applying for financial aid)



SUPPORT FOR FAMILIES & WOMEN

Maison des familles de Victoriaville: 819-758-4041

Maison des femmes des Bois-Francis: 819-758-3384

Ligne Parents: 1-800-361-5085

Le Volte-Face (violence conjugale): 819-795-3444

SOS Violence conjugale*: 1-800-363-9010

COMPLETE UP-TO-DATE RESOURCES CAN ALSO BE FOUND AT:

[HTTPS://WWW.VICTORIAVILLE.CA/](https://www.victoriaville.ca/)

(WEBSITE IN FRENCH ONLY)