




Community organizations at your service!

Most of the organizations can provide you with support and an ear through

 Facebook,  Messenger and  telephone.

Youth and families

Adults

Seniors

Food

**Maison de la famille Au coeur
des générations d'Argenteuil
(family centre)**

450 562-0503

Information-sharing and
workshop forms.

Pro-Gam

514-270-8462

Help for men with violent
behaviour.

**Centre d'action bénévole
d'Argenteuil**

450 562-7447

Meals on wheels;
Frozen meal delivery;
Grocery and pharmacy errand
service;
Friendly or reassuring calls;
Caregiver support line;
Accompaniment for essential
transportation.

jebenevole.ca

Café Partage

450 562-0987

Community grocery store
with reasonable prices;
Home-style prepared
meals for seniors;
Vegetable basket delivery
directly to your home;
deliveries everywhere in
the MRC d'Argenteuil on
Tuesdays and Thursdays.

**Centre de pédiatrie sociale
communautaire d'Argenteuil
(community social
pediatrics centre)**

438 831-6356

Facilitates access to health care,
and prevents social isolation
and delinquency, improving the
quality of life for children and
their families.

Carrefour des femmes

450 562-7122

women's centre

**Centre aux Sources
d'Argenteuil**

450 562-0673

Alternative mental health
self-help resource for
persons 18 years of age and
older who have or have had
mental health problems.

**Coopérative de services à
domicile Coup de pouce
Argenteuil
(home services cooperative)**

450 562-9993

Housekeeping services;
meal preparation;
personal care;
errands;
caregiver respite;
home services. 

**Centre d'entraide
d'Argenteuil**

450 562-5151

Food distribution on
Thursdays;
Emergency food
assistance;
Food preparation and
home delivery for confined
people;
Income tax clinic.

(youth centres)
**Maison des jeunes
de Lachute**

450 562-3078

**Maison des jeunes
de Brownsburg-Chatham**

450 533-6948

**Maison des Jeunes
de Grenville**

819 242-2126

La Citad'elle

450 562-7797

Shelter for women and
children who are victims of
family violence.

**Prévoyance envers les aînés
des Laurentides
(sentinels for seniors)**

819 324-1430

Improving the quality of life for
seniors in vulnerable situations.

**La Halte des proches
(drop-in centre)**

450 438-4291

For families of individuals
suffering from mental
health problems.

**Société Alzheimer
des Laurentides
1 800 978-7881**
**Réseau d'aide alimentaire
de l'ouest
(western food
assistance network)**

Lizanne : 819 242-9173

Paul-André : 819 242-2179

Food bank;
Food distribution on
Thursdays;
Emergency food assistance.

Laurentian Literacy Centre

450 562-3719

Helps children, teens and
adults having reading, writing
and math difficulties, and
those needing help with a
computer or tablet.

L'Écluse des Laurentides

450 495-0997

Street worker for people at
risk of homelessness.

4Korners

450 974-3940

Helps youth, adults, seniors and
their families in the Laurentian
region to access information,
resources and services in
English.

**Service de transport MRC
d'Argenteuil**

450 562-5797

For essential travel only:
for medical reasons
(unrelated to COVID-19),
for work, to get food or
pharmacy supplies.

Info-COVID : 1-877-644-4545

**If you have symptoms or questions,
or for an appointment at a testing clinic.**

**Info-Social 811 : 1-800-266-9372
(western part of the MRC)**

**Telephone support for stress, anxiety,
psychosocial needs or to request service.**

7 tips to help you feel good

And maintain mental health



FEELING? Until 2026, each year MENTAL HEALTH MOVEMENT QUÉBEC will focus on one of its 7 tips for recharging: seven solid foundations for good mental health. This year, the Feeling tip will help develop our ability to listen to our own emotions to better receive the valuable messages they send us!

What does Feeling bring ?

To feel is to become aware that emotions are neither good nor bad, but have a purpose.



Promouvoir. Soutenir. Outiller.

1 Taking action

This means daring, taking advantage of your experiences, appreciating the good side of things, becoming socially involved.

2 Feeling

This means welcoming your emotions and understanding them to better guide yourself. "Feeling means receiving a message."

3 Accepting yourself

This means recognizing your own strengths, abilities and limits and expressing your needs, which fosters self-esteem.

4 Choosing

This means making choices. Take stock of your priorities and choose based on your values.

5 Discovering

This means opening up to life. Facing change by using the power of creativity and by remaining curious.

6 Recharging your batteries

This means making room for what is good for you. It is essential to recharge in your own way: walking, cycling, gardening, cooking, breathing, reading, watching a TV series, listening to music, doing puzzles, meditating...

7 Creating connections

This means daring to meet new people, to have people around you, to love. It means getting news from your family and friends, writing an email, a real letter, finding friends on Facebook or sharing photos.

Each of these contributes to the dynamic balance of our mental health. Learn more on the Mouvement Santé mentale Québec website (in French only).

etrebiendanssatete.ca.

