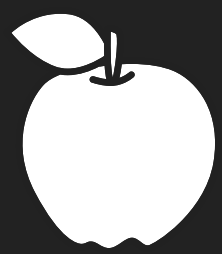


COMMUNITY RESOURCES FOR THE MRC DES SOURCES

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 & SECOND HAND CLOTHING

Centre d'action Bénévole des Sources 819 879-6333 www.cabdessources.org/fr/



FINANCIAL HELP & EMPLOYABILITY

Service budgétaire populaire des Sources* 819 879-4173 <https://sbpdessources.com/>

Carrefour Jeunesse Emploi (16-35 ans) 819 879-7667 <https://cjerichmond.qc.ca/>

Emploi Québec 819 879-7141

Service Canada*: 1-833-381-2725

Office municipale d'habitation 819 879-2784



CHILDREN AND TEENS

Maisons des jeunes - Val-des-Sources: De l'Or Blanc www.facebook.com/mdjdelorblanc

- Danville: Au Point www.facebook.com/mdjdanville

- Villages: AGJOB www.facebook.com/agjob.organisme

Kid's Help Phone* 1-800-668-6868, www.kidshelpphone.ca -

Phone, text, Messenger 24/7

JEVI Estrie* 819-564-1354 If you have suicidal thoughts 24/7

www.suicide.ca* - Emergency support by phone, text or chat 24/7



SUPPORT FOR FAMILIES

Centre des femmes Le Point d'ancrage*: 1 800-909-7937 <https://lepointdancrage.ca/>

Croisée des sentiers (mental health support) 819 879-4886 <https://lacroiseedessentiers.com/>

Lennoxville & District Women's Centre*: 819 564-6626 info@ldwc.ca

La Maison des familles FamillAction 819-879-0902

www.facebook.com/lamaisondesfamillesfamillaction

Défi handicap des Sources 819 300-6130

Service de transport collectif 819 879-7107 <https://stcdessources.com/>

SOS Violence Conjugale* 1-800-363-9010, www.sosviolenceconjugale.ca

Ligne Parents* 1-800-361-5085, www.ligneparents.com - Phone, text, emails 24/7

*Resources available in English