

HELP LINES

Crise-Ado-Famille-Enfance (CAFE)

811: health and psychosocial support

CLSC Huntingdon: 450-829-2321, ext 1346

CLSC Chateauguay: 450-699-3333, option 8

CLSC Salaberry-de-Valleyfield: 450-371-0143, ext 3127

CLSC Vaudreuil-Dorion: 450-455-6171, ext 71363

CLSC Vallee des Forts (Lacolle): 450 299-2828

CLSC Jardin-du-Québec - Napierville: 450-245-3336

Directory of Community Resources

211 or 211qc.ca

Kids Help Phone 1-800-668-6868 , text: 686868

LGBT Youth Line

Phone 1-800-268-9688, Chat 647-694-4275

<https://www.youthline.ca/>

Peer support volunteer from Sunday to Friday, 4:00PM to 9:30 PM.

Ligne Parents - 1-800-361-5085

Phone counseling and support for parents of children and teens, E/F, 24/7

Multi-Écoute - 514-737-3604

Listening, assistance, psychosocial support for immigrant populations, E/F/S

Outreach Streetworkers - (450) 370-2420

Sexual Assault Centre

CALACS Chateauguay (12+): 450-699-8258

SOS Violence - 1-800-363-9010

Suicide Prevention :

Suicide Action Montreal - 1-866-APPELLE (1-866-277-3553)

La Maison Sous les Arbres: 450-699-5935

Tel-Aide du Suroît: 450-377-0600

Free, anonymous, non-judgmental listening centre for people in distress, E/F, 24/7

Tel-Jeunes- 1- 800-263-2266 (phone) , 514-600-1002 (text)

Support and helpline; phone counseling for kids and teens under 20, E/F, 24/7

Treatment of Drug and Alcohol Abuse:

Pavillon Foster 1-866-851-2255

Violence Prevention Resources:

La Re-Source (women's shelter): 1-877-699-1988 or 450-699-0908

SOS Violence Conjugale - 1-800-363-9010

AVIF (Action sur la violence & intervention familiale) - 450-692-7313

Youth Protection - 1-800-361-5310

Youth Shelter - Elan des Jeunes (16-22) - 450-844-3835

CLSCs / CLINICS

CLSC and Crise-Ado-Famille-Enfance (CAFE)

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KSCS (Kahnawake Shakoia'takenhas Community Services)

450-632-6880 (weekdays) , 450-632-6505 (weekends and holidays)

Youth Clinic

(12-25, birth control, morning after pill, STTB test): 450-699-3333, option 8

Multilingual information about COVID-19

<https://accesss.net/informations-multilingues-sur-le-coronavirus-covid-19/>

PSYCHOSOCIAL SUPPORT

Roussillon (Chateauguay)

La Rencontre Châteauguoise (450) 699-6819

Le développement social des personnes et des familles est la base de toutes les interventions posées à travers la gamme d'activités de l'organisme afin d'améliorer la qualité de vie des personnes et des familles à faible revenu.

Jardins-de-Napierville (Hemmingford)

Sourire sans fin (450) 454-5747

Offrir aux personnes vulnérables et aux familles du territoire de la M.R.C des Jardins de Napierville des services et des activités d'entraide, de support, de formation et d'intégration dans une perspective de solidarité et de prise en charge de l'individu par lui-même.

FOOD BANKS

Châteauguay Sector

Société Saint-Vincent-de-Paul de Châteauguay

By appointment - 450-691-5246

Food Bank , Home delivery - 450-698-1780

Société Saint-Vincent-de-Paul de Mercier

By appointment 438-345-9009

La Rencontre Châteauguoise , 200, Boul. Salaberry N. Châteauguay, Qc. J6J 4L1

Thursdays 1-3pm, 450-699-6819

La guignolée de Ste-Martine

Home delivery on Mondays, 450-427-1576

Banque de nourriture de Saint-Isidore

By appointment 450-454-2461

Comité d'entraide de la guignolée de Saint-Urbain-Premier

By appointment 450-427-3319

Société Saint-Vincent-de-Paul de Léry

By appointment 450-698-0487 or 450-691-5246

Kateri Sector

La Prairie - 547, St-Henri, La Prairie, J5R 2S9

Thursday 9h30-11h30

450-444-0803, ext. 234

Sainte-Catherine , 1080 Union Sainte-Catherine, Qc. J5C 1B3

Thursday , 9:30-11:30

450-444-0803, ext. 223

Saint-Constant , 125, Saint-Pierre, Saint-Constant, Qc. J5A 2G9

Thursdays, 1 :30-3 :30 and 6 :00-6 :30

450-633-1688

Entraide St-Mathieu, 299, chemin St-Édouard, Saint-Mathieu, J0L 2H0
1 X/month by appointment, Non-perishable goods and grocery vouchers of 25\$
(450) 632-9528, ext. 230

Entraide St-Philippe, 3015 boul. Edouard XII, St-Philippe
1X/month on Wednesday morning 9:40 to 11:30; leave a message by 3:00 pm
(450) 907-0839

Corne d'Abondance de Candiac
255, boul. Montcalm Nord, Candiac, J5R 1R7 (entrance on Inverness)
Wednesday 9 :00 to 11 :00, 450-444-6999

Club des Copains de Delson, 1, 1st Avenue, Delson, QC J5B1Z8
Monday to Friday, 9 :00 to 16 :00
514-677-7759

Jardins-du-Québec sector

Sourire sans fin, 2A Sainte-Famille, Saint-Rémi, QC J0L 2L0
By appointment, Thursday 8 :30 to 4 :30
(450) 454-5747

Société Saint-Vincent de Paul-Napierville, 459 Saint-Jacques, Napierville (Québec), J0J 1L0
By appointment, 450-245-3335

Hemmingford Meals on Wheels
By appointment, 450-247-3330

RESOURCES FOR STUDENTS WHO REQUIRE SUPPORT

Students who require support with reading and writing:

Florida Centre for Reading Research (pre-k to grade 11): https://fcrr.org/resources/resources_sca.html

ABRACADABRA (prekindergarten to grade 3):

<https://grover.concordia.ca/abra/en/>

<https://grover.concordia.ca/abra/fr/>

Google tools for students who require support:

<https://www.controlaltachieve.com/2016/10/special-needs-extensions.html>

Students who require support with early math skills:

Emerging Numeracy Tool (prekindergarten to grade 4): <http://grover.concordia.ca/resources/elm/parent/en/tips.php>

Students who require support with understanding oral language and language expression:

Alberta government (0 to 12 years):

<https://www.alberta.ca/creating-language-rich-environments.aspx>

Supports and strategies for children with autism at home:

Autism.org (watch from minute 17:00 to minute 30:00 for the section on the importance of structure, routines and the use of visuals) https://www.autism.org/coronavirus-impact-home-all-day-basic-supports-and-strategies-to-get-us-through-and-keep-us-sane/?fbclid=IwAR08SEw8_v2BsYINAcMkiEMSaMm4rZUMAiZA-6xeYCEX9OfpIOOZkynx34

COVID-19 social story and other visuals:

<https://www.autismfl.org/pandemic-corona>

Students who need help calming their thoughts:

Mindfulness <https://www.serpininstitute.org/focus-5>

Kids help phone 24/7 <https://kidshelpphone.ca/>

Call: 1-800-668-6868, Text: 686868

Psychosocial support:

KSCS: 450-632-6880 (weekdays) 450-632-6505 (weekends and holidays)

CLSC: 811

TARGETED PLAN FOR STUDENTS REQUIRING READING SUPPORT

Go to https://fcr.org/resources/resources_sca.html and select your child's grade level.

Next,

1) select Phonological Awareness (K-1 only)/Phonemic Awareness (2-3 only) and Phonics and Fluency if...

- Unable to or struggles to sound out written words
- Many sound errors when reading
- Choppy reading
- Makes up or guesses words when reading

2) select Comprehension if...

- Sounds good when reading (few sound errors), but unable to explain what was read or answer questions

3) select Comprehension if...

- Sounds good when reading (few sound errors), but struggles with keeping track of the information and reading 'between the lines'

4) select Vocabulary if...

- Sounds good when reading (few sound errors), but many of the vocabulary words are not understood