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ESSENTIAL PUBLIC SUPPORT SERVICES MRC ROCHER-PERCÉ
IN RELATION TO THE COVID-19 PANDEMIC

FRENCH VERSION ALSO AVAILABLE:

YOU WILL FIND THE FOLLOWING INFORMATION IN THIS DOCUMENT:

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ABOUT :

In the current context, MUTUAL ASSISTANCE and SOLIDARITY are key to supporting vulnerable members of our community. Although these services are available, nothing can replace the help of family members, friends, or neighbours. Let's help one another to overcome this common challenge!

- Le Réseau de développement social Rocher-Percé has collected and assembled the following information concerning the essential services available to those who are most vulnerable within our community.
- This information is intended for employees and volunteers of local community organizations, institutions, municipalities, social clubs, individuals supporting those who find themselves in a vulnerable position, as well as the general population.
- The information found in this document may change, as the situation is constantly evolving. the Réseau de développement social Rocher-Percé is committed to updating the information as circumstances require.

For any comments, contact Gaëtanne Mauger
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IMPORTANT

- FOR ALL MEDICAL INQUIRIES, CALL TOLL-FREE **1 877 644-4545 OR (418) 644-4545**
OR VISIT THE CISSS DE LA GASPÉSIE WEBSITE : [HTTPS://WWW.CISSL-GASPESIE.GOUV.QC.CA/CORONAVIRUS-19/](https://www.cisss-gaspesie.gouv.qc.ca/coronavirus-19/)
- FOR ANY SITUATION INVOLVING PSYCHOLOGICAL DISTRESS AND/OR SUICIDAL IDEAS,
CALL TOLL-FREE **1 866-APPELLE OR INFO-SANTÉ AT 811**

INFORMATION LINK :

- The COVID-19 situation in Quebec :
<https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/>
- Federal Government's measures in place, and support :
<https://www.canada.ca/en/department-finance/economic-response-plan.html>
- COVID-19 informations CISSS Gaspésie :
<https://www.cisss-gaspesie.gouv.qc.ca/covid-19>

How to use your Face Covering (Handcrafted Mask)



1 Place the face covering over your nose and your mouth, securing it behind your ears with the elastic or string loops.



→ Wash your hands **BEFORE** and **AFTER** use of the covering.



2 Adjust the face covering to your nose.



→ Change your face covering if it becomes moist, soiled or damaged



→ Do not leave the face covering hanging from your neck or an ear. Keep it on your face and avoid touching it. If you do touch your covering while wearing it, wash your hands thoroughly as soon as possible.



3 Now adjust it under your chin



→ Remove your face covering by the elastic or string loops without touching the front.



→ Fold the outer parts of the face covering together and place it in a clean bag. You may wash the covering as soon as you get home, along with the rest of the laundry.

Face Covering (Handcrafted Mask) does not replace the following



Hand washing



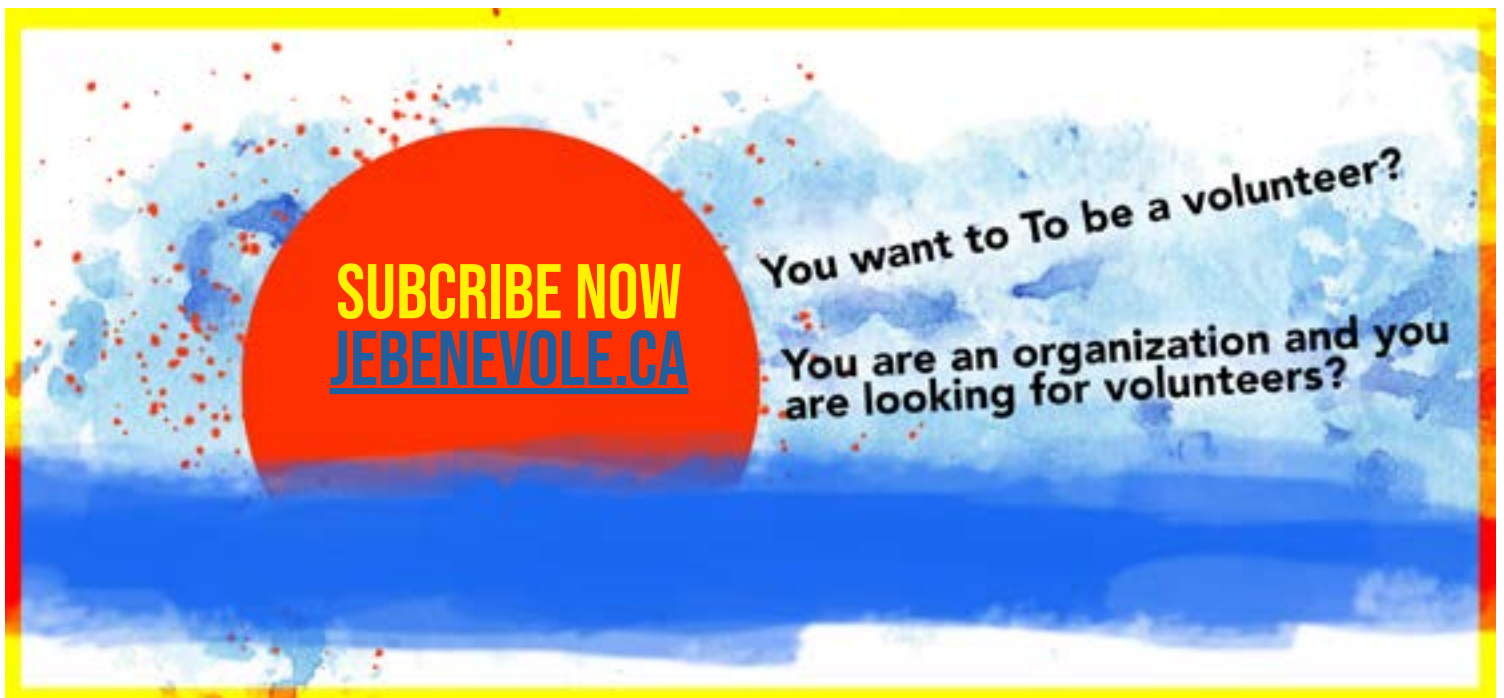
Physical distancing



Isolation at home
if you are sick

EMERGENCY FOOD AID AND MEALS ON WHEELS

ORGANIZATION	SERVICES	INFORMATION
Centre d'action bénévoles St-Siméon-Port-Daniel Port-Daniel	Delivery of prepared frozen meals, Meals on Wheels.	(418) 752-5577
Collectif Alimen-Terre Port-Daniel	Emergency food aid.	(418) 752-5010
Centre d'action bénévoles Gascons-Percé Gascons/Percé	Delivery of prepared frozen meals, emergency food aid, Meals on Wheels.	(418) 689-6023
Accueil Blanche-Goulet Coin du Banc/Saint-Georges	Emergency food aid, prepared frozen meals.	(418)-368-4700
Centre action bénévole Le Hauban Coin du Banc/Saint-Georges	Delivery of prepared frozen meals, Meals on Wheels.	(418) 368-6634, poste 2









GROCERIES : DELIVERY



* Businesses that offer delivery services.

BUSINESS		SERVICE	CONTACT
Dépanneur Michel Port-Daniel		Phone orders and delivery service upon request. COST: \$5 (with a \$15 minimum purchase)	(418) 396-5411
Casse-croûte chez Dedy Gascons		Take-out, phone orders and delivery service between Port-Daniel and Newport.	(418) 396-1360
Marché C. Huard Gascons		Home delivery services.	(418) 396-2741
Marché Doré Gascons		Phone order and delivery services.	(418) 396-5659
Marché Richelieu Port-Daniel		Phone orders, drive-through and home delivery services.	(418) 396-2330
Restaurant chez Ti-Bert Gascons		Take-out, phone orders and delivery service.	(418) 396-1302
Épicerie Gaëtan Meunier-Axep / Newport		Phone orders and home delivery services.	(418) 777-2991
Restaurant la Loge à Perron / Pabos-Mills		Phone orders, take-out, and delivery service.	(418) 689-1222
Restaurant le Sieur de Pabos / Pabos-Mills		Take-out orders and delivery service.	(418) 689-2281
IGA Coop Chandler		Online grocery orders at IGA.net Phone orders. \$50 minimum purchase for delivery.	Delivery : 1 (438) 689-6862
IGA Grande-Rivière		Online grocery orders at IGA.net Phone orders. Free delivery for Grande-Rivière and Ste-Thérèse.	(418) 385-3494
Épicerie Alexina Grande-Rivière		Phone order and delivery services.	(418) 385-1316
Le Coq d'Or Grande-Rivière		Phone order and delivery services.	(418) 385-2733

GROCERIES...

ENTREPRISE	SERVICE	CONTACT
Marché Bonichoix Guy Desbois Sainte-Thérèse-de-Gaspé 	Phone orders and home delivery services between Percé and Grande-Rivière.	(418) 385-2110
Marché Nicolas Cap-d'Espoir 	Phone orders and payment by credit card. Delivery service with a minimum purchase of \$90 for the sectors of Greater Percé and Ste-Thérèse.	(418) 782-2204
Marché Ami Coop Percé 	Phone orders and home delivery services. Open from 8 a.m. – 9 p.m. Monday to Saturday.	(418) 782-5211
Magasin général Thompson Barachois 	Phone orders and home delivery service.	(418) 645-2291
Épicerie Wilfrid Ste-Croix, Saint-Georges-de-Malbaie 	Phone order and delivery services.	(418) 645-2661
Provigo Nadine Murray Gaspé 	Online orders online at provigo.ca and delivery service.	(418) 368-7144

- Members of Gaspésie Gourmand have adapted their services in order to provide safe access to local products. To learn more, : <https://www.gaspesiegourmande.com>



*Are notably exempt from this requirement:

- children under the age of 10
- people with a significant disability that prevents them from wearing a face covering safely (e.g. those with severe breathing or cognitive difficulties or who are unable to put on or take off their face covering without help)

[Québec.ca/masque](https://Quebec.ca/masque)

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SERVICES FOR SENIORS

ORGANIZATION	SERVICE	CONTACT
CISSS		(418) 689-6696 #5051
Association des aînés du Rocher-Percé	Home support services are maintained (housekeeping, laundry, meal preparation, etc.)	(418) 689-5722
Centre d'action bénévole Saint-Siméon Port-Daniel Port-Daniel	Attendant services-medical transport is maintained for health services deemed essential.	(418) 752-5577
Centre d'action bénévole Gascons Percé Coin Du Banc/Saint-Georges	Support services offered to seniors and caregivers by phone or by Skype. Video capsules and radio interviews. Attendant services-medical transport is maintained for health services deemed essential.	(418) 689-6023
Société Alzheimer GÎM (SAGÎM)	Phone support services to caregivers of individuals with Alzheimer's disease.	(418) 689-6480
CASA	Offering phone calls to seniors in the English-speaking community (ITMAV).	(418) 752-0855
Vision Gaspé-Percé Now	Offering phone calls to isolated people in the English speaking community.	(418) 368-3212
Centre d'action bénévole Le Hauban Coin du Banc/Saint-Georges	Attendant services-medical transport is maintained for health services deemed essential, support calls, palliative and end-of-life support.	(418) 368-6634
INFORMATION AND SUPPORT LINE		
INFO SANTÉ/SOCIAL	Free and confidential telephone consultation service.	811
APPUI	A confidential listening and referral phone line for caregiver.	1-(855) 852-7784
Elder Mistreatment Helpline	A confidential listening and referral phone line specializing in older adults' mistreatment.	1-(888) 489-2287

- Some social clubs (Club 50 +, Cercles des fermières, Knights of Columbus, Lions Club, and the Optimist Club) have closed their offices. However, many still maintain phone contact with their members.

CHILD, YOUTH, AND FAMILY SERVICES

ORGANIZATION	SERVICE	CONTACT
CISSS et CLSC	Psychosocial help and support Info santé/social 811	Reporting : 1-(800) 463-0629
CommunicAmi	Psychosocial support, listening and referral by phone, text and Facebook. 24/7	(418) 680-2007
Maison des Jeunes l'Escapade Grande-Rivière	Support services are provided by phone, email, Facebook, and by appointment.	(418) 385-2554
Maison des jeunes L'envolé Jeunesse Gascons	Support services are offered by Snap Chat or by phone.	(418) 396-2264
Maison des jeunes La Bouée Chandler	Support services are provided by phone, email, Facebook, and by appointment.	(418) 689-4101
Carrefour Jeunesse-Emploi Option Emploi	Youth, adult and business phone support.	(418) 689-6402
Maison de la famille Contre vents et marées	Support to families is offered by phone.	(418) 689-4048
ESPACE Gaspésie-les-Îles	Community group working toward the prevention of violence towards children. Parents who require support can call the help line 24/7.	1 800 361-5085
Centre La Joie de Vivre	Psychosocial intervention and phone support for individuals living with a handicap. Open Tuesday and Wednesday from 9 a.m. – 3 p.m.	(418) 689-4488
Lactescence Pabos	Support for mothers who are breastfeeding. Phone, text, email and Facebook. active 7/7 from 8 a.m. – 8 p.m.	(418) 680-2007
Centre d'action bénévole Saint-Siméon/Port-Daniel	Secure equipment loans, emergency food aid and personal hygiene products for children and babies.	(418) 752-5577
Nouveau Regard	Organization helping individuals with family or friends dealing with mental health issues. Support offered by phone or email.	(418) 392-6414
Autisme de l'Est du Québec	Support families of people with Autism Spectrum Disorder.	1-(877) 725-2575
SUPPORT AND INFORMATION LINE		
Kids help phone	Counselling, information and referral line.	1-(800) 668-6868
TEL-Jeunes	Counselling, information and referral line.	1-(800) 263-2266 SMS (514) 600-1002
Ligne parents	Counselling, information and referral line.	1-(800) 361-5085
S.O.S. violence conjugale	Support and listening line 24/7.	1-(800) 363-9010

- If you are witness to possible spousal or child abuse call : **911**
- Preschool, elementary and secondary educational resources for independent learning : ecoleouverte.ca/en

SERVICES FOR ADULTS (HOMELESSNESS, DOMESTIC VIOLENCE, MENTAL HEALTH, SUBSTANCE ABUSE, SEXUAL ASSAULT, ETC.)

ORGANIZATION	SERVICE	CONTACT
CISSS et CLSC	Psychosocial support and mental health.	Info santé/social 811
Maison Blanche-Morin	Women's shelter and outreach programs by phone. 24/7	(418) 689-6288
Centre Émilie Gamelin	Shelter services and emergency food aid. (limited due to low stocks in supermarkets)	(418) 689-6100
CommunicAmi	Psychosocial support and listening. Phone, SMS or Facebook. 24/7	(418) 680-2007
Vision Gaspé-Percé Now	Offering phone calls to isolated people in the English speaking community.	(418) 368-3212
Centre La Joie de Vivre	Psychosocial intervention and phone support for individuals living with a handicap. Open Tuesday and Wednesday from 9 a.m. – 3 p.m.	(418) 689-4488
Convergence	Phone support and individual follow-up for men.	(418) 763-5001 ou 1-(855) 866-4455
Femmes Entre Elles	Reception and phone referrals, phone and email support for vulnerable women.	(418) 689-7224
CASA	Offering phone calls to isolated people in the English speaking community.	1-(877) 752-5995, (418) 752-8057
Diabète Pabok	Support by phone or email for people suffering from diabetes.	(418) 385-2333
Association des TCC et AVC Gaspésie/Îles-de-la-Madeleine	Phone support service for victims of cranioce-rebral trauma and stroke, and their families.	(418) 759-5120
Narcotics Anonymous Quebec	Support for whom drugs had become a major problem.	1-(855) 544-6362
Accueil Blanche Goulet	Shelter services, emergency food aid and frozen meals.	(418) 368-4700

OTHER COMMUNITY ORGANISATIONS

ORGANISATION	CONTACT
Barachois and Surrounding Communities Events and Activities	Facebook/Barachois and surrounding
Entraide COVID-19 du Grand-Percé	Facebook/entraide covid-19 du grand percé

OTHER SERVICES AND PHONE SUPPORT








Organisme gaspésien des personnes atteintes de cancer (OGPAC)	Support by phone, email and Zoom for people who have cancer. Sharing of information via social media.	1-(888) 924-5050 ou (418) 759-5050
Centre d'aide et de lutte contre les agressions à caractère sexuel - CALACS La bôme Gaspésie	Intervention and support for women and girls over 14 who are victims of sexual assault, their relatives and close friends.	1-(866) 968-6686
Equijustice Gaspésie	Public mediation and arbitration services	1-(877) 303-3016 (418) 392-4800
Droits et recours Santé mentale Gaspésie-Îles-de-la-Madeleine	Human rights defender for people living or having lived problems of mental health.	1-(800) 463-6192
Centre de justice de proximité Gaspésie/Îles-de-la-Madeleine	General legal information by phone.	(418) 689-1505
Association des Personnes Handicapées Visuelle- Gaspésie/Îles-de-la-Madeleine	Phone support for people living with a visual handicap.	(418) 388-2836
Centre d'aide aux victimes d'actes criminels (CAVAC)	Information, support and phone services for crime victims.	(418) 689-4331
Centre d'assistance et d'accompagnement aux plaintes Gaspésie/Îles-de-la-Madeleine (CAAP-GÎM)	Information, support and accompaniment services by phone for complaints concerning health and social services, and for individuals living in a private senior residence. Courriel : caap-gim@cgocable.ca	1-(877) 767-2227
Épilepsie Gaspésie sud	Phone support services for people with epilepsy.	(418) 752-6819

PHONE SUPPORT

Centre de prévention du suicide du Québec	Support for people with anxiety disorders and obsessive-compulsive disorder and their families and relatives.	1-866-APPELLE ou 1-(866) 277-3553
Phobie Zéro	Support and information for people with anxiety disorders, (including obsessive-compulsive disorder) their relatives and friends.	1-(866) 922-0002
Interlignes	Help and information to those concerned with sexual orientation and gender diversity.	1-(888) 505-1010
S.O.S. violence conjugale	Emergency line 24/7.	1-(800) 363-9010

- Please note – a number of measures have been put in place to support employees and self-employed workers who are not receiving wages during their period of social isolation. Visit the Quebec government website.
<https://www.quebec.ca/en/family-and-support-for-individuals/financial-assistance/temporary-aid-for-workers-program/>

DRUGSTORES

BUSINESS	SERVICES	CONTACT
Jean Coutu Pharmacy Gascons	 Delivery services and automated prescription renewal.	(418) 396-2025
Jean-Coutu Pharmacy Chandler	 Delivery services and automated prescription renewal.	(418) 689-2120
Laurent Carbonneau Pharmacy Percé	 Delivery services and automated prescription renewal.	(418) 782-2550
Uniprix Pharmacy Chandler	 Delivery services and automated prescription renewal.	(418) 689-3711
Familiprix Pharmacy Chandler	 Delivery services and automated prescription renewal.	(418) 689-1503
Jean Coutu Pharmacy Grande-Rivière	 Delivery services and automated prescription renewal.	(418) 385-2121
Jean Coutu Pharmacy Newport	 Delivery services and automated prescription renewal.	(418) 777-2013

MEDICAL CLINICS

ORGANIZATION	CONTACT
CISSS de la Gaspésie, Hospital, Centre jeunesse et Centre de réadaptation.	(418) 689-2261
CLSC / Port-Daniel-Gascons	(418) 396-2572
CLSC / Paspébiac 24h/24h	(418) 752-2572
CLSC / Chandler	(418) 689-2572
Clinique de médecine familiale	(418) 689-3344
Clinique médicale de la Grande-Allée/ Grande-Rivière	(418) 385-2626
CLSC / Barachois	(418) 645-2572
CLSC / Perce	(418) 782-2572

- All of the medical clinics prefer to offer consultations over the phone. Some clinics offer walk-in services. Call you clinic for more informations.

PUBLIC TRANSIT SERVICES

ENTREPRISE	SERVICE	CONTACT
REGÎM	Public transit services.	1-(877) 521-0841 regim.info/en/covid-19
Orleans express	Public transit services.	1-(833) 449-6444 orleansexpress.com/en
Transport des anses	Adapted transit services.	(418) 689-4144
Taxis Porlier	Taxis services.	(418) 689-5566

MUNICIPALITIES

MUNICIPALITIES	WEBSITE	PHONE NUMBER
Chandler	http://www.villedechandler.com Facebook/Vile de Chandler	(418) 689-9815
Grande-Rivière	https://www.villegranderiviere.ca/ Facebook/ville de grande-riviere	(418) 782-4458
Percé	http://ville.perce.qc.ca/ Facebook/ville de Perce	(418) 782-2933
Port-Daniel-Gascons	https://munpdg.ca/ Facebook/loisir, culture et tourisme P.D.G	(418) 396-5225 ext. 2
Sainte-Thérèse-de-Gaspé	https://saintetheresedegaspe.com/	(418) 385-3313
MRC Rocher-Percé	https://www.mrcrocherperce.qc.ca/ Facebook/MRC Roché-Percé	(418) 689-4313

Municipal services

- The MRC and all municipalities are working to provide services to the population.
- CISS occupation health services. The occupational health unit for Gaspésie-Îles-de-la-Madeleine provides support for businesses for the implementation of COVID-19 government health recommendations in the workplace. For more information, call the information hotline : **1-(833) 354-0009**