



Val-Saint-François Community Resources during COVID 19 Pandemic

Last updated – June 2, 2020

Organizations	Services	Contact info.
<p>CAB Richmond volunteer Center</p>	<ul style="list-style-type: none"> • Meals on wheels are available daily upon reservation. Meals will be left outside the residence by a volunteer. • Help with income taxes – contact the CAB for more information. • Possibility of help with running errands and delivery for all seniors as well as individuals coming back from vacation. • Delivery for everyone who buys from La Bouchère du Village. • Friendly phone calls: employees are calling all individuals 70yrs and older to follow up, listen etc.... • Pair program – automated calls 	<p>819-826-6166 cabrichmond@cgocable.ca</p>

<p>CAB Windsor volunteer Center</p>	<ul style="list-style-type: none"> • Meals on Wheels available to seniors and individuals with loss of autonomy (6\$ each). Frozen meals. • Food assistance with boxes of food for families distributed every Thursday on reservation at the CAB. • Help with errands (only 1 volunteer available) • Pair program – automated calls 	<p>819-845-5522 direction@cabwindsor.org</p>
<p>CAB Valcourt volunteer center</p>	<ul style="list-style-type: none"> • Meals on Wheels available daily • Help with income taxes – individuals can still contact the CAB for more information on how to proceed with their income taxes. It is important to note that even though there has been an extension for filing 2019 income taxes there will be credit cuts etc. starting OCT. 2020 if the government has not received your declaration. • Food assistance 	<p>450-532-2255 cabver@cooptel.qc.ca</p>

	<ul style="list-style-type: none"> • Help with errands on request. • Solidarity phone call: Lists of individuals who wish to receive calls on a regular basis have been given to volunteers who will be conducting these phone calls. • Pair program – automated calls • Accompanied transport-transportation related to the resumption of medical appointments. • Community garden. • Outdoor animations in areas where seniors reside. 	
Val Saint François Centre des femmes	<ul style="list-style-type: none"> • Individual help is available by phone, videoconference or email. • Web capsules • Videoconference workshops on request. • Support groups 	819-845-7937 ou 1 800-909-7937 info@cfvsf.com
The Johnson County Carrefour jeunesse-emploi (CJECJ)	<p>Telecommuting:</p> <ul style="list-style-type: none"> • Updating a resume • Unemployment requests • Job search • Etc... 	Contact us through our Facebook page: https://www.facebook.com/CJEJohnson/
Carrefour jeunesse emploi Comté de Richmond	<p>Telecommuting:</p> <ul style="list-style-type: none"> • Application for benefits • Job search 	819 826-1999 richmond@cjerichmond.qc.ca

	<ul style="list-style-type: none"> • Concerns or urgent needs • Opportunities during COVID 19 crisis • Etc... 	https://www.facebook.com/CarrefourJeunesseEmploiAsbestosRichmondWarwick/
CIUSSS de l'Estrie CHUS - Psychosocial Services	<ul style="list-style-type: none"> • Phone line open Monday to Friday from 8am to 4pm 	819-542-2777 poste 55225
Comptoir familial de Valcourt (family counter)	<ul style="list-style-type: none"> • Closed 	450-532-4433
ITMAV intervenant de milieu	<ul style="list-style-type: none"> • Contacting all seniors by phone 	450-532-2255
La Fouillerie (StDenis-de-Brompton family counter)	<ul style="list-style-type: none"> • Closed 	819-846-2289
Maison de la familles les Arbrisseaux	<ul style="list-style-type: none"> • Office closed • Community food pantry and croque-livre replenished daily • Clothing assistance for 0-12 • Diaper, baby food and baby formula assistance • Grocery delivery for parents who request it • Virtual group meetings and over the phone support for parents. • Follow ups done on Facebook, Messenger and email. 	819 845-2777 lesarbrisseaux@gmail.com
The Alzheimer Society Estrie family counselors	<ul style="list-style-type: none"> • Over the phone support with an appointed counselor for the Estrie region 	819-821-5127 info@alzheimerestrie.com

<p>REM Resource en entretien ménager</p>	<ul style="list-style-type: none"> • Office closed, employees are telecommuting • Reduced staff • The following services are being offered: respite for caregivers, help with errands (groceries and pharmacy only) 	<p>1-877-879-5659</p>
<p>Trans-Appel</p>	<ul style="list-style-type: none"> • Regular transportation resumed • Will not service individuals with COVID 19 symptoms 	<p>819 845-2777</p>
<p>Le Rivage</p>	<ul style="list-style-type: none"> • Over the phone and email support to members • Resumption of certain committees virtually • Virtual sharing group. • Mardis Réflexifs . • Individuals are invited to follow the Facebook page for more news. 	<p>819-826-5303 info@le-rivage.org</p>
<p>Tabliers en Folie</p>	<ul style="list-style-type: none"> • Over the phone support to members • Outdoor pantry replenished daily • Food aid available for delivery upon request 	<p>819-826-6517 info@tabliersenfolie.org</p>
<p>L'Initiative Valcourt Youth Center</p>	<ul style="list-style-type: none"> • Center Closed • Over the phone support to members. 	<p>450-532-2281 initiative@cooptel.qc.ca</p>
<p>La Saint François Windsor et Richmond Youth Center</p>	<ul style="list-style-type: none"> • Center Closed 	<p>819-826-1458</p>

	<ul style="list-style-type: none"> • Over the phone support to members • 	
Unité Domrémy de Windsor	<ul style="list-style-type: none"> • Over the phone support • Group meetings cancelled 	<p>819-845-2692 unitewindsor@qc.aira.com</p>
Nourrisource	<ul style="list-style-type: none"> • Closed 	<p>819-674-9425 estrie@nourri-source.org</p>
Secours Amitié Estrie	<ul style="list-style-type: none"> • Anonymous and confidential helpline available between 8am to 3am 	<p>819-564-2323</p>