



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This directory was created in March 2023, consequently, some of the information may be outdated at the time of its use.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

<b>Support resource</b>	<b>Shelter for Indigenous women</b>	<b>Shelter</b>
		

## **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](mailto:sos@sosviolenceconjugale.ca)

**Website:** [sosviolenceconjugale.ca](http://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](mailto: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](http://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](mailto:accueil@violenceinfo.com)

**Website:** [www.violenceinfo.com](http://www.violenceinfo.com)

## Rebâtir

*Rebâtir* 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](mailto:projet@rebatir.ca)

**Site web :** [rebatir.ca](http://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:

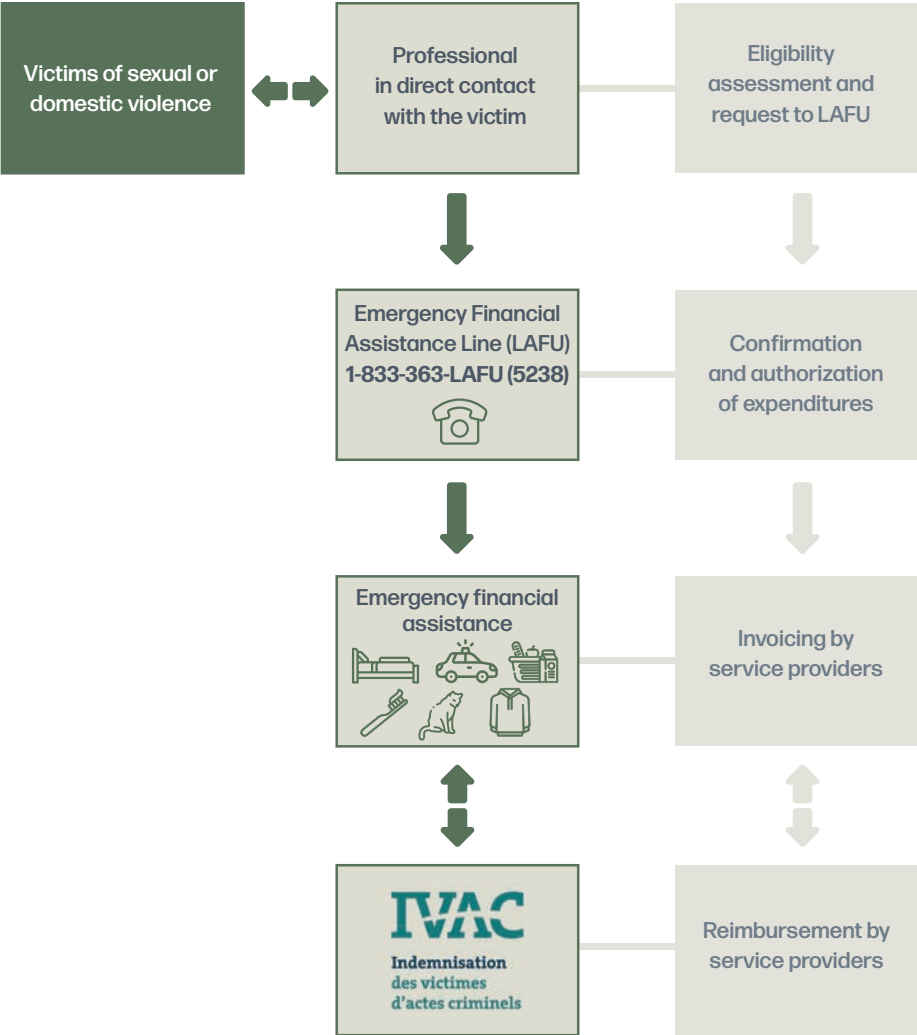
- Capitale-Nationale
- Lanaudière
- Laurentides
- Laval
- Montérégie

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.



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# CHIBOUGAMAU



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

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



Sept-Îles

Chibougamau

Vallée-de-l'Or

Mauricie

Lanau dière

Maniwaki

Québec

Montréal

# 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<sup>e</sup> Rue, Chibougamau, QC G8P 1N9

**Telephone:** (418) 748-7171

**Email:** [direction.cfen@gmail.com](mailto: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

## Piipiichaa 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](mailto:info@maisonaquarelle.ca) / [intervenantes@maisonaquarelle.ca](mailto:intervenantes@maisonaquarelle.ca)

## This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice. There are no margins, text, or other markings on the page.



# LANAUDIÈRE

Lanaudière



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

Telephone: (450) 760-3865  
Email: [info@caalanaudière.ca](mailto:info@caalanaudière.ca)

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

Telephone: (450) 833-1985



Sept-Îles

Chibougamau

Vallée-de-l'Or

**Lanaudière**

Maniwaki

Mauricie

Québec

Montréal



## 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@calacscoupdecœur.com](mailto:info@calacscoupdecœur.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](mailto: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](mailto: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](mailto:info@regroupelles.org)



# 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@maniwakinfc.ca](mailto:reception_mnfc@maniwakinfc.ca)



Sept-Îles

Chibougamau

Vallée-de-l'Or

Mauricie

Québec

Lanaudière

Montréal

**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](mailto: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](mailto: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](mailto: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](mailto:accueil@maisonunies.ca)

## Other available resources

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# 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**



Sept-Îles

Chibougamau

Vallée-de-l'Or

**Mauricie**

Lanaudière

Maniwaki

Montréal

Québec

# 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](mailto: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](mailto: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](mailto: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](mailto:admin@maisonlefar.ca)

## Other available resources

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# MONTRÉAL

Montréal



**Native Montréal**  
**Montréal Autochtone**

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

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



Sept-Îles

Chibougamau

Vallée-de-l'Or

Mauricie

Québec

Lanaudière

Maniwaki

Montréal

# MONTREAL

**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



# MONTREAL

## 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](mailto: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](mailto: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](mailto: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](mailto:intervention@ladauphinelle.org)

*Contact-Elles*

**Telephone or text messaging:** (438) 522-9264

**Email:** [contactelles@ladauphinelle.org](mailto:contactelles@ladauphinelle.org)



# MONTREAL

## 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



# MONTREAL

## 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

[illegible]



# QUÉBEC



Québec

**Centre multi-services MAMUK**

8155, 1<sup>st</sup> Avenue, Québec, (Québec) G1G 4B8

Telephone: **(418) 476-8083**

Email: **[mamukebek@videotron.ca](mailto:mamukebek@videotron.ca)**



Sept-Îles

Chibougamau

Vallée-de-l'Or

Mauricie

Lanaudière

Maniwaki

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, 1<sup>st</sup> 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:** confidentiale  
**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:** confidentiale  
**Telephone:** (418) 688-9024 | **Fax:** (418) 688-4539  
**Email:** intervenantes@maisonmr.com

## Other available resources

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# 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



# VALLÉE-DE-L'OR

(VAL-D'OR AND SENNETERRE)



**Val-d'Or Native Friendship Centre**  
1272, 7<sup>th</sup> Street, Val-d'Or, (Québec) J9P 6W6

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

**Senneterre Native Friendship Centre**  
910, 10<sup>th</sup> Avenue, Senneterre (Québec) J0Y 2M0

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



Sept-Îles

Chibougamau

Vallée-de-l'Or

Mauricie

Québec

Lanaudière

Maniwaki

Montréal

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

## CALACS Abitibi

Le *CALACS Abitibi* is a community organization that offers 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 (Amos)

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

**Email:** info@calacsabitibi.com



## CALACS L'étoile du Nord

*CALACS L'étoile du Nord* 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. It also offers specific services for Indigenous women.

**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* provides shelter and support to women who are victims of domestic violence and their children. All of its services are also available to women not living in the shelter. This includes interventions with women, youth services, information and referrals, follow-ups, 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

[illegible]





# 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](mailto: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](mailto: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](mailto: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

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#### **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

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#### **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

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### 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](mailto: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@donnetoiunechance.org](mailto:liaison.info@donnetoiunechance.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](mailto:ressourcesolivier@gmail.com)

## MAURICIE

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### 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](mailto: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](mailto: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

## MONTREAL

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### 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**

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### **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, 3<sup>rd</sup> 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, 51<sup>st</sup> 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

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### **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

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### **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<sup>e</sup> Rue, Val-d'Or, (QC), J9P 1Y5

**Telephone:** (819) 874-5254





