

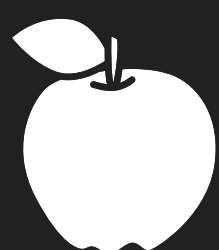
2022
COMMUNITY RESOURCES

COMMUNITY RESOURCES FOR THE MRC VAL-SAINT-FRANCOIS

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

Richmond area: Drop-in food bank Fridays 9am - 12pm, 421 Principale N
Tabliers en folie* (819-826-6517) / CAB Richmond* (819-826-6166)
Valcourt area: CAB Valcourt (450-532-2255)
Windsor area: CAB Windsor (819-845-5522)



FINANCIAL HELP & EMPLOYABILITY

Carrefour Jeunesse Emploi (16-35 ans):
Richmond*: 819-879-7667 <https://cjerichmond.qc.ca/>
Windsor: 819-845-5900 / Valcourt: 450-532-5322 <https://cjejohnson.org/>
Service budgétaire populaire Des Sources*: 819-879-4173
Job Links*, satellite site in Richmond: (819) 566-2422 joblinks@etsb.qc.ca
Service Canada*: 1-833-381-2725



CHILDREN AND TEENS

Maison des jeunes:
Richmond* (819-826-1458), Windsor (819-845-5117), Valcourt (450-532-2281)
Kid's Help Phone*: 1-800-668-6868, text CONNECT to 686868 - Phone, text, Messenger 24/7
Tel-Jeunes: 1-800-263-2266, 514-600-1002 (texto)
JEVI Estrie*: 819-564-1354 If you have suicidal thoughts 24/7
www.suicide.ca*: Emergency support by text (1-855-957-5353) or chat 24/7



SUPPORT FOR FAMILIES

Maison de la Famille les Arbrisseaux (diapers, clothes, school supplies): 1-877-929-0077
Centre des femmes Le Point d'ancrage*: 1 800-909-7937
Lennoxville & District Women's Centre*: 819 564-6626 info@ldwc.ca
SOS Violence Conjugale*: 1-800-363-9010, text 14386011211 www.sosviolenceconjugale.ca
Ligne Parents*: 1-800-361-5085, www.ligneparents.com - Phone, text, emails 24/7
Trans-Appel Collective Transport: 1-800-716-2777 <https://trans-appel.com/>
CLSC*: 819-542-2777 x55225

*Resources available in English