

RESOURCE GUIDE

FOR CITIZENS OF THE COATICOOK REGION

COVID-19: DO YOU HAVE ANY CONCERNS?

YES

NO



MENTAL HEALTH & PSYCHOLOGICAL DISTRESS
(ANXIETY, DEPRESSION, STRESS)

YES

PSYCHOSOCIAL SERVICES
819 849-9102, ext. 57344

24/7 INFO-SOCIAL
8-1-1 option 2



FINANCIAL INSECURITY
(INCOME, EXPENSES, BUDGET)

YES

ECONOMIC ASSISTANCE MEASURES
for individuals

- Employment Insurance benefits
- Canada Emergency Response Benefit
- Incentive Program to Retain Essential Workers (IPREW)
- Other

www.Canada.ca
www.Quebec.ca

ECONOMIC AID MEASURES
for companies

Chamber of commerce : 819 849-4733
Coaticook RCM : 819 849-9166
Rues Principales : 819 849-9677
SADC : 819 849-3053

JEVI : 1 866 277-3553 **24/7**
KIDS HELP PHONE : 1 800 668-6868 **24/7**
SECOURS-AMITIÉ 819 564-2323
confidential and anonymous telephone hotline
SOS VIOLENCE CONJUGALE : 1 800 363-9010 **24/7**
Domestic violence



FOOD NEEDS
(MEALS ON WHEELS, FOOD ASSISTANCE,
GROCERIES)

YES

CENTRE D'ACTION BÉNÉVOLE
819 849-7011
MEALS ON WHEELS (ext. 225)
FOOD ASSISTANCE (ext. 239)

If you are waiting for income, do not hesitate to ask for food aid. The service is confidential and delivery is available if needed.

Do you know the services offered by grocery stores, convenience stores and restaurants in the region?

Consult the table of open businesses on the Coaticook RCM's website at:
www.mrcdecoaticook.qc.ca

ECONOMIC AID MEASURES for farmers and producers
GRUPE CONSEIL AGRICOLE DE L'ESTRIE : 819 849-7433



HEALTH & COVID-19
(COVID-19 INFORMATION, CONSULTATIONS)

YES

MEDICAL CLINIC
819 849-4808

- information about COVID-19
- information about COVID-19 testing
- consultations for patients with or without a family doctor

IN CASE OF EMERGENCY, CALL 9-1-1

COVID-19 INFORMATION : 1 877 644-4545
APPOINTMENT FOR TESTING : 1 844 721-6094

If ever your situation changes, do not hesitate to call the **Info-Social at 8-1-1 option 2.**

You can also consult all of the available resources, with a brief description of services, on the back page of this document.



COATICOOK YOUTH CENTRE
www.fb.com/mayzcoaticook

- ENTERTAINMENT ON SOCIAL MEDIA
- VIRTUAL MEETINGS



WATERVILLE YOUTH CENTRE
www.fb.com/mdjwaterville

- ENTERTAINMENT ON SOCIAL MEDIA
- VIRTUAL MEETINGS



FAMILIES & PARENTS
OUTREACH WORKER
819 943-3823

- VIRTUAL COFFEE BREAKS



ADULTS & YOUTH
STREET WORKER
873 662-1544



SENIORS
OUTREACH WORKER
819 345-0877



FARMERS
OUTREACH WORKER
1 450 768-6995

BASIC NEEDS

Food aid & Meals on Wheels

CAB : 819 849-7011

Emergency Food Aid : ext. 239 | Meals on Wheels : ext. 225

Transportation

Acti-Bus : 819 849-3024

Taxi 300 (+delivery): 819 849-2552

W Transport et taxi (+delivery) : 819 821-0823

Elder care & respite

Aide à domicile : 819 849-7716

Electricity

Hydro-Coaticook : 819 849-2721

Hydro-Québec : 1 888 385-7252



DISTRESS & ISOLATION

For all

Secours-Amitié Estrie : 819 564-2323

Assault & domestic violence

Agression Estrie - CALACS : 819 563-9999 ^{24/7}

SOS Violence conjugale : 1 800 363-9010 ^{24/7}

Drugs: help & referrals

1 800 265-2626 ^{24/7}

Men

Momenthom : 819 563-0303

Youth

Kids Help Phone : 1 800 668-6868 ^{24/7}

Tel-jeunes : 1 800 263-2266 ^{24/7}

Parents

TDAH-Estrie : 819 565-7131, ext. 2 ou 3

Ligneparents : 1 800 361-5085 ^{24/7}

Suicide prevention

Jevi : 1 866 277-3553 ^{24/7}

Tel-Aide : 1 514 935-1101 ^{24/7}

Caregivers

Info-Aidant : 1 855 852-7784

Alzheimer Society : 819 821-5127



LOCAL RESOURCES ONLINE



Maison de la famille Coaticook (families)
facebook.com/maisondefamillecoaticook

APHC+ (people with disabilities)
facebook.com/aph.coaticook

Éveil, RCSM Coaticook (mental health)
facebook.com/eveilcoaticook

CJE MRC Coaticook (employment / 16-35 y.o.)
facebook.com/cjemrccoaticook

IN CASE OF DOUBT

Medical Clinic of Coaticook: 819 849-4808

Psychosocial Services : 819 849-9102, ext. 57344

Info-Social : 8-1-1 option 2 ^{24/7}

Emergency: 9-1-1 ^{24/7}

OUTREACH WORKERS :

Family: 819 943-3823

Youth & adults : 873 662-1544

Seniors: 819 345-0877

Farmers: 1 450 768-6995



TO LEARN MORE...



FACEBOOK PAGE

MRC de Coaticook - coronavirus/COVID-19
+
your municipality's Facebook page



CORPORATION DE
DEVELOPPEMENT
COMMUNAUTAIRE
MRC DE COATICOOK

**COMMUNITY
ORGANIZATIONS**

www.ressourcescoaticook.com



STATE OF THE SITUATION

COATICOOK RCM

www.mrcdecoaticook.qc.ca

COVID-19 FINDING YOUR WAY

ONLINE &
TELEPHONE
RESSOURCES

APRIL 2020

GOATICOOK REGION