



Services available in the community

Domaine-du-Roy MRC

In Lac-Saint-Jean, several organizations support members of the community. Their main mission is to transmit information and offer services in different aspects of life, whether it be for food support, advocacy, or health services. The people who work for these organizations are trained and ready to give you the necessary support. Do not hesitate to contact them.

To access all the organizations in the region, visit:

www.repertoireddr.com or www.irr02.com/services



Phone line for support



MRC
Domaine-du-Roy



Family assistance

Éveil-Naissance family house

418 275-6581

Family support, breastfeeding support, parent-child activities, etc.

Big Brothers Big Sisters

418 275-0483

Personalized support for children from 6 to 16 years of age

point



Food

Food Aid Agencies

Contact your municipality.

Centre populaire - Roberval

418 275-4222

Emergency food service, collective kitchen.

Saint-Félicien soup kitchen

418 679-1712

Hot, complete, and balanced meals for low-income individuals.

SALSA community grocery store (Roberval)

418 275-6760, ext. 1

Low-cost grocery store for people living in financial need.



Used clothing and furniture

St-Prime Clothing Centre

418 251-1410

Used clothing at low prices.

St-Félicien furniture depot

418 679-1594

Used furniture.

Chez Mar-Jo thrift store

418 342-6409

Used clothing at low prices
Chambord.

Centre de dépannage vestimentaire Saint-Félicien

418 679-9450

Used clothing at low prices.

St-François-de-Sales Clothing Counter

418 348-6555

Used clothing at low prices.

Centre populaire - Roberval

418 275-4222

Used furniture and clothing.



Education and francization

Every child who is a resident of Quebec must attend school from the beginning of the school year in which he or she turns 6 years old. This obligation continues until the last day of the school year in which the child turns 16 years old or obtains a diploma from the Minister of Education.



Allo Prof

1 888 776-4455

www.alloprof.qc.ca

Free tutoring services for students and parents for academic subjects from elementary to high school.

Centre de services scolaire du Pays-des-Bleuets

418 275-4136

Educational institutions offering :

- Basic general education in French, mathematics and English;
- Social Integration (SI) training;
- Adult education.

Centre Alpha Le-Tracé

418 679-5737

Offers francization and literacy.



Immigration

Association des Africains du Saguenay—Lac-Saint-Jean
Groupe Facebook

Association islamique du Saguenay—Lac-Saint-Jean
Groupe Facebook

Association Québec-France Saguenay—Lac-Saint-Jean
Groupe Facebook

Immigrant Worker's Centre
514 342-2111

Portes ouvertes sur le Lac
418 307-5058
418 321-5459 (Whatsapp)
Support and job search.

Collectif des femmes immigrantes Saguenay—Lac-Saint-Jean
Groupe Facebook

Ministry of Immigration, Francization and Integration
1 877 662-4667

Immigration status, employment, government services.



Finances

Centre populaire Roberval
418 275-4222

Budget and tax advice.

Budget department -Saint-Félicien
418 679-4646

Budgeting workshops, support, help with budgeting, etc.



Transport

AmigoExpress
www.amigoexpress.com

Carpooling service for short and long distances.

Accès-Transport Domaine-du-Roy
418 679-0333

Public transportation service.



Advocacy and justice

The Quebec Charter of Human Rights and Freedoms prohibits discrimination between persons on the basis of race, colour, sex, gender identity or expression, religion, political convictions, language, ethnic or national origin, pregnancy, marital status, age, except as provided by law, social condition, or handicap. In Quebec, women and men are equal. They have the same rights and obligations.

Équijustice - Médiation citoyenne

418 275-6450

Programs: YCJA, PMRG and Compensatory Work, Citizen Mediation and Local Engagement.



Centre de justice de proximité

1 844 412-7722

Services de justice gratuits.



Commission des normes, de l'équité, de la santé et de la sécurité du travail (CNESST)

1 844 838-0808

Respect for labor rights and obligations.



Employment

Carrefour jeunesse emploi des Bleuets

Roberval: 418 275-6262

Saint-Félicien: 418 679-3686

Support and job search
16-35 years old.

Portes ouvertes sur le Lac, Place aux jeunes en région

418 307-5058

Support and job search.

Mouvement Action Chômage Lac-St-Jean

418 662-9191

Accompaniment for an employment insurance application.

Emploi-Québec - Local employment centre (CLE) of Roberval

418 275-5442

Support, scholarships and grants, employability, information, staffing, human resources.



HEALTH



Urgent services



**Emergency
(ambulance and
police)**
911

CLSC de Roberval
418 275-0634

CLSC de St-Félicien
418 679-5270

Info-social/santé
811

Information line in case
of health problems.

Roberval Hospital Center
418 275-0110



**Quebec Poison
Control Centre**
1 800 463-5060

Emergency number in case
of poisoning.



Home services

Multi-Services Albanel - Domaine-du-Roy sector
418 279-3169

Home support for seniors, housework, etc.



Support for parents

In Canada, parents have parental authority until age 18, but the following physical punishments are prohibited under any circumstances: punishment with objects such as belts or ruler, and that can cause injury, such as slapping, hitting the head, and kicking. Withholding food is also prohibited.



ParentLine
1 800 361-5085

Support for parents in
difficulty with their child.

Éveil-Naissance family house
418 275-6581

Family support, breastfeeding
support, parent-child activities, etc.

Emotional Health



Anxiety disorders, mood disorders, depression, psychotic disorders, post-traumatic stress, mental illnesses can take many forms. Just like physical illnesses, they can strike anyone, regardless of age, gender, social status, level of education, nationality or ethnic origin. So don't hesitate to ask for help. Here are the organizations that can support you!



Info-social

(select option 2)

811

Information line in case of psychological distress.



Suicide Prevention Centre 02

1 866 277-3553

Centre Nelligan

418 275-0033

Support for families of people with mental health problems.

Centre Le Bouscueil

418 275-0341

Mental health services (depression, grief, anxiety, etc.)

Domaine-du-Roy local intervention service (12 years and older)

418 275-6760

Reception, listening, support, individual intervention to encourage the development of autonomy and fulfillment.

Mental Health Quebec - Lac-Saint-Jean

418 275-2405

Support, accommodation, and psychological support for any difficulty.

Maison du cheminement

418 275-5271

Mental health housing.

Centre d'aide aux victimes d'actes criminels (CAVAC)

418 543-9695

Assistance to victims of crime.



Support for youth

In Canada, the minimum legal age of consent for sexual activity is 16. Incest is a crime in Canada. Incest refers to sexual relations between close family members. No matter what difficulties young people are experiencing, these listening and support services are available for them.



Tel-jeunes

by text 514 600-1002

1 800 263-2266



Kids Help Phone

1 800 668-6868

Youth Centre

Contact your municipality

Gathering place for youth, activities and exchanges.

Big Brothers Big Sisters Domaine-du-Roy

418 275-0483

Offers mentoring services to young people aged 6 to 16 and their families in the Domaine-du-Roy territory.



Support for women

The Canadian Criminal Code prohibits the use of force against a spouse. This is a crime called assault. Child abuse and elder abuse are also prohibited by the Criminal Code. If you witness violence, **call 9-1-1**. It is your civic duty.

LA SOURCE Women's Centre

418 679-5403

Psychosocial support for all issues.

Auberge de l'amitié

418 275-4574

Shelter for women and families in the context of domestic violence.

SOS Domestic violence

1 800 363-9010

Free, confidential and anonymous service, open 24 hours.

In the Canadian couple, the woman and the man are equal. To have a sexual relationship, both partners must be willing, even if they are married.

CALACS Entre Elles

418 275-1004

Help for victims of sexual assault.

educaloi.qc.ca/capsules/le-consentement-sexuel

Support for men

Optimum Resource Centre for men

418 765-3199

Support for men experiencing difficulties or a difficult period.



Volunteering

Domaine-du-Roy Volunteer Centre

418 679-1712

Promote and support volunteer action in the different sectors of human activity.

Drug and alcohol dependencies



Alcoholics anonymous
1 866 376-6279

Narcotics Anonymous
1 855 544-6362

**Domaine-du-Roy
local intervention service**
418 275-6760

Addiction intervention
and prevention.



Support for **LGBTQ+** communities

Diversité 02
581 447-2211

Support, activities, workshops, training.

MUNICIPALITIES DDR

| | |
|---------------------------------|--------------|
| La Doré | 418 256-3545 |
| Saint-Félicien..... | 418 679-2100 |
| Saint-Prime..... | 418 251-2116 |
| Sainte-Hedwidge | 418 275-3020 |
| Roberval | 418 275-0202 |
| Chambord..... | 418 342-6274 |
| Saint-André-du-Lac-St-Jean | 418 349-8167 |
| Saint-François-de-Sales | 418 348-6736 |
| Lac-Bouchette | 418 348-6306 |
| MRC du Domaine-du-Roy | 418 275-5044 |



MRC du Domaine-du-Roy

901, bd Saint-Joseph
Roberval (Québec)
G8H 2L8

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Avec la participation financière de :

