

To help you deal with the COVID-19 crisis, in this second newsletter you will find:

- Detailed information about the services available from community organizations that can help you deal with your food needs.
  - Telephone numbers in case you lose your job.
  - Various helplines to call with your concerns.
- A table showing the hours that grocery stores are open.

**Be wise and stay home!**

## Café Partage d'Argenteuil



Café Partage d'Argenteuil contributes to food security for people in the MRC d'Argenteuil. Economical groceries allow people with low incomes to benefit from discounts of 30% to 40% off market prices.

### Services available:

- Grocery orders for everyone
  - Home-style prepared meals for seniors
  - Vegetable basket delivered directly to your home
- Deliveries on Tuesdays and Thursdays across the entire MRC d'Argenteuil territory.

Payment by Interac transfer or cheque only.

**To order, call: 450-562-0987**

## Centre d'action bénévole d'Argenteuil



The Centre d'action bénévole d'Argenteuil provides **meals on wheels** service on Mondays, Wednesdays and Fridays. Hot meals prepared by the CISSS d'Argenteuil are delivered to homes between 11:00 am and 1:00 pm at a cost of \$6 within the territories of the cities of Lachute and Brownsburg-Chatham.

As well, a wide variety of **frozen meals** are available and are delivered by volunteers to homes across the whole Argenteuil territory at a cost of \$6.50 to \$7.00.

**You can contact the Centre d'action bénévole d'Argenteuil at any time by calling 450-562-7447, ext. 226**

## Réseau d'aide alimentaire de l'ouest

Located at 289 rue Principale in Grenville, this food bank provides emergency food assistance. Food products are distributed on Thursdays. Because of the current pandemic situation, boxes are prepared in advance and distributed in alphabetical order. Please come at the time indicated for the first letter of your family name.

**A-F:** 11:00-11:30 am

**G-L:** 11:30 am-noon

**M-W:** noon-12:30 pm

Delivery service is available for people aged 70 and over.

**Contact Paul André Aubry at 819-242-2179 or Lizanne at 819-242-9173.**



## Centre d'entraide d'Argenteuil



Located at 171 rue Mary in Lachute, the Centre d'entraide d'Argenteuil is a food bank. It is a non-profit organization, supported mainly by volunteers, that provides free distribution of food and other essential items to vulnerable people who lack enough food.

### Am I eligible for food bank services?

You must live in an area served by a food bank and meet certain eligibility criteria such as income and available resources, your living situation, and your responsibilities. **Note that the criteria are more flexible due to the current COVID-19 pandemic.**

Please contact the organization at **450-562-5151 #9** to discuss your situation. It is important to note that the range of food choices depends largely on the donations received. In this emergency situation, it is not possible for beneficiaries to choose their food. Distribution is held on Thursdays in alphabetical order. If your family name starts with the letters:

**A-F:** 9:00-9:30 am

**G-L:** 9:30-10:00 am

**M-Z:** 10:30-11:00 am

It is very important to respect the times and the new directives to ensure that the distribution runs smoothly. Delivery service is available for people aged 70 and over. We also provide emergency food assistance and prepared meals.

## If you lose your job

Many measures have been put in place to help people who have lost their jobs. To obtain more information, here are some important phone numbers:

Employment Insurance special line: **1-833-381-2725**

Employment Insurance: **1-800-808-6352**

Quebec emergency benefit: **1-800-622-6232**

Canada Emergency Response Benefit: **1-800-959-2019** or online at **canada.ca**

Government of Quebec coronavirus information line: **1-877-644-4545**



# Helplines

## Symptoms and questions about COVID-19

### **COVID-19 information line: 1-877-644-4545**

For a person with symptoms, if you have questions, or for an appointment at a testing clinic.

## Stress, anguish, anxiety

### **Info-social 811**

1-800-266-9372 (western part of the MRC)  
Telephone support for stress, anxiety, psychosocial needs or to request service.

### **Phobies-Zéro: 1-866-922-0002**

For people suffering from phobias and anxiety.  
(in French only)

### **Tel-Aide: 514-935-1101**

Listening 24/7 for various problems (couple, addiction, crisis, family problems...)

## English services

### **4Korners: 1-888-974-3940 ext 231**

Information resources and support for individuals of all ages.

## For youth and families

### **Parents' Line: 1-800-361-5085**

Telephone listening and support for parents.

### **TEL-JEUNES: 1-800-263-2266**

Listening line for young people  
(in French only)

### **Jeunesse J'Écoute: 1-800-668-6868**

Listening line for young people

### **Centre jeunesse des Laurentides (youth centre):**

1-800-361-8665

To report concerns about the safety or development of a child. Consultation service. Anonymous.

## Bereavement

### **Tel-Aide: 514-935-1101**

Telephone support for people in mourning

## Suicidal thoughts

### **Centre de prévention du suicide Le Faubourg:**

1-866-277-3553

Available 24/7

## Legal aid

### **Legal aid line: 1-844-312-9009**

Free for victims of domestic violence. Until May 1 (for the moment).

Monday to Thursday from 9:00 am to noon,  
Friday from 9:00 am to 4:00 pm,  
Saturday and Sunday from 1:00 to 7:00 pm.

## Domestic violence

### **SOS violence conjugale: 1-800-363-9010**

24 hours a day, 7 days a week

## For family caregivers

### **La Halte des proches : 450-438-4291**

1-800-663-0659

Service for families of people suffering from mental health problems.

### **L'APPUI pour les proches aidants d'ainés (support for caregivers to the elderly):**

1-855-852-7784

Professional, confidential and free service for caregivers to the elderly and those around them, for caseworkers and healthcare professionals.

### **Société Alzheimer des Laurentides:**

1-800-978-7881

Psychosocial support and telephone consultation

## For seniors

### **Elder Abuse Help Line: 1-888-489-2287**

### **Centre écoute de Laval**

**Ottawa Distress Centre : 613-238-3311**

Service available 24 hours a day, 7 days a week

### **Centre d'action bénévole d'Argenteuil (volunteer centre)**

450-562-7447, ext. 233, 230 (for caregivers)

Call service with friendly volunteers, for a little chat!

### **Prévoyance envers les aînés des Laurentides (sentinels for the elderly): 1-844-551-6032**

Service for people aged 70 and up who are worried or stressed and need to talk to a person they can trust.



# Argenteuil grocery services adapted for COVID-19

Store hours:  
**8:00 am-8:00 pm**  
for all

	Lachute		Grenville	St-André-d'Argenteuil
	<b>IGA S. Albert</b> 450-562-6885	<b>MAXI</b> 450-566-0761	<b>IGA Goulet</b> 819-242-6888	<b>Marché Ami</b> 450-537-3536
Reserved time for seniors	NO	7:00 to 8:00 am Monday to Friday	NO	NO
Telephone orders		NO	YES	YES
Preparation fees	Yes Free for 65 +		No fees	No fees
Preparation time	Often same day		Depending on the time of day	Call before 2:00 pm
Online ordering	YES IGA.ca	YES Maxi.ca <sup>1</sup>	YES IGA.ca	NO
Fees (online ordering)	No fees	No fees	No fees	
Delivery	MRC d'Argenteuil	To the car or at home	Within a radius of 15 km	Free in St-André- d'Argenteuil
Delivery time	Often same day	Will call when the order is ready	Will call when the order is ready	Between 2:00 and 4:00 pm
Minimum order for delivery	\$75 Lachute \$100 outside Lachute		75\$	

<sup>1</sup> Delivery at home is possible only by using MAXI.CA

The site tells you the day that the order will be ready and you choose from the available time slots. Finally, a phone call is needed to confirm your home address.

*The Super C is open from 8:00 am to 8:00 pm as usual.*

**The MRC is maintaining its transportation services and recommends that users limit themselves to essential travel only.**

- for medical reasons  
(unrelated to COVID-19);
- for work;
- to get food or pharmacy supplies.



**For information and reservations:**  
**450-562-5797**  
**transport@argenteuil.qc.ca**