Community resources

List of different resources and services offered in the region:

Emergency:

Police – Firefighters – Ambulance **911**
Evacuation Programs (PNAP) – Régie incendie Memphrémagog Est **: FORM**
(Program for people who need special assistance to evacuate in case of a fire)
Info-Santé/Info-Social **811**
CALACS – Center for help and fight against sexual assaults **819 563-9999**
JEVI – Estrie / Suicide Prevention Center **1 866 277-3553**
SOS Violence conjugale **1 800 363-9010**
Aide Abus Aînés **1 888 489-2287**

Multi services:

Centre d'aide communautaire de Lennoxville **819 821-4779**
Corporation de développement communautaire (CDC) Memphrémagog **819 847-1277**
Ressources Estrie
CAB-Sherbrooke (Volunteer Center) **819 823-6598**
CAB-Magog (Volunteer Center) **819 843-8138**

Health:

CIUSSS de l'Estrie – CHUS Magog **819 843-2572**
CIUSSS de l'Estrie – CHUS
Tandem (Center for Social Pediatrics in Community) **819 868-2743**

Food:

Banque alimentaire Memphrémagog (Food bank) **819 868-4438**
Service d'aide alimentaire de Sherbrooke **819 993-9971**
Popote roulante Lennoxville **819 821-4779**

Clothing:

Comptoir familial Magog **819 349-6760**
Comptoir familial de Sherbrooke ***819 569-5336***
Estrie Aide **819 346-9714**

Transportation:

Service de transport MRC de Memphrémagog (Adapted and collective transport) **819 843-3350**
Memphré covoiturage (Ridesharing service)
Amigo Express (Ridesharing service)

Services:

Aide au budget **819 868-4438**
Association coopérative d'économie familiale de l'Estrie (ACEF Estrie) **819 563-8144**
Solution budget plus (Sherbrooke) **819 563 0535**
Legal assistance Magog **819 843-4555**
Centre Communautaire juridique de l'Estrie **819 563-6122**
Coopérative de solidarité de services à domicile Memphrémagog **819 843-8842**
Coopérative de services à domicile de l'Estrie **819 823-0093**
Service Canada **1 800 622-6232**
Services Québec **819 843-6588 / 1 800 363-4531**

Help lines:

Interligne 24 h/7 (Sexual and gender diversity) **1 888 505-1010**
Ligne Parents 24 h/7 **1 800 361-5085**
Secours-Amitié Estrie **819 564-2323**
Tel-Jeunes 24 h/7 **1 800 263-2266**

Other resources:

Info-Aidant de l'APPUI Estrie **1 855 852-7784**
Centre des femmes **819 868-0302**
Centre l'Élan **819 843-8885**
Équipe Ressources Relais **819 580-8588**
Maison de la Famille Memphrémagog **819 868-0145**
Maison des jeunes l'Exit **819 847-1647**
MomentHom – Men's Support Center **819 563-0303**
Société Alzheimer de l'Estrie **819 821-5127**
SOS Grossesse Estrie **819 822-1181**
AQDR (Défense des droits des personnes retraitées et préretraitées) **819 868-2342**
Carrefour jeunesse-emploi Memphrémagog **81 843-3007**
Carrefour jeunesse-emploi de Sherbrooke **819 565-2722**
Conseil des Aveugles de Memphrémagog **819-868-0091**
Cuisines collectives «Bouchée Double» **819 868-2153**
Cuisines collectives Le Blé d'Or de Sherbrooke **819 820-1231**
Han-Droits (Defending the rights of persons with disabilities) **819 868-0299**
Le Train des mots (Learn to read) **819 993-6193**
Orientation Travail **819 843-3001**
Villa Pierrot (Single mothers) **819 868-1114**
Zone libre (Dependency prevention) **819 847-2545**
Service d'aide aux Néo-Canadiens **819 566-5373**

School boards:

There are two school boards for Canton de Hatley residents:

Centre de services scolaire de la Région-de-Sherbrooke (francophone)
2955, University Boulevard
Sherbrooke (Quebec) J1K 2Y3
Tel. : 819 822-5540

Eastern Townships school board (anglophone)
340, Saint-Jean-Bosco Street
Magog (Quebec) J1X 1K9
Tel.: 819 868-3100

Équijustice Estrie :

Struggling with a conflict?
Wether it be a neighbourhood problem, interpersonal or with an organization, everyone has to deal with conflict at some point. To help manage the situation, citizen mediation can help. Citizen mediation is a conflict management style for and by citizens conducted by volunteeer mediators who have received training by Équijustice Estrie, an organization for alternative justice.

437, rue Wellington Sud, Sherbrooke (Québec) J1H 5E2
819 565-2559 • estrie@equijustice.ca

Médiation citoyenne de Memphrémagog: 819 481-1507

Place aux jeunes Memphrémagog:

Place aux jeunes Memphrémagog is a service offered to all people aged 18 to 35 wishing to establish themselves in our region. It is our mission to promote life in the region and to facilitate establishing oneself in the Memphémagog region. In brief, it is a personalized support for each person to make their project of moving onto the region become reality.

Contact our migration agent at 819-843-3007 extension 226 / projet@cjemm.com
or visit the web site: placeauxjeunes.qc.ca