



**RESOURCES**

**IN ENGLISH**

**FOR FAMILIES**

**IN BROME-MISSISQUOI**

ASSOCIATION DE PARENTS  
DE PERSONNES HANDICAPÉES DE  
BROME-MISSISQUOI (APPHBM)

☎ 450 266-1566

🌐 [apphbm.com](http://apphbm.com)

📍 302 Albert, Cowansville

- For families with children or family members with autism spectrum disorder (ASD) or other intellectual disabilities (ID)
- Fun, social, learning activities for kids and adults
- Support and respite for parents of children with ASD or ID

AVANTE WOMEN'S CENTRE

☎ 450 248-0530

🌐 [www.avantewomenscentre.org](http://www.avantewomenscentre.org)

📍 15 du Pont, Bedford

- Activities, workshops and support for women of all ages (health and legal issues, popular education workshops etc.)
- Open-door policy
- Find help and meet other English-speaking women
- One-on-one counselling, guidance and referral services

BEDFORD AND FARNHAM  
COMMUNITY LEARNING  
CENTRE (CLC)

BUTLER ELEMENTARY

☎ 450 248-2090 EXT. 10358

📍 19 Rix, Bedford

FARNHAM ELEMENTARY

☎ 450 293-6087

📍 425 St-Joseph, Farnham

- Run through the Eastern Townships School Board (ETSB)
- Builds community culture
- Works with other community organizations
- Learning, citizenship and the environment
- Creates fun activities for students, schools, families and community members
- Find us on Facebook: Bedford-Farnham CLC

BEDFORD YOUTH CENTER –  
LE BOUM

- 450 248-0522
- 52 du Pont, Bedford

CARREFOUR JEUNESSE  
EMPLOI (CJE)  
DES CANTONS DE L'EST

☎ 450 266-0993

🌐 [www.cje.passage.qc.ca/en](http://www.cje.passage.qc.ca/en)

📍 403 du Sud, Cowansville

- Job search and school help for teenagers and youth
- Build skills working on your own projects, find a job or start a business
- Commun'écôle: helps youth (age 16-24) go back to school at their own pace, with support for all their needs
- Avenue profession'elle: job program for women of all ages

CELLULE JEUNES ET  
FAMILLES DE  
BROME-MISSISQUOI

☎ 450 260-1823

🌐 [www.infocellule.org](http://www.infocellule.org)

📍 504 du Sud, Cowansville

- Help for anyone (all ages) facing problems (money, social, personal etc.)
- Fax, telephone and internet services
- Emergency food and furniture bank
- Nurse services (tests, vaccines, condoms, clean injections etc.)

CENTRE D'ACTION BÉNÉVOLE  
DE BEDFORD & ENVIRON INC  
(CAB)

☎ 450 248-2473

🌐 [www.cabbedford.org](http://www.cabbedford.org)

📍 35 Cyr, Bedford

- Medical transportation (some costs)
- Food bank
- Income tax support

CIUSSS DE L'ESTRIE CHUS -  
CENTRE JEUNESSE (YOUTH  
PROTECTION)

☎ 450 263-4990

🌐 [santeestrie.qc.ca](http://santeestrie.qc.ca)  
(available in French only)

📍 911 Principale, office 200,  
Cowansville

- For children whose security and development are compromised, their families, and mothers having difficulties
- Second-line services, psychosocial, rehabilitation and social integration

CENTRE DE PRÉVENTION  
DU SUICIDE DE LA  
HAUTE-YAMASKA

☎ 450 375-4252 (support 24/7)

☎ 450 375-6949 (administration)

🌐 [www.cpschy.qc.ca](http://www.cpschy.qc.ca)  
(available in French only)

- Suicide prevention
- Call if you or someone you know is thinking about suicide
- Call if you have lost someone to suicide and need help coping

CISSS-MONTÉRÉGIE OUEST  
ADDICTION  
REHABILITATION SERVICES

☎ 1 866 851-2255 or 450 266-4342  
(option 4 for the CLSC) ext. 4415

🌐 [www.crdfooster.org/-Home-](http://www.crdfooster.org/-Home-)

📍 Cowansville CLSC,  
397 de la Rivière, Cowansville

- Addiction rehab programs for youth and adults
- Drug and alcohol abuse, problem gambling, internet misuse
- Support for people worried about someone with an addiction



### CIUSSS DE L'ESTRIE-CHUS (CLSC)

☎ 450 266-4342, option 4  
🌐 [santemonteregie.qc.ca](http://santemonteregie.qc.ca)  
(available in French only)

- Cowansville CLSC: 397 de la Rivière, 450 266-4342
- Bedford CLSC: 34 Saint-Joseph, 450 248-4321
- Farnham CLSC: 660 Saint-Paul, 450 293-3622
- Lac-Brome CLSC: 270 Victoria, 450 242-2001
- Sutton CLSC: 33 Principale, 450 538-3983

### COWANSVILLE VOLUNTEER CENTER (CAB)

☎ 450 263-3758  
🌐 [cabcowansville.com](http://cabcowansville.com)  
📍 201 Principale, Cowansville

- Income tax service
- Food bank service
- Cooking workshops for all ages

### CPSC MAIN DANS LA MAIN

☎ 450 260-1414  
🌐 [cpscmaindanslamain.org](http://cpscmaindanslamain.org)  
(will be available in English soon)  
📍 215 du Sud, Cowansville

- Support for children from 0 to 14 years old and their families in difficult situations
- Help from a team of doctors, social workers, lawyers and mediators

### DUNHAM HOUSE – A DIVISION OF CENTRE NUHAB INC.

☎ 450 263-3434  
🌐 [dunhamhouse.ca](http://dunhamhouse.ca)  
📍 1964 Scottsmore, Dunham

- Live-in, life skills development centre for people with mental health issues and/or concurrent disorders (such as addiction)
- Professional support
- 3-phase program (stabilization, self-awareness, planning for the future)
- Please call for more details on therapies and treatment

### ENGLISH SCHOOLS LIST EASTERN TOWNSHIPS SCHOOL BOARD

☎ 819 868-3100  
🌐 [etsb.qc.ca/](http://etsb.qc.ca/)  
📍 340 Saint-Jean-Bosco, Magog

- Butler Elementary (Bedford)
- Farnham Elementary
- Heroes' Memorial Elementary (Cowansville)
- Knowlton Academy
- Massey-Vanier High School
- Sutton Elementary

### ESPACE VIVANT / LIVING ROOM

☎ 450 955-0622 (support 24/7)  
📍 265 Hanson, Cowansville

- Short term (1 to 60 days) youth shelter for teenagers having personal, family, school or social difficulties
- Family mediation, help for youth returning home
- Support and assistance 24/7

### L'ÉVEIL ASSOCIATION FOR MENTAL HEALTH SUPPORT IN BROME-MISSISQUOI

☎ 450 263-6240  
🌐 [eveilcowansville.com](http://eveilcowansville.com)  
📍 112 Sud, office 500,  
Cowansville

- One-on-one help for adults (18 to 65) with mental illness or mental health issues
- Help understanding a mental illness diagnosis, create a recovery plan, share and learn with others
- Help finding other services and getting back into the community

### HORIZON POUR ELLE

☎ 450 263-5046  
(support 24/7)  
📍 Confidential location

- Free emergency shelter for women (and their kids) who are victims of domestic violence
- Crisis intervention, counselling and accompaniment for live-in or drop-in clients
- Domestic violence and abuse prevention, awareness and education

### KIDS HELP PHONE

☎ 1 800 668-6868 (support 24/7)  
🌐 [kidshelpphone.ca](http://kidshelpphone.ca)

- Free, confidential phone number for youth and teenagers
- Professional counsellors help with: relationship struggles, cyber bullying, abuse, mental health issues etc.
- Online resources, including live chat with a counselor

### LAC-BROME RECREATION AND COMMUNITY SERVICES

☎ 450 242-2020  
🌐 [ville.lac-brome.qc.ca/loisirs](http://ville.lac-brome.qc.ca/loisirs)  
📍 270 Victoria, Lac-Brome

- Support and information for families in Brome-Missisquoi
- Early childhood, parent-child workshops and drop-in daycare
- Fun activities and programs for children and families

### LIGNE PARENT

📞 1 800 361-5085  
(support 24/7)

🌐 [ligneparents.com](http://ligneparents.com)  
(available in French only)

- Free, confidential and professional counselling and information for parents with children under 20 years old

### MAISON DE LA FAMILLE DES FRONTIÈRES

📞 450 248-0595

🌐 [mffbedford.ca](http://mffbedford.ca)

📍 213 de la Rivière, Bedford

- Family and parent workshops, activities and programs (Y'APP, Family Fun etc.)
- Drop-in Daycare
- Low cost baby equipment for rent (Dépannage Bambin)

### MAISON DES JEUNES LE TRAIT D'UNION

📞 450 263-9215

🌐 [mdjcowansville.org](http://mdjcowansville.org)  
(available in French only)

📍 500 du Sud, Cowansville

- Support and help for teenagers
- Counselling, activities and workshops
- Resource person on the streets for people 12 years old and older

### MRC BROME-MISSISQUOI - TRANSPORT SERVICE & TAXIBUS

📞 450 263-7010

🌐 [mrcbm.qc.ca](http://mrcbm.qc.ca)

📍 749 Principal, Cowansville

- Public transport within Brome-Missisquoi, Monday to Friday
- Paratransit: public transportation for people with disabilities 7 days/week
- Public transport in Cowansville, 7 days/week, 7am to midnight

### OASIS MENTAL HEALTH GRANBY AND AREA

📞 450 777-7131  
Toll-free: 1 855-272-7837

🌐 [www.oasissantementale.org](http://www.oasissantementale.org)  
(available in French only)

📍 18 St-Antoine North, Granby  
(office of the CLSC in Cowansville by appointment only)

- Free counselling (by phone or in person) for anyone affected by mental health issues and their families
- Accompaniment during crisis situations and support after the crisis
- Support group in Bedford with Avante Women's Centre (for women only)
- Bipolar information group in Knowlton with Townshippers' Association

### LE PARENFAINT MONTÉRÉGIE

📞 450 263-5000

🌐 [leparenfant.org](http://leparenfant.org)  
(available in French only)

- Supervised visits and custody transfers in Cowansville, Granby, Farnham and Bedford (by appointment only)
- Helps children during a time of separation from their parents
- Supports the parent-child relationship in a healthy, safe and conflict-free space

### PLEINS RAYONS - FREE WHEELING

📞 450 531-8293

🌐 [pleinsrayons.ca](http://pleinsrayons.ca)  
(Find us on Facebook)

📍 135 Dean, Cowansville

- Teaches basic bike repair and woodworking skills mainly to young people with autism spectrum disorder or intellectual disability
- Helps build social and professional skills
- Offers free rebuilt bikes to kids in need
- Builds and hands out birdhouses as eco-projects

### RESOURCE FOR FAMILIES OF COWANSVILLE AND AREA (REFAC)

📞 450 815-1110

🌐 FB: Ressource Familles  
Cowansville Region

📍 1159 du Sud, Cowansville

- Activities and classes for kids and parents (Moms Club, family field trips, preschool workshops)
- One-on-one listening and support
- Drop-in daycare
- Low cost baby equipment for rent

### SUTTON VOLUNTEER CENTER (CAB)

📞 450 538-1919

🌐 [cabsutton.com](http://cabsutton.com)

📍 7 Academy, Sutton

- Free Toy Library: borrow toys, play, meet other families
- Baby Drop-in (age 0-2): play, meet other parents
- Help finding other services, someone to listen/talk to
- Food bank and Meals on Wheels

### SUTTON YOUTH CENTER - LE SPOT

📞 450 538-7494

🌐 [mdj-lespot.blogspot.com](http://mdj-lespot.blogspot.com)

📍 7 Academy, Sutton

- A place for teenagers, age 10 to 17
- Video games, board games, sports, music, arts & crafts
- One-on-one help, someone to talk to and give information
- Activities, awareness and prevention workshops

## TOWNSHIPERS' ASSOCIATION

☎ 450 242-4421  
Toll-free : 1 877 242-4421  
🌐 townshippers.qc.ca  
📍 3-584 Knowlton, Lac-Brome

- Helps English-speakers find services in the Eastern Townships
- Community activities, free legal info clinic, free income tax clinic (for people with low income)
- Health, education and other info for youth, adults, caregivers and seniors

## YAMASKA LITERACY COUNCIL

☎ 450 263-7503 or  
Toll-free: 1 866 337-7503  
🌐 www.yamaskaliteracy.ca  
📍 505 du Sud, suite 203,  
Cowansville

- Free, one-on-one reading, writing and math help for adults
- Family literacy events, activities and resources
- Workshops for parents, caregivers and schools

These are resources that provide services in English for families in Brome-Missisquoi. If you need a service that is not listed, please contact:

### Townshippers' Association

☎ 450 242-4421  
Toll-free 1-877-242-4421

Made possible by Avenir d'enfants  
and Partners for Family Services in English

