



REGROUPEMENT
DES CENTRES D'AMITIÉ
AUTOCHTONES DU QUÉBEC

DIRECTORY OF DOMESTIC AND FAMILY VIOLENCE RESOURCES

in the Indigenous and Quebec networks



WRITING AND EDITING IN FRENCH

Regroupement des centres d'amitié autochtones du Québec

ENGLISH TRANSLATION

Confluence Communication

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ABOUT

This directory contains the names and contact information for the main organizations dedicated to domestic and family violence prevention and response in the Quebec, First Nations and Inuit networks, along with a brief description of the services each organization offers.

The directory serves as a guide to the resources and services that are available to women who are at risk of or are currently experiencing domestic or family violence. This reference tool is intended to help women who are victims of violence find the resources best suited to their needs, regardless of their location. It identifies two main categories of services offered: helping resources, which provide support and listening services, and shelters, which offer a safe place to stay for a short or long period of time.

It is important to note that this directory does not contain a comprehensive list of all the family and domestic violence resources in Quebec. It targets resources located in Quebec cities and regions where there is a Native Friendship Centre. Resources located in nearby towns that are relatively close to the Friendship Centres have also been included. However, shelter addresses are often unspecified to ensure the safety of the women who use them. This information is provided when an organization is contacted about a situation in which an individual requires shelter.

This directory was created in March 2023, consequently, some of the information may be outdated at the time of its use.

LEGEND

Support resource



Shelter for Indigenous women



Shelter



THE REGROUPEMENT DES CENTRES D'AMITIÉ AUTOCHTONES DU QUÉBEC

Founded in 1976, the Regroupement des centres d'amitié autochtones du Québec (RCAAQ) is the provincial association that represents and brings together 10 affiliated Native Friendship Centres and two points of service, located in the cities of Chibougamau, Joliette, La Tuque, Maniwaki, Montréal, Québec City, Saint-Michel-des-Saints, Senneterre, Sept-Îles, Shawinigan, Trois-Rivières and Val-d'Or. The RCAAQ was founded for and by urban Indigenous people who wanted a provincial structure for consultation, coordination and representation.

Its mission is to advocate for the rights and interests of Indigenous people living in cities and actively support the development of its affiliated Native Friendship Centres. The RCAAQ implements innovative and proactive strategies to meet the needs of Indigenous people living in urban areas. It also supports the development and implementation of province-wide projects and programs while providing strategic advice to the various Centres.

NATIVE FRIENDSHIP CENTRES

Native Friendship Centres are dedicated to improving the quality of life of urban Indigenous people, promoting Indigenous culture and fostering closer ties between peoples. Built around integrated and interrelated services, and supported by a culturally relevant and safe approach, Friendship Centres are living environments where urban Indigenous people can express their cultural, community and social identity. As such, they are true front-line service hubs created by and for urban Indigenous people. Operating in a variety of environments and contexts throughout the province, the Centres actively contribute to the social, community and economic development of urban communities. The Centres develop initiatives in collaboration with Indigenous, government and academic bodies across several fields of activity, including health, individual and collective wellness, early childhood, youth, justice, social inclusion, community housing, and much more. Friendship Centres provide services to Indigenous people in urban areas with an open-door policy: people are served regardless of their status, nation or place of residence.

Through their health and wellness services, Friendship Centres are vectors for Indigenous health. The Centres are special in the way they welcome the people they serve and create a bond of trust with them. They adopt a holistic approach that takes into account all aspects of a person's life. Native Friendship Centres also strive to work in the present moment, to respect the pace of the people who use their services and to provide community living environments that foster trust, solidarity and cultural safety.

GENERAL RESOURCES

The resources in this section are general resources for all of Quebec.

SOS violence conjugale

SOS violence conjugale offers services in French and English that are anonymous and confidential welcoming, information, awareness, support and referral services. The organization also offers support in finding a shelter

Telephone: 1-800-363-9010

Text messaging: 1-438-601-1211

Email: sos@sosviolenceconjugale.ca

Website: sosviolenceconjugale.ca

Sexual Violence Helpline

The *Sexual Violence Helpline* is a listening, support and information service for anyone affected by sexual violence. This service is anonymous, confidential, free and available in French and English.

Telephone: 1-888-933-9007

Website: [Infoaideviolencesexuelle.ca](http://infoaideviolencesexuelle.ca)

Quebec coalition of sexual assault help centres (RQCALACS)

The *RQCALACS* offers support and assistance to victims of sexual assault and their loved ones. It prevents and fights sexual violence in all its forms. The *CALACS* work in three main areas:

- Direct assistance and support for victims and their loved ones
- Prevention, awareness-raising and training
- Consultation, mobilization and advocacy

Telephone: 1-877-717-5252

Email: info@rqcalacs.qc.ca

Crime victims assistance centres (CAVAC)

CAVACs provide front-line services to crime victims and their loved ones, as well as to crime witnesses. There are over 185 CAVACs in Quebec, located in all regions. These centres provide access to professionals trained in assisting crime victims.

They offer:

- Support
- Psychosocial intervention
- Legal information, including rights and recourse
- Technical assistance for document production
- Referral to specialized resources

Telephone: 1-866-LE-CAVAC | 1-866-532-2822

Website: cavac.qc.ca

Violence Info

Violence Info's mission is to prevent and intervene in cases of violence toward a significant other. It provides help and information on the various services available to counter violence in relationships with a significant other. It also offers a crisis hotline.

Telephone: (418) 667-8770

Email: accueil@violenceinfo.com

Website: www.violenceinfo.com

Rebâtitir

Rebâtitir offers free legal advice for victims of sexual and intimate partner violence. This confidential service provides four hours of legal advice in all areas of law.

Telephone: 1-833-732-2847

Email: projet@rebatir.ca

Site web : rebatir.ca

EMERGENCY FINANCIAL ASSISTANCE LINE (LAFU)

What is LAFU?

Emergency financial assistance is a financial tool available to professionals serving victims of sexual and domestic violence.

This financial assistance enables victims of violence and their dependents to:

- Quickly leave an environment where their life or safety is at risk
- Obtain emergency medical services related to the violence suffered (hospitals, crisis centres, etc.)

It also covers certain emergency expenses such as transportation, food, shelter and living expenses.

Who can use LAFU?

Emergency financial assistance is available to:

1. Victims of **domestic** or **sexual violence** (assault, exploitation, etc.)
2. People experiencing a sense of **urgency** who must quickly
 - leave a dangerous environment,
 - relocate to a safe place, and/or
 - obtain emergency medical services,
3. But who don't have the financial or psychological means to do so



Eligibility is assessed by professionals who are in direct contact with the victims. This assessment is based on their professional judgment.

To benefit from this service, it is **NOT** necessary for victims to:

- File a complaint with the police
- Submit an application to IVAC (compensation for victims of criminal offences)
- Identify themselves
- Be at least 18 years old

How emergency financial assistance works

If the victim is eligible, the professional assisting them calls LAFU. A telephone line reserved for professionals is available in French and English, 24 hours a day, 7 days a week.



EMERGENCY FINANCIAL ASSISTANCE LINE

1-833-363-LAFU (5238)

If emergency financial assistance can meet the victim's needs, the LAFU worker authorizes the expenses and handles the administrative details. This includes contacting the required service providers (e.g. taxis, hotels, etc.).

Thanks to agreements with service providers and the use of prepaid electronic cards, neither the victim nor the professional assisting them need to pay out of pocket for any emergency expenses.

Eligible fees:

- Transportation (to a safe place or to receive emergency medical care related to the violence suffered)
- Food (groceries, restaurants)
- Accommodations
- Other living expenses (basic clothing, personal care items, medication if the person had to leave quickly)
- Other emergency expenses (pet care, interpreting services)

Where is emergency financial assistance available?

Emergency financial assistance is being deployed gradually, region by region.

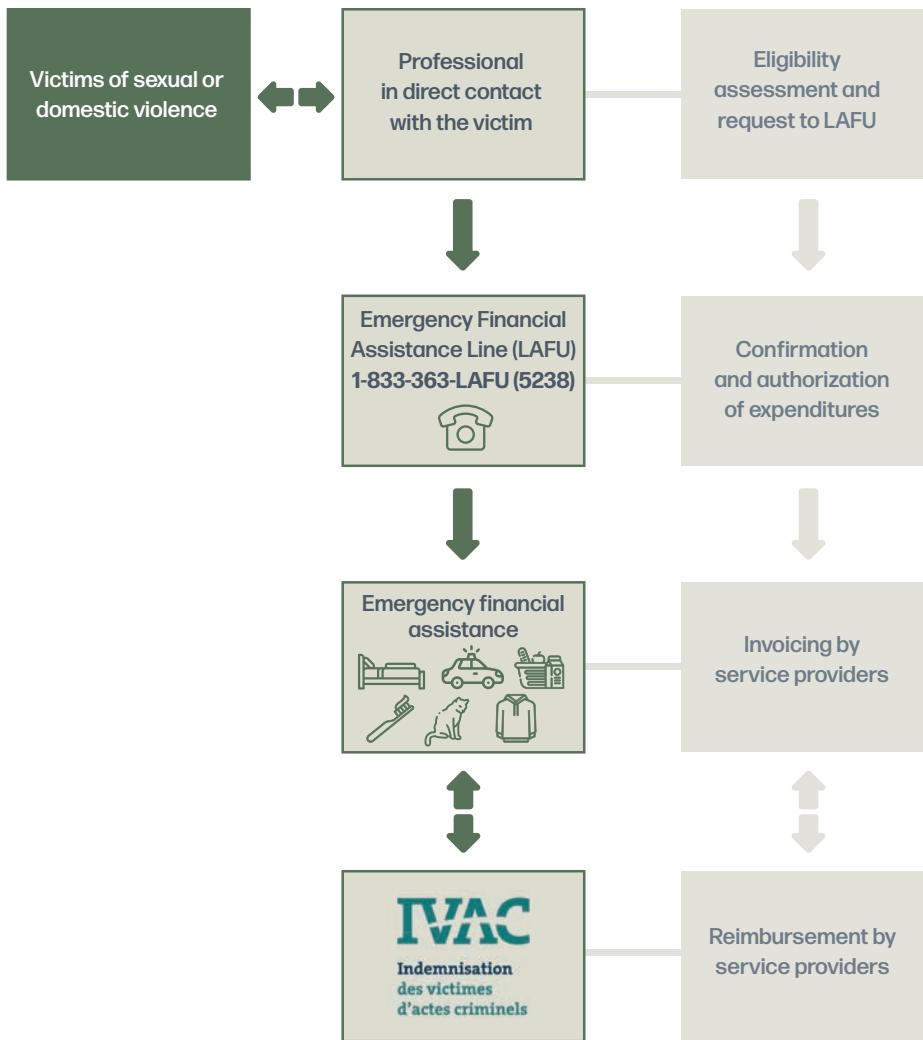
It is currently available in the following regions:

- Capitale-Nationale
- Lanaudière
- Laurentides
- Laval
- Montérégie

Available soon in the following regions:

- Estrie
- Montréal
- Outaouais

QUICK REFERENCE SHEET



ORGANIZATIONS BY CITY AND SURROUNDING AREA REPRESENTED BY FRIENDSHIP CENTRES

The Native Friendship Centres in Quebec welcome and support Indigenous families, whatever their needs may be. Through various integrated and interrelated services, in fields such as early childhood and family, education, health and justice, the Centres provide a safety net of prevention, promoting a higher quality of life and fostering wellness for Indigenous people at every stage of their lives.

The services and programs offered in relation to domestic and family violence vary from one Friendship Centre to another, depending on the geographic location, the population served and the specific realities and issues of each Centre. Native Friendship Centres may offer psychosocial services, support, referrals, assistance with medical or legal procedures, individual or group interventions and more.

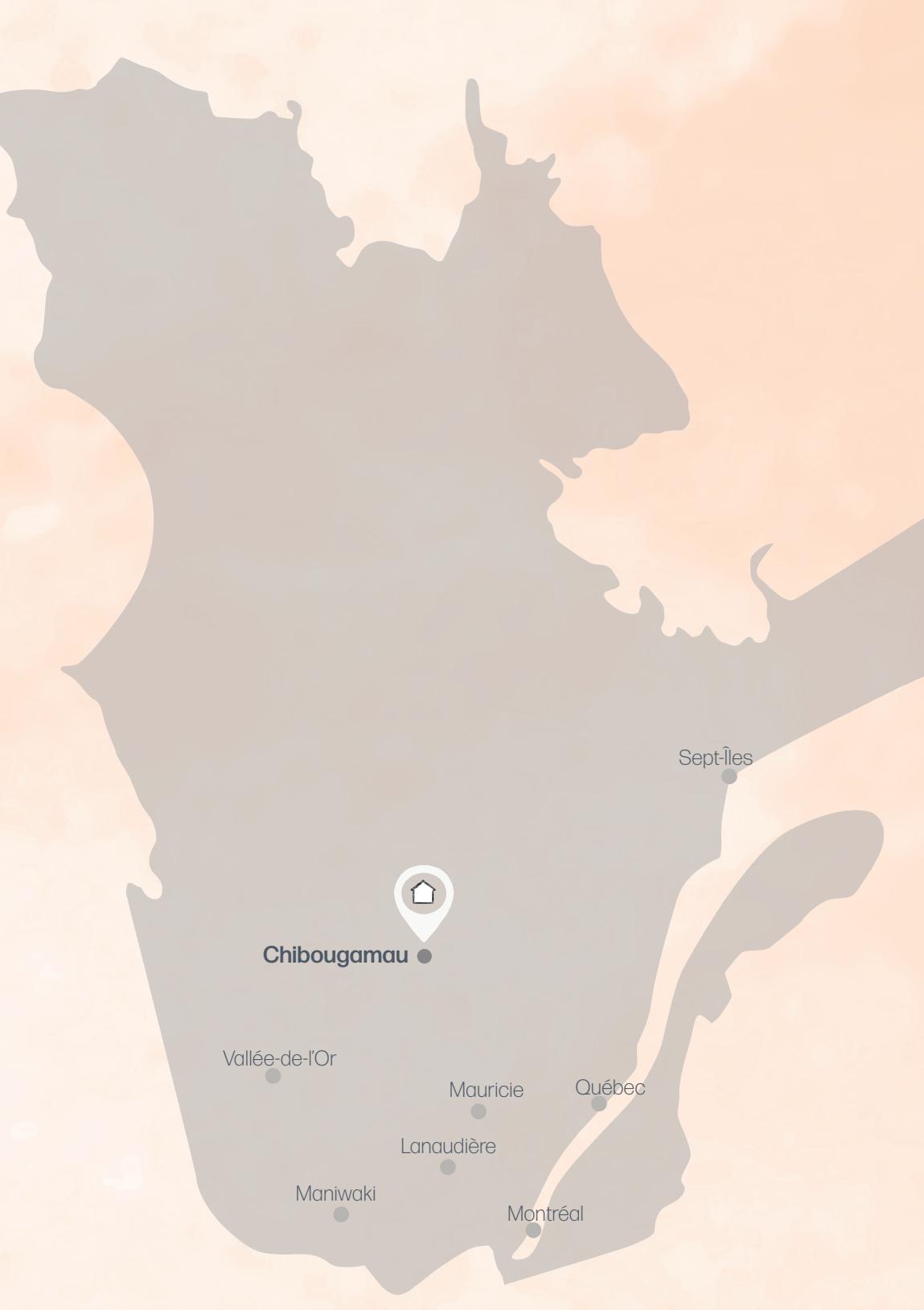
Other general resources

CHIBOUGAMAU



Chibougamau Eenou Friendship Centre
95, Jaculet Street, Chibougamau (Quebec) G8P 2G1

Telephone: (418) 748-7667
Email: info@eenoukamikw.ca



Chibougamau

Vallée-de-l'Or

Mauricie

Québec

Lanaudière

Montréal

Maniwaki

Sept-Îles

CHIBOUGAMAU

Centre de femmes les Elles du nord

The *Centre de Femmes les Elles du Nord* (CFEN) is a community organization working to improve the living conditions of women in a spirit of social justice. The CFEN's support services are free, confidential and anonymous.



Address: 578 3^e Rue, Chibougamau, QC G8P 1N9

Telephone: (418) 748-7171

Email: direction.cfen@gmail.com

Maison d'hébergement Nanikew

The *Maison d'hébergement Nanikew* in Opitciwan provides round-the-clock care and shelter for women who are victims of abuse and their children. It offers assistance and support in line with traditional values.

Address: confidential

Telephone: (819) 974-1414



Piipiichaau Uchishtuun – Robin's Nest

The two *Robin's Nest* shelters in Waswanipi provide a safe space for women and children who are victims of domestic and family violence. They offer healing methods based on Cree traditions and values, while respecting individual beliefs.

Address: confidential

Telephone: 1-855-753-2094



Maison d'hébergement l'Aquarelle

The *Maison d'hébergement l'Aquarelle* offers services to women who are victims of violence and other difficulties. It provides safe, temporary accommodations to allow women to clarify their situation, whether or not they are accompanied by their children. The organization also offers moral support, listens attentively to women's needs and provides referrals to local resources.

Address: confidential

Telephone: (418) 748-7654

Email: info@maisonaquarelle.ca / intervenantes@maisonaquarelle.ca



Other available resources

LANAUDIÈRE



Centre d'amitié autochtone de Lanaudière
523, Ste-Anne Boulevard, Joliette, (Quebec) J6E 5A3

Telephone: (450) 760-3865
Email: info@caalanaudiere.ca

Point of service in Saint-Michel-des-Saints
600, Brassard Street, Saint-Michel-des-Saints, (Quebec) J0K 3B0

Telephone: (450) 833-1985



Chibougamau

Vallée-de-l'Or

Lanaudière
Maniwaki

Mauricie

Québec

Montréal

Sept-Îles

LANAUDIÈRE



CALACS Coup de cœur

CALACS *Coup de cœur* is a community organization offering free, confidential support to women and teen girls who have survived one or more recent or past sexual assaults. The organization focuses on three areas of intervention: direct assistance, prevention and awareness-raising, and advocacy.

Address: confidential (Joliette)

Telephone: (450) 756-4999 | **Toll-free:** 1-866-756-4999 | **Fax:** (450) 756-0554

Email: info@calacscoycopdecoeur.com

La Traverse shelter

Traverse is a safe environment that provides free, confidential assistance and shelter to women and children who are victims of domestic violence. It also offers guidance, individual and group counselling, and youth intervention services.

Address: confidential

Telephone: (450) 759-5882

Email: equipe@maisonlatraverse.org



Regard en Elle

Regard en Elle offers assistance and shelter to abused women, with or without children. The shelter also offers second-stage housing to women. This includes accommodations, support and guidance for a maximum of two years, in a safe environment close to services.

Address: confidential (Repentigny)

Telephone: (450) 582-6000 | **Toll-free:** 1-888-582-6005 | **Fax:** (450) 582-2206

Email: servicesaide@regardenelle.org

Regroup'Elles

Regroup'elles offers assistance, shelter and various services to abused women seeking to break free from the cycle of domestic violence. Its free, confidential and secure services are provided without judgment, in an atmosphere of respect and trust. Children can receive support from youth workers.

Address: confidential (Terrebonne)

Telephone: (450) 964-4404 | **Fax:** 450 964-4653

Email: info@regroupelles.org

Other available resources

Maniwaki

MANIWAKI



MANIWAKI NATIVE
FRIENDSHIP CENTRE
CENTRE D'AMITIÉ
AUTOCHTONE DE MANIWAKI

Maniwaki Native Friendship Centre
153, Laurier Street, Maniwaki, (Quebec) J9E 2K6

Telephone: (819) 892-0892
Email: reception_mnfc@maniwakinfo.ca



Maniwaki

MANIWAKI

CALACS Vallée-de-la-Gatineau

 CALACS Vallée-de-la-Gatineau is a community organization offering free, confidential support to women and teen girls who have survived one or more recent or past sexual assaults. The organization focuses on three areas of intervention: direct assistance, prevention and awareness-raising, and advocacy.

Address: confidential

Telephone: (819) 441-2111

Email: contact@calacsvg.com

Waseya House

 Waseya House offers services to members of the Kitigan Zibi community, members of other Anishinabeg communities, and First Nations people referred by Quebec Native Women. The house offers individual advice as well as referrals to legal and social organizations and other shelters. It accepts women with or without children.

Address: 8 Kitigan Zibi Indian Reserve, Sainte-Thérèse-de-la-Gatineau, QC J0X 2X0

Telephone: (819) 449-7425

Halte-Femme Haute-Gatineau

Halte-Femme Haute-Gatineau offers shelter and support to women who are victims of domestic violence or who are experiencing various social issues, with or without children. The helpline is available 24 hours a day.

Address: 209, Principale Street S., Maniwaki (QC), J9E 2A3

Telephone: (819) 449-4545

Email: info@halte-femme.haute-gatineau.ca

Maison d'hébergement Pour Elles Des Deux Vallées

 This community organization provides assistance and shelter to women and children who are victims of domestic violence. The service is available 24/7.

Address: confidential (Gatineau)

Telephone: (819) 986-8286 | **Toll-free:** 1-877-986-8286 | **Fax:** (819) 986-5995

Text messaging: (819) 962-5118

Email: accueil@maisondeuxvallees.com

Maison Unies-Vers-Femmes

The MUVF is a home providing assistance and shelter. Its mission is to counter domestic violence and meet women and children's right to safety by offering them a safe, confidential place to stay.

Address: confidential

Telephone: (819) 568-4710

Email: accueil@maisonunies.ca

Other available resources

MAURICIE

(TROIS-RIVIÈRES, SHAWINIGAN ET LA TUQUE)

Mauricie
(Trois-Rivières, Shawinigan
et La Tuque)



Centre d'amitié autochtone de Trois-Rivières
1000, Saint-Maurice Boulevard, Trois-Rivières, (Québec) G9A 3R3

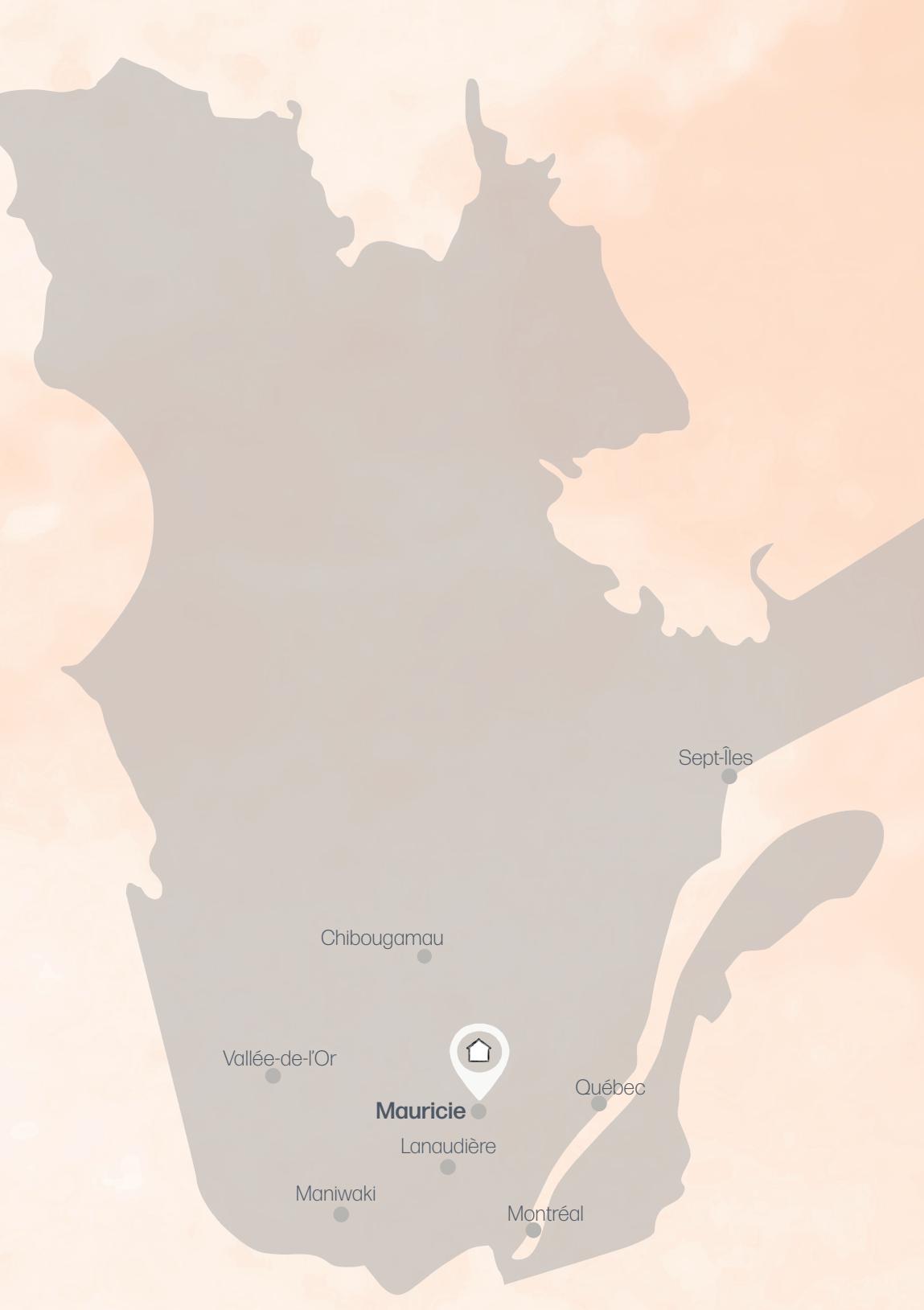
Telephone: (819) 840-6155
Email: info@caatr.ca

Point de services de Shawinigan
830, Grand-Mère Avenue, Shawinigan, (Québec) G9T 2J1

Telephone: (819) 729-0788

Centre d'amitié autochtone de La Tuque
544, St-Antoine Street, La Tuque, (Québec) G9X 2Y4

Telephone: (819) 523-6121
Email: accueil@caalt.qc.ca



Chibougamau

Vallée-de-l'Or

Mauricie

Lanaudière

Maniwaki

Québec

Montréal

MAURICIE

CALACS Entraid'Action

CALACS Entraid'Action is a community organization offering free, confidential support to women and teen girls who have survived one or more recent or past sexual assaults. The organization focuses on three areas of intervention: direct assistance, prevention and awareness-raising, and advocacy.

Address: confidential (Grand-Mère, Shawinigan)

Telephone: (819) 538-4554 | **Toll-free:** 1-855-538-4554

Email: info@calacs-entraide.ca



CALACS de Trois-Rivières

CALACS de Trois-Rivières is a community organization offering free, confidential support to women and teen girls who have survived one or more recent or past sexual assaults. The organization focuses on three areas of intervention: direct assistance, prevention and awareness-raising, and advocacy.

Address: confidential (Trois-Rivières)

Telephone: (819) 373-1232 | **Toll-free:** 1-866-373-1232 | **Fax:** (819) 373-5033

Email: calacs@calacstr.org



Centre Asperimowin

Centre Asperimowin is a shelter for First Nations women who have suffered acts of violence and their children. The Centre offers assistance, support and guidance in various areas, workshops to raise awareness about violence and more.

Address: 317, Saint-Joseph Street, La Tuque (QC), G9X 1K9

Telephone: (819) 523-8600



La Séjournelle

A shelter serving women who are victims of domestic violence, with or without children, *La Séjournelle* offers free, confidential services to women, children and their loved ones.

Address: confidential (Shawinigan)

Telephone: (819) 537-8348

Le Toit de l'Amitié

Le Toit de l'Amitié is a shelter and service centre for women who are victims of domestic violence, with or without children. Among other services, it offers individual or group counselling and supports women in various areas, particularly with legal matters.

Address: confidential (La Tuque)

Telephone: (819) 523-7829



MAURICIE

Maison De Connivence

A shelter and support organization for women, with or without children, who are victims of domestic violence, *Maison De Connivence* also provides external services to women who do not require shelter but who wish to take steps to deal with their experience of domestic violence. The organization also offers training and awareness-raising services.

Address: confidential (Trois-Rivières)

Telephone: (819) 379-1011 | **Fax:** (819) 379-1950

Email: infos@deconnivence.ca

Maison La Nacelle



A resource providing shelter and assistance to women and children who are victims of domestic violence, *Maison La Nacelle* also offers mother-child services, youth services and external services for women who do not require shelter.

Address: confidential (Nicolet)

Telephone: (819) 293-6942

Maison le FAR

This shelter helps women experiencing violence or other personal, family or relationship difficulties, as well as the children who accompany them. It provides short-term accommodations, a devictimization program, phone counselling, information and referrals to local resources.

Address: confidential (Trois-Rivières)

Telephone: (819) 378-2990

Email: admin@maisonlefar.ca

Other available resources

MONTRÉAL

Montréal



Native Montréal
Montréal Autochtone

Native Montréal
3183, Saint-Jacques Street, Montréal, (Québec) H4C 1G7

Telephone: (514) 331-6587
Email: info@nativemontreal.com



Chibougamau

Vallée-de-l'Or

Maniwaki

Lanaudière

Mauricie

Québec

Montréal

Sept-Îles

MONTRÉAL

Note : Since Montréal is a large metropolitan area, only shelters with no eligibility restrictions (such as age) were selected to ensure access to as many women as possible.

West Island CALACS

The *West Island CALACS* is a community organization offering free, confidential support to women and teen girls who have survived one or more recent or past sexual assaults. The organization focuses on three areas of intervention: direct assistance, prevention and awareness-raising, and advocacy.

Address: confidential

Telephone: (514) 684-2198

Email: info@calacsdelouest.ca

CALACS Trêve pour Elles

CALACS Trêve pour Elles is a community organization offering free, confidential support to women and teen girls who have survived one or more recent or past sexual assaults. The organization focuses on three areas of intervention: direct assistance, prevention and awareness-raising, and advocacy.



Address: confidential

Telephone: (514) 251-0323 | **Fax:** (514) 565-0522

Email: info@trevepourelles.org

Centre pour les victimes d'agression sexuelle de Montréal

The *Montréal sexual assault centre* (CVASM) provides free, bilingual services to victims of sexual violence and their loved ones. It also offers medical and social support as well as clinical follow-ups to victims aged 18 and over and their loved ones.

Address: confidential

Telephone: 514-933-9007 | **Toll-free:** 1-888-933-9007

Email: info@cvasm.ca

ACCOMMODATIONS



Native Women's Shelter of Montréal

The shelter provides accommodations, support and front-line services exclusively to First Nations and Inuit women as well as their children. In-house programs, combined with local services, support women on their healing journey and help them return to a balanced lifestyle.

Address: confidential

Telephone: (514) 933-4688 | **Toll-free:** 1-866-403-4688 | **Fax:** (514) 933-5747

Email: nakuset@gmail.com

MONTRÉAL

Assistance aux femmes de Montréal

This shelter offers safe, confidential and free accommodations to women victims of domestic violence and their children from all cultural communities. Telephone support and external follow up services are also available to women who do not need shelter.

Address: confidential

Telephone: (514) 270-8291 | **Fax:** (514) 270-1176

Email: information@assistanceauxfemmes.ca

Auberge Transition

Auberge Transition works with women from all cultures and backgrounds who are or have been victims of domestic violence. The shelter provides accommodations, information, advice and follow-up services to women with or without children.

Address: confidential

Telephone: 514-481-0495 | **Fax:** (514) 481-8926

Email: aubtrans@gmail.com



Inter-Val 1175

Inter-Val 1175 is a shelter for women and children, which has developed additional accommodations specifically for elderly women. The shelter also offers free and confidential individual follow-ups for women who do not require shelter.

Address: confidential

Telephone: (514) 933-8488

Email: admin@inter-val.ca

La Dauphinelle

La Dauphinelle offers a continuum of services ranging from emergency accommodations to safe transitional housing and post-housing follow-ups. It also helps women who do not live in the shelter, through its listening and referral services. In response to COVID-19, the organization created Contact-Elles, a remote support service and hotline available by phone, text or email.

Address: confidential

Telephone: (514) 598-7779

Email: intervention@ladauphinelle.org

Contact-Elles

Telephone or text messaging: (438) 522-9264

Email: contactelles@ladauphinelle.org

MONTRÉAL

La Maison Dalauze

La Maison Dalauze is a shelter for women and children, offering support and assistance, psychosocial meetings, themed workshops and a drop-in centre.

Address: confidential

Telephone: 1-866-619-4222

Email: maisondalauze@videotron.ca

La Maison du Réconfort

La Maison du Réconfort offers free, safe, confidential and professional support and shelter to women who are victims of domestic violence, with or without children. It also offers external services, including socio-legal support, to women and children, whether or not they reside at the shelter.

Address: confidential

Telephone: (514) 768-8648 | **Mobile phone:** (514) 231-4768 | **Fax:** (514) 768-7489

Email: inter.reconfort@videotron.ca

External services: externe.reconfort@videotron.ca



La Passe-R-Elle

La Passe-R-Elle provides shelter to women victims of domestic violence and their children. It also offers telephone consultation, advocacy support, youth intervention services and more.

Address: confidential

Telephone: (819) 623-1523

Email: info@maisonpasserelle.com

Le Chaînon

Le Chaînon offers safe accommodations as well as unconditional, non-judgmental help to women experiencing personal, social or economic difficulties. In addition to the shelter, the organization offers women support tailored to their needs, including free professional services, social and recreational activities, food aid and more.

Address: 4373, De l'Esplanade Avenue, Montréal, (QC), H2W 1T2

Telephone: (514) 845-0151

Email: info@lechainon.org

Maison d'hébergement d'Anjou

The mission of *Maison d'hébergement d'Anjou* is to provide women and children who are victims of domestic violence with safe and welcoming short-term accommodations while helping them regain control of their lives.

Address: confidential

Telephone: (514) 353-9794 | **Fax:** (514) 353-9794

Email: directionmha@videotron.ca

MONTRÉAL

Maison Flora Tristan

Maison Flora Tristan offers emergency and transitional housing and support services (first and second stages) to women from all cultural communities who are victims of domestic violence as well as their children. The first stage is to respond immediately when a woman urgently needs a safe place to go. The second stage consists of providing transitional housing in a safe and confidential environment, along with psychosocial services specialized in post-separation domestic violence.

Address: confidential

Telephone: (514) 939-3463

Email: aide@maisonfloratristan.com

La Maison grise Montréal

The mission of *La Maison grise* is to welcome, look after, shelter and support women who are victims of domestic violence, either alone or with their children. In addition to its accommodations, it offers a range of support services, even to women who are not residents.



Address: confidential

Telephone: (514) 722-0009

Email: info@lamaisongrise.org

Parados

Parados is a shelter and support centre for women who are victims of domestic violence and their children. It offers counseling, information and support in medical and legal matters.

Address: confidential

Telephone: (514) 637-3529

Email: parados@leparados.ca

West Island Women's Shelter

This shelter provides safe, confidential and free accommodations and services to women who are victims of domestic violence as well as their children. It offers a variety of services, including a space for listening and mutual support, assistance with legal, financial or other matters and external consultations.

Address: confidential

Telephone: (514) 620-4845 | **Fax:** (514) 620-6555

Email: info@rfoi.org

MONTRÉAL



Transit 24

Transit 24 is a shelter for women who are victims of domestic violence. All services are free of charge and are designed to welcome and support these women and their children. These services include individual meetings, group activities, assistance and post-housing follow-ups.

Address: confidential

Telephone: (514) 383-4994

Email: transit24@sympatico.ca

Other available resources

Other available resources

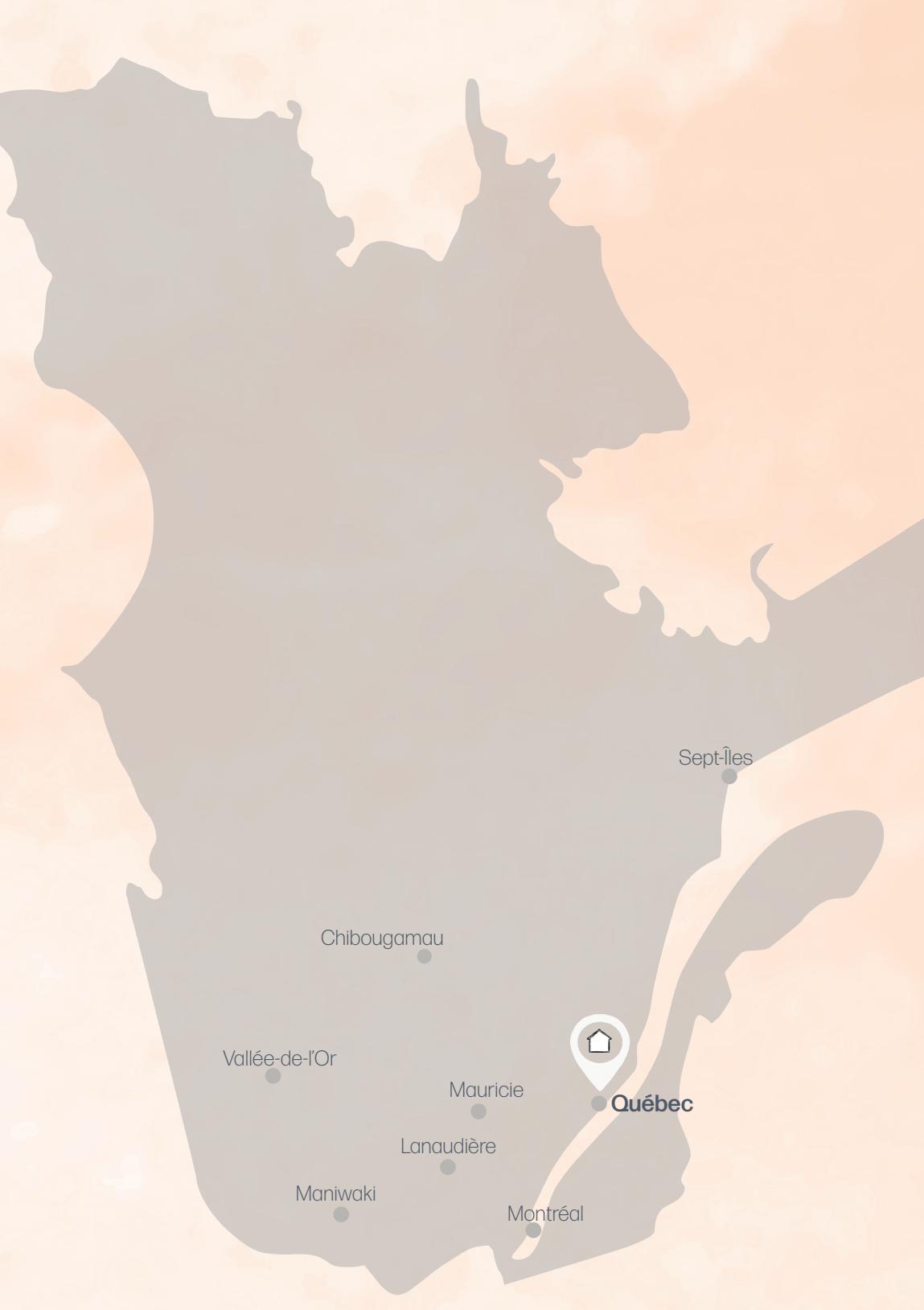
QUÉBEC



Québec

Centre multi-services MAMUK
8155, 1st Avenue, Québec, (Québec) G1G 4B8

Telephone: (418) 476-8083
Email: mamukebek@videotron.ca



Sept-Îles

Chibougamau

Vallée-de-l'Or

Maniwaki

Lanaudière

Mauricie

Montréal

Québec

QUÉBEC

CALACS Rive-Sud

Le CALACS *Rive-Sud* is a community organization offering free, confidential support to women and teen girls who have survived one or more recent or past sexual assaults. The organization focuses on three areas of intervention: direct assistance, prevention and awareness-raising, and advocacy.

Address: confidential (Lévis)

Telephone: (418) 835-8342 | **Toll-free:** 1-866-835-8342 | **Fax:** (418) 835-8345

Email: info@calacsrivesud.org



Viol-Secours - CALACS de Québec

Viol-Secours is a CALACS organization offering free, confidential support to women and teen girls who have survived one or more recent or past sexual assaults. The organization focuses on three areas of intervention: direct assistance, prevention and awareness-raising, and advocacy.

Address: 3293, 1st Avenue, Québec City (QC), G1L 3R2

Telephone: (418) 522-2120 | **Fax:** (418) 522-2130

Email: info@violsecours.qc.ca

La maison communautaire Missinak

This organization offers resources to empower Indigenous women in difficult situations and their families. Its services include accommodations, women's circles, external one-on-one services for women and their children, and referrals to other services.

Address: confidentielle

Telephone: (418) 627-7346 | **Toll-free:** 1-866-927-7346 | **Fax:** 418-704-2321

Email: mitshuapmissinak@gmail.com



La Jonction pour Elle

La Jonction pour Elle is a shelter specializing in domestic violence prevention, intervention and awareness. It offers accommodations for women and several services for children, including day camps and resocialization groups.

Address: confidential (Lévis)

Telephone: (581) 999-8005

Email: fjpe@fondationjonctionpourelle.com



La Maison des femmes de Québec

This shelter offers free accommodations and intervention services for all people who identify as women and who are victims of domestic violence, with or without their children. *La Maison des Femmes* assists and supports women and offers post-housing follow-ups.

Address: confidential

Telephone: (418) 522-0042 | **Fax:** (418) 522-8034

Email: maisondesfemmes.qc@videotron.ca

QUÉBEC

La Maison du cœur pour femmes

This shelter provides accommodations for women experiencing domestic or family violence, with or without their children. It also guides women through their thought process and efforts. In addition, *la Maison du cœur* pour femmes offers specialized individual and group intervention services for women and children.

Address: confidential

Telephone: (418) 841-0011 | **Fax:** (418) 841-1023

Email: direction@maisonducoeur.ca

Maison Hélène-Lacroix



Maison Hélène-Lacroix offers a wide range of free services tailored to the needs of women dealing with violence, including emergency accommodations and second-stage housing, individual and group follow-ups and telephone support.

Address: confidential

Telephone: (418) 527-4682 | **Fax:** (418) 527-1913

Email: info@maisonhelenelacroix.com

Maison Marie-Rollet

Maison Marie-Rollet assists abused women, with or without children, and anyone who identifies as a woman in a violent situation. It offers accommodations as well as post-housing and external follow-up services.

Address: confidential

Telephone: (418) 688-9024 | **Fax:** (418) 688-4539

Email: intervengentes@maisonmr.com

Other available resources

SEPT-ÎLES



centre d'amitié
autochtone
de Sept-Îles

Centre d'amitié autochtone de Sept-Îles
37, Du Père-Divet Street, Sept-Îles, (Québec) G4R 3N3

Telephone: (418) 962-9229
Email: reception@caasi.info



Sept-Îles

Chibougamau

Vallée-de-l'Or

Mauricie

Québec

Lanaudière

Maniwaki

Montréal

SEPT-ÎLES

Centre femmes aux 4 vents

This centre's mission is to improve women's living conditions by fostering their social, emotional and financial independence. It offers one-on-one services, which include welcoming, supporting, assisting and listening to women.

Address: 831, Laure Boulevard, Sept-Îles (QC), G4R 1Y6

Telephone: (418) 968-2925

Email: info@femmes4vents.com



La Pointe du jour (CALACS Sept-Îles)

La pointe du jour is a CALACS organization offering free, confidential support to women and teen girls who have survived one or more recent or past sexual assaults. The organization focuses on three areas of intervention: direct assistance, prevention and awareness-raising, and advocacy.

Address: confidential

Telephone: (418) 968-2116 | **Toll-free:** 1-866-584-1714

Email: CALACS7iles@globetrotter.net

Centre Tipinuaikan

This Centre provides accommodations to Indigenous women who are victims of domestic and/or family abuse as well as to their children. It offers mainly internal and external services to women from the Innu nation, but can also provide services to women from other First Nations. It favours interventions that draw on Indigenous values and cultures.



Address: confidential (Uashat)

Telephone: (418) 962-3397 | **Toll-free:** 1-866-962-3397

Email: info@centretipinuaikan.ca

Autour d'elles (Maison des femmes de Sept-Îles)

La maison d'aide et d'hébergement *Autour d'Elles* accueille les femmes victimes de violence conjugale avec ou sans enfants. Elle offre, entre autres, de l'hébergement gratuit et sécuritaire, ainsi qu'une écoute téléphonique ou sur place 24h/24h.

Address: confidential

Telephone: (418) 962-8141



Other available resources

VALLÉE-DE-L'OR

(VAL-D'OR AND SENNETERRE)

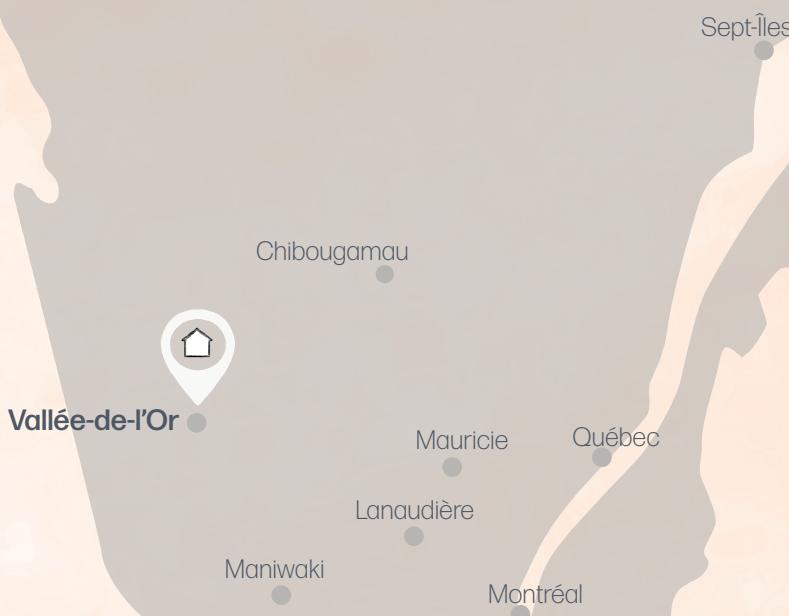


Val-d'Or Native Friendship Centre
1272, 7th Street, Val-d'Or, (Québec) J9P 6W6

Telephone: (819) 825-6857
Email: info@caavd.ca

Senneterre Native Friendship Centre
910, 10th Avenue, Senneterre (Québec) JOY 2M0

Telephone: (819) 737-2324
Email: info@ceaas.net



VALLÉE-DE-L'OR (VAL-D'OR AND SENNETERRE)

CALACS Abitibi

Le CALACS *Abitibi* est une organisation communautaire qui offre un soutien gratuit et confidentiel aux femmes et aux adolescentes qui ont survécu à une ou plusieurs agressions sexuelles récentes ou passées. L'organisation se concentre sur trois domaines d'intervention : l'aide directe, la prévention et la sensibilisation et l'advocacy.

Address: confidential (Amos)

Telephone: (819) 732-7889 | **Fax:** (819) 732-7856

Email: info@calacsabitibi.com



CALACS L'étoile du Nord

CALACS *L'étoile du Nord* est une organisation communautaire offrant un soutien gratuit et confidentiel aux femmes et aux adolescentes qui ont survécu à une ou plusieurs agressions sexuelles récentes ou passées. L'organisation se concentre sur trois domaines d'intervention : l'aide directe, la prévention et la sensibilisation et l'advocacy. Elle offre également des services spécifiques pour les femmes autochtones.

Address: confidential (Val-d'Or)

Telephone: (819) 825-6968 | **24/7 hotline:** 1-888-933-9007 | **Fax:** (819) 825-7915

Email: info@calacsletoiledunord.com



Maison Mikana

Maison Mikana offre un abri et un soutien aux femmes qui sont victimes de violence domestique et à leurs enfants. Tous ses services sont également disponibles pour les femmes qui ne vivent pas dans l'abri. Cela comprend des interventions avec les femmes, les services pour les jeunes, l'information et les renvois, les suivis, etc.

Address: confidential (Amos)

Telephone: (819) 732-9161 | **Text messaging:** (819) 443-3443

Email: info@maisonmikana.com



Maison d'hébergement Le Nid

Le *Nid* est une ressource d'aide et d'hébergement qui accueille les femmes victimes de violence conjugale et leurs enfants. L'organisme offre, en plus de l'hébergement, des services de consultation, d'intervention individuelle ou de groupe, de support et d'accompagnement dans les démarches, etc.

Address: confidentielle (Val-d'Or)

Telephone: (819) 825-3865 | **Fax:** (819) 825-3885

Email: maisonlenid@cablevision.qc.ca

Other available resources



A landscape photograph of a lake at sunset. In the background, there is a white tent and a large, dark pyramid-like structure. The sky is filled with warm, orange and yellow hues. The water in the foreground reflects the colors of the sky.

ORGANIZATIONS FOR MEN

Although this directory is intended for women who are victims of family and domestic violence, it is important to include a section on services for men. In order to break the cycle of violence, facilitate healing and help individuals reclaim their social roles within their relationships, families and communities, we felt it essential to list certain organizations that offer support, mutual aid or treatment services for men in difficult situations or with violent behaviour.

GENERAL RESOURCES

À cœur d'homme – Réseau d'aide aux hommes pour une société sans violence (men's support network for a violence-free society)

The network is comprised of 31 independent community organizations across Quebec that help men exhibiting violent behaviour toward their intimate partner and children.

Address: (by appointment only) 1750, De Vitré Avenue, Office 400, Québec City, (QC), G1J 1Z6

Telephone: (418) 660-7799 | **Toll-free:** 1-877-660-7799

Email: info@acoeurdhomme.com

Réseau Maisons Oxygène

The *Maison Oxygène* centres provide fathers and their children with a place to stay and the support they need to regain control of their lives. These centres also offer external services for fathers who do not require accommodations. All fathers accepted at a *Maison Oxygène* seek to strengthen, develop or preserve their relationships with their children. There are 22 *Maison Oxygène* centres throughout Quebec.

Website: <https://maisonsoxygene.ca>

Telephone: (438) 504-4000

Email: reseau@maisonsoxygene.ca

Hommes Québec

This organization offers services and mutual support groups for men, creating environments where they can express themselves, break out of isolation and share their thoughts in order to support each other in their growth and self-affirmation process.

Telephone: 1-877-908-4545

Email: intervenant@hommesquebec.ca

RESOURCES NEAR CITIES WHERE A FRIENDSHIP CENTRE IS LOCATED

It should be noted that Friendship Centres offer a variety of services related to domestic and family violence for men, including sharing circles, healing and restorative activities in the bush, etc.

CHIBOUGAMAU

Maison Oxygène Raymond Ross

Maison Oxygène Raymond Ross works to preserve or strengthen father-child bonds by providing accommodations as well as community and psychosocial support to fathers experiencing distress due to family, social or personal difficulties.

Address: 200, Des Oblats Street, Suite 1, Chibougamau (QC), G8P 1G8

Telephone: (418) 748-8005

Email: rhqparent@hotmail.com

LANAUDIÈRE

Au cœur de l'il

Through its various programs, this organization welcomes and supports men in difficulty and people struggling with violent behaviour, particularly toward their intimate partner and children.

Address: 688, Manseau Boulevard, Joliette, (QC), J6E 3E6

Telephone: (450) 756-4934, ext. 1 | **Toll-free:** 1-800-567-8759, ext. 1

Email: intervenant@aucoeurdelil.org

Maison Oxygène Joliette-Lanaudière

Maison Oxygène Joliette-Lanaudière is a temporary residence that welcomes fathers and children going through a period of adjustment. The organization provides them with support to improve and strengthen their father-child bonds and develop their parenting and social skills.

Address: 740, St-Thomas Street, Joliette, (QC), J6E 3R5

Telephone: (450) 499-2617

Email: intervenants@mojl.org

MANIWAKI

Impact Rivière Gatineau

This organization is a service centre specializing in domestic violence. It offers support to people in distress whose violent behaviours have affected members of their household during conflicts. It facilitates individual, group and family meetings. Several support groups can also be set up depending on the issues involved.

Address: 270, Notre-Dame Street, Maniwaki, (QC), J9E 2J8

Telephone: (819) 449-3077 | **Toll-free:** 1-877-449-3077

Email: impactrivieregatineauorg@videotron.ca

Donne-toi une chance

This organization helps men experiencing personal, family or conjugal difficulties. It is part of the *Maison Oxygène* network and its main mission is to help restore, preserve and strengthen father-child relationships. To do so, it offers accommodations as well as community and psychosocial support to fathers experiencing difficulties and their children.

Address: 1939, St-Louis Street, Suite 4, Gatineau, (QC), J8T 4H5

Telephone: (819) 205-1451 | **Fax:** (819) 205-4458

Email: liaison.info@donnetoionechance.org

Ressources Olivier et Maison Oxygène Saint-Joseph

The organization welcomes fathers and their children in vulnerable situations and offers them temporary accommodations. It also provides them and their families with guidance and support tailored to their specific needs.

Address: 2395, De la Lièvre Street S, Mont-Laurier, (QC), J9L 3G3

Telephone: (819) 660-2842

Email: ressourcesolivier@gmail.com

MAURICIE

L'Accord Mauricie

A help centre for spouses struggling with violent behaviour and other difficulties, this organization addresses the needs of men through a variety of intervention strategies adapted to their specific situations.

Address: 991, rue Champflour, Trois-Rivières (QC), G9A 1Z8

Telephone: (819) 693-5264 | **Fax:** (819) 693-6500

Email: info@accordmauricie.com

Homme alternative

Homme alternative is a community organization that helps men and teenagers who are struggling with violent behaviour toward their intimate partners or children. It also offers psychosocial intervention services for any man experiencing relationship difficulties or a transitional crisis.

Address: 90, Girouard Street, Victoriaville, (QC), G6P 5T5

Telephone: (819) 357-5757

Email: info@hommealternative.com

Centre de ressources pour hommes Drummond

This Centre offers a wide range of services to men struggling with personal or behavioural issues who wish to regain a sense of balance and well-being in their lives. Its services include individual interventions, personal coaching, therapy, and specialized services related to family or domestic violence.

Address: 515, Lindsay Street, Drummondville, (QC), J2B 1H3

Telephone: (819) 477-0185

Email: crhdrummond@gmail.com

MONTRÉAL

Accroc

Accroc helps men and teenagers with violent behaviours, relationship difficulties or difficult breakups. Accroc is a place for listening and support facilitated by specialized counsellors.

Address: 60, Des Hauteurs Street, Saint-Jérôme, (QC), J7Y 1R4 (by appointment only)

Telephone: 1-877-460-9966

CHOC (Carrefour d'HOMmes en Changement)

CHOC is a community organization working with men to prevent domestic violence and suicide. It offers individual and group intervention services.

Address: 25, Lévesque Street E, Laval, (QC), H7G 1B3

Telephone: (450) 975-CHOC (2462)

Maison Oxygène Montréal

Maison Oxygène Montréal provides accommodations and assistance to fathers experiencing personal, family or conjugal difficulties. It supports fathers in their personal journeys, in developing and maintaining relationships with their children and in their efforts to regain contact with their children.

Address: 1611, D'Orléans Avenue, Montréal, (QC), H1W 3R4

Telephone: (514) 523-9283

Email: info@carrefourfamilial.com

PRO-GAM

PRO-GAM, also known as *Harmonie Conjugale*, is an intervention, training, research and prevention organization specializing in family and domestic violence. It relies on a therapeutic approach to help men who display violent behaviour toward their intimate partner or children.

Address: 1453, Beaubien Street E, Suite 205, Montréal, (QC), H2G 3C6

Telephone: (514) 270-8462 | **Fax:** (514) 270-8849

Email: info@pro-gam.ca

Option (an alternative to family and domestic violence)

Option is a community organization whose mission is to offer support, follow-up and psychotherapy services to adult men and women who exhibit violent behaviour toward their intimate partner or children.

Address: 1238, , Saint-Joseph Boulevard E, Montréal, (QC), H2J 1L6

Telephone: (514) 527-1657

Email: info@optionalternative.org

Service d'aide aux conjoints (SAC)

SAC works with men experiencing difficulties in their intimate relationships. The organization focuses on intervention, awareness-raising, accountability and domestic violence prevention. SAC offers interventions, individual or group meetings, and legal information, among other services.

Address: 10 000, Lajeunesse Street, Montréal, (QC), H3L 2E1

Telephone: (514) 384-6296

QUÉBEC

AutonHommie

This organization welcomes men experiencing difficulties and seeking a change to provide them with the means to meet their needs and to contribute to the global development of men.

Address: 1575, 3rd Avenue, Québec (QC), G1L 2Y4

Telephone: (418) 648-6480 | **Toll-free:** 1-855-648-6464 | **Fax:** (418) 525-9709

Email: direction@autonhommie.org

Maison Oxygène de Québec

Maison Oxygène de Québec offers accommodations, assistance and community support to fathers who are experiencing personal, spousal or family difficulties and who either have custody of their children or are in the process of obtaining it.

Address: 110, 51st Rue E, Québec City, (QC), G1H 2J9

Telephone: (418) 929-6682

Email: courrier@maisonoxygenequebec.org

Centre Ex-Equo (Lévis)

The mission of *Centre Ex-Equo* is to provide services to men and women struggling with violent behaviour toward their intimate partner or children.

Telephone: 1-877-613-1900

Email: info@exequo.ca

SEPT-ÎLES

Hom'asculin Port-Cartier

This organization's welcomes and supports men experiencing difficulties and/or who wish to receive the tools and assistance they need on their journey to make a change. It offers confidential listening services, assistance for men experiencing homelessness, personal and professional advice, etc.

Address: 52, Parent Avenue, Port-Cartier, (QC), G5G 2G5

Telephone: (418) 766-6060

Email: homasculinportcartier@gmail.com

Maison Oxygène Jack Monoloy (& Hommes Sept-Îles)

This centre offers accommodations to fathers going through a difficult time. *Maison Jack Monoloy* is also home to *Hommes Sept-Îles*, an organization that can provide four families with a living environment and stage-one housing.

Address: 893, Brochu Avenue, Sept-Îles, (QC), G4R 2Y7

Telephone: (418) 961-1530

Email: info@hommesseptils.com

VALLÉE-DE-L'OR

Groupe IMAGE

(Maison Oxygène Rouyn-Noranda et Maison Oxygène Témiscamingue)

Groupe IMAGE provides assistance and accommodations to men and fathers in the Abitibi-Témiscamingue region. This centre offers help and support services for men, including a listening service by phone or videoconference, referrals to other resources and accommodations.

Address:

Témiscamingue area: 29, Des Oblats Street N., Ville-Marie, (QC), J9V 1H9

Rouyn-Noranda area: 527, Richard Avenue, Rouyn-Noranda, (QC), J9X 3P5

Telephone: 1-888-707-2666

Email: info@groupeimage.org

SATAS

This organization offers prevention, awareness and intervention programs to counter domestic abuse and all forms of violence. Its aim is reduce violence in interpersonal relationships via specialized treatment and support services offered in a spirit of equality and accountability.

Address: 111, Principale Street S., Amos, (QC), J9T 2J5

Telephone: (819) 732-5254

Address: 1058, 7^e Rue, Val-d'Or, (QC), J9P 1Y5

Telephone: (819) 874-5254

