



# Support services for for the population of Gaspé



If you have symptoms and feel you may be infected : 1-877-644-4545

You are looking for general information about the current situation and how things are evolving : [quebec.ca/coronavirus](https://quebec.ca/coronavirus)



## URGENT

### CLSC psychosocial support

From 8 am to 5pm  
Gaspé: 418-368-2572  
Rivière-au-Renard: 418-269-2572  
Barachois: 418-645-2572

### Info social service 24/7

811

### Suicide Prevention Line

1 866 APPELLE (277-3553)

### Accueil Blanche-Goulet

(Emergency shelter and food assistance)  
418-368-4700, ext: 4

### Women's Shelter l'Aid'Elle

(Women and their children experiencing violence and other social issues)  
418-368-6883

### SOS Conjugal violence

1 800 363-9010

### CALACS La Bôme (Victims of sexual violence)

1-866-968-6686

### CAVAC GÎM (Victims of crime)

418-689-4331

### Mi-Chemin (Drug addiction, alcohol and gambling)

418-368-6676

### CRRRI (People living with mental health issues)

418-368-1655

### Convergence (Support services for men)

Gaspé: 418-360-3960  
1-855-866-4455

### Maison de quartier (Support to seniors and families living within low-income housing district)

418-360-9067

### Droits et recours santé mentale

### GÎM (Defense of mental health rights)

1-800-463-6192

### Vision Gaspé Percé Now

(Services for the English community)

581-887-1700

### Organisme gaspésien des personnes atteintes de cancer (OGPAC - Cancer support services)

1-888-924-5050

### Complaints assistance and support services (Support for people experiencing difficulties with health and social services or accommodation services)

1-877-767-2227



## CHILDREN - FAMILY - YOUTH

### Youth Social Services (CLSC)

418-368-2572  
Emergency: 811

### Youth protection (DPJ)

418-368-3381  
Emergency: 1-800-463-0629

### Carrefour jeunesse emploi de La Côte-de-Gaspé (Youth employment services)

418-368-2121

### Maison de la famille Parentant

(Family organization)

418-368-6028

### MDJ de Gaspé (Youth organization)

418-355-4001

### MDJ de Rivière-au-Renard

(Youth organization)

418-360-4599

### ESPACE Gaspésie-les-Îles

(Child victims of violence)  
1-866-368-2015

### Centre de pédiatrie sociale en communauté

Secteur de Val-Rosier  
418-360-7158

### Travail de milieu (12-17 years)

418-269-5292

### Jeunesse J'écoute (Youth hotline)

1-800-668-6868

### Parent helpline

1-800-361-5085

### Association des troubles primaires de langage (For primary language impairment issues)

581-887-2710



## GROCERY DELIVERIES - CARRYOUT TO CAR

### IGA Cronier (Delivery service)

Order by email/telephone/internet  
[www.iga.net](http://www.iga.net)

[iga00477service@sobeys.com](mailto:iga00477service@sobeys.com)

418-368-5211, ext: 1

418-368-7200, ext: 1

### PROVIGO Nadine Murray

(Delivery service)

Order by email/internet with

carryout to car

[www.provigo.ca](http://www.provigo.ca)

[smp8040d@provigo.ca](mailto:smp8040d@provigo.ca)

418-368-7144

### Le Marché des saveurs gaspésiennes

Delivery at the end of the day -

Gaspé, Haldimand, Wakeham,

and Cap-des-Rosiers

418-368-7705

### Alban Aspirault (delivery)

418 269-3202, ext: 0

### Support group in Douglastown

(Support for essential purchases)

[covid19douglas@gmail.com](mailto:covid19douglas@gmail.com)

Do you have questions about food safety in the context of Covid-19?

Visit the **MAPAQ** website: [www.mapaq.gouv.qc.ca](http://www.mapaq.gouv.qc.ca)



## SERVICES FOR SENIORS AND PEOPLE WITH DISABILITIES

### CISSS (Home care and support service for seniors)

418-368-2572, ext: 4238

### CAB Le Hauban de Gaspé

(Transportation for medical reasons, meals on wheels, frozen meals, respite for caregivers and support for seniors)

418-368-6634, ext: 2

### FADOQ

(Outreach worker for seniors)

418-361-2770

### Association des personnes handicapées de Gaspé (For people living with disabilities)

418-368-6585

### Société Alzheimer (Support for caregivers and people with Alzheimer's)

Service point - Gaspé

418-368-1616

### Multi-Services (Help preparing meals, errands, essential laundry, essential housekeeping)

418-393-3310, ext: 103-104

### Elder abuse info line

1-888-489-2287

### Association des TCC/AVC

(Support for people who have had traumatic head trauma or stroke and their families)

418-361-2077



## FOOD - EMERGENCY GROCERIES - MEALS ON WHEELS - FROZEN MEALS

### Food support services Côte-de-Gaspé - Gaspé and surrounding areas

Collaboration between CAB Le Hauban, l'Accueil Blanche-Goulet and Vision Gaspé-Percé Now

[alimentationgaspé@gmail.com](mailto:alimentationgaspé@gmail.com)

418-368-4884



## MUNICIPAL, PROVINCIAL, LEGAL AND OTHER SUPPORT SERVICES

### Ville de Gaspé

<https://ville.gaspé.qc.ca/coronavirus>

418-368-2104

### Deputy's office (Gaspé)

1-855-368-5827

[Megganne.PerryMelancon.GASP@assnat.qc.ca](mailto:Megganne.PerryMelancon.GASP@assnat.qc.ca)

### Coop Accès-Travail (Employment assistance, assistance with requests for emergency benefits, etc.)

418-368-6401

### Regroupement des femmes de La Côte-de-Gaspé

418-368-1929

### Groupe Ressource en logements collectifs (Support for tenants and housing requests)

418-368-1355

### MRC de La Côte-de-Gaspé

418-368-7000

Page Web Covid-19 :

[www.cotedegaspe.ca/covid-19](http://www.cotedegaspe.ca/covid-19)

### Centre de justice de proximité de la Gaspésie-Îles-de-la-Madeleine

(Free legal information service by phone)

1-844-689-1505

### Centre local d'emploi de la Côte-de-Gaspé (employment services)

418-360-8241 / 1-800-663-3647

### Nation Micmac de Gespeg

Crisis unit Covid-19

418-368-6005, ext: 109



## PHARMACY - DELIVERY SERVICE

### Uniprix - Place Jacques-Cartier

418-368-5595

### Uniprix - Carrefour Gaspé

418-368-334

### Uniprix - Rivière-au-Renard

418-269-3351

### Jean Coutu - Gaspé

418-368-5501



## PUBLIC TRANSPORT

Travel to essential services only

### REGÎM

Reservation 24 hours in advance

581-886-0485

### Adapted transport Côte-de-Gaspé

With reservation

418 368-6324