

Summer  
2021

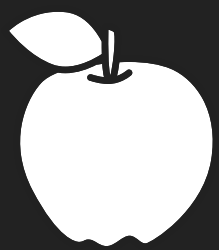
COMMUNITY RESOURCES

# COMMUNITY RESOURCES FOR THE MRC VAL-SAINT-FRANCOIS

## FOR ALL HEALTH-RELATED ISSUES:

Dial 811 to reach Info-Santé and Info-Sociale.

Dial 1 for physical health concerns. Dial 2 for mental health or social services.



### FOOD AID

Richmond area: Drop-in food bank Fridays 9am - 12pm, 421 Principale N  
Tabliers en folie\* (819-826-6517) / CAB Richmond\* (819-826-6166)  
Valcourt area: CAB Valcourt (450-532-2255)  
Windsor area: CAB Windsor (819-845-5522)



### FINANCIAL HELP & EMPLOYABILITY

Carrefour Jeunesse Emploi (16-35 ans):  
Richmond\*: 819-879-7667 <https://cjerichmond.qc.ca/>  
Windsor: 819-845-5900 / Valcourt: 450-532-5322 <https://cjejohnson.org/>  
Service budgétaire populaire Des Sources\*: 819-879-4173  
Service Canada\*: 1-833-381-2725



### CHILDREN AND TEENS

FREE BOOKS DISTRIBUTION for grade 6 and high school students (*Summer Knights Read*)  
- at the CJE Richmond on July 8, 29 & August 19 at 2pm, 139 rue Principale N  
- also in Wickham July 15 and in Drummondville August 12 ([rrhsknightsread@gmail.com](mailto:rrhsknightsread@gmail.com))  
Maison des jeunes:  
Richmond\* (819-826-1458), Windsor (819-845-5117), Valcourt (450-532-2281)  
Kid's Help Phone\*: 1-800-668-6868, text CONNECT to 686868 - Phone, text, Messenger 24/7  
JEVI Estrie\*: 819-564-1354 If you have suicidal thoughts 24/7  
[www.suicide.ca](http://www.suicide.ca)\*: Emergency support by text (1-855-957-5353) or chat 24/7



### SUPPORT FOR FAMILIES

Maison de la Famille les Arbrisseaux (diapers, clothes, school supplies): 1-877-929-0077  
Centre des femmes Le Point d'ancrage\*: 1 800-909-7937  
Lennoxville & District Women's Centre\*: 819 564-6626 [info@ldwc.ca](mailto:info@ldwc.ca)  
SOS Violence Conjugale\*: 1-800-363-9010, text 14386011211 [www.sosviolenceconjugale.ca](http://www.sosviolenceconjugale.ca)  
Ligne Parents\*: 1-800-361-5085, [www.ligneparents.com](http://www.ligneparents.com) - Phone, text, emails 24/7  
Trans-Appel Collective Transport: 1-800-716-2777 <https://trans-appel.com/>  
CLSC\*: 819-542-2777 x55225

\*Resources available in English