
ESSENTIAL SERVICES TO SUPPORT THE POPULATION OF THE BAIE-DES-CHALEURS/MATAPEDIA AREA DURING THE COVID-19 PERIOD.

Last update: April 15 2020

- The social development teams at the MRC's of Avignon and Bonaventure gathered and organised the following information concerning **essential services available to the most vulnerable** in the Baie-des-Chaleurs and the Matapedia area.
- The information below is addressed to all employees and volunteers associated with community organisations, institutions, municipalities, social clubs and other partners and citizens that help vulnerable people in our communities.
- **This toolkit is in constant evolution**, and is therefore incomplete, as the situation is continually changing. The list is still not exhaustive, but updates will be created and distributed at a later date.
- **The essential services noted in this directory:**
 - Municipal services
 - Food banks, Meals on wheels
 - Food; groceries and delivery
 - Pharmacies
 - Seniors services
 - Child, youth and family services
 - Services for adults
 - Collective transport

IMPORTANT: For any medical questions, please call toll-free **1-877-644-4545** or visit the Gaspésie CISSS Website (in French only): <https://www.cisss-gaspesie.gouv.qc.ca/coronavirus-19/>

For any **psychological stress or suicidal thoughts**, call toll free 1-866-APPELLE.

DO YOU WANT TO HELP? REGISTER ON THE WEBSITE JEBENEVOLE.CA !

Mutual aid and solidarity are key in helping the most vulnerable. Services are offered, yet nothing replaces acts of kindness and generosity from family, friends and neighbours to help all of us overcome this collective challenge!

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NOTES FOR USING THE DIRECTORY:

1. The organizations are listed in alphabetical order in each of the sections.
2. In the MRC sections, the information is listed alphabetically in order of municipality.
3. When the area served is not specified under the name of the organization, the service is available to the entire population of the Baie-des-Chaleurs and the Matapedia area.

MUNICIPAL SERVICES

Toutes les infrastructures municipales incluant les bibliothèques, centres communautaires et les installations de sports et de loisirs sont fermées aux publics. Les Hôtels de ville sont pour la plupart fermés, mais les employés sont en place afin d'assurer les services essentiels aux citoyens. Afin de limiter les risques de propagations de la COVID-19, les employés municipaux répondent aux citoyens par téléphone plutôt qu'en personne. La mise en place de services de soutien est en cours. Les municipalités sont en constante adaptation de leurs services en lien avec les nouvelles mesures qui émergent.

AVIGNON MRC

Municipalities	COVID-19 Measures	Information
Avignon MRC	Businesses: Moratorium (capital interest) on 6 month loans as of April 1. Postponement of the sale date for failure to pay taxes.	https://www.mrcavignon.com/ https://www.facebook.com/MRCavignon.partenairedevosprojets/ Entreprises Joane Labillois : 418-364-2000, Ext. 105 joane.labillois@mrcavignon.com Sarah Gonthier : 581-886-073, sarah.gonthier@mrcavignon.com
Carleton-sur-Mer	Possibility of pushing back the taxes without penalty	418 364-7073 https://carletonsurmer.com/coronavirus/ https://www.facebook.com/carletonsurmer/ Publication of a list of businesses in the municipality offering essential services.
Escuminac		418 788-5644
L'Ascension-de-Patapédia	Payment by cheque to be mailed.	418 299-2024 munic.@globetrotter.net https://www.facebook.com/LAscension/
Maria	Cancellation of late fees regarding town taxes payments. Installation of a letter box in front of the municipality for transferral of important documents.	418 759-3883 https://www.facebook.com/municipalitemaria/ Special edition of the Rassembleur Publication of a list of essential services in the municipality.
Matapédia		418 865-2917 https://www.facebook.com/Municipalit%C3%A9-De-Matap%C3%A9dia-743689859004449/ Information via Tam-tam et United Territoires
Nouvelle	Deferral of property tax payments without penalty to April 17 2020	418 794-2253 www.nouvellegaspesie.com https://www.facebook.com/municipalitedenouvelle/
Cross Point	See the mutual aid COVID-19 Cross Point and South East Restigouche in the Seniors Services section.	418 788-2011 Weekly news clips on Facebook Page. https://www.facebook.com/PointealaCroix/
South-East Restigouche		418 788-5769
St-Alexis-de-Matapédia		418 299-2030 Information via Tam-tam et United Territoires
St-André-de-Restigouche		418 865-2234 Information via Tam-tam et United Territoires
Saint-François-d'Assise		418 299-2066 Information via Tam-tam et United Territoires

BONAVENTURE MRC

Municipalities	COVID-19 Measures	Information
Bonaventure MRC	<p>Subsidy for professional interventions (accounting, taxation, human resources and psychological support), for a maximum of \$ 2,000 is available for eligible businesses.</p> <p>Businesses: Six-month grace period for the repayment of their loan (capital and interest) to eligible businesses, regardless of the moratoriums already granted in the past.</p>	<p style="text-align: center;"> https://mrcbonaventure.com/covid19/ https://www.facebook.com/mrcdebonaventure/ </p>
Bonaventure	Exemption of late fees on the taxes account.	<p style="text-align: center;">418-534-2313 https://villebonaventure.ca/ https://www.facebook.com/VilleBonaventure/ Municipal Newsletter</p>
Caplan		<p style="text-align: center;">418-388-2075 caplan@globetrotter.net http://www.municipalitecaplan.com/ https://www.facebook.com/Municipalite.de.Caplan/</p>
Cascapédia-St-Jules	Installation of a letter box in front of the municipality for transferral of important documents.	<p style="text-align: center;">418-392-4042 mun.cascapediastjules@globetrotter.net</p>
Hope		<p style="text-align: center;">418-752-3212</p>
Hopetown	Taxes payments due on April 1 will not be charged interest until May 4, 2020.	<p style="text-align: center;">418-752-2137</p>
New Carlisle	<p>Residents can leave their documents in an identified box that will be located inside the building during open office hours.</p> <p>Tax payments are still due on previously scheduled dates, but the interest is suspended until further notice.</p>	<p style="text-align: center;">418-752-3141 https://www.facebook.com/Municipalite%20-%20New-Carlisle-Municipality-719982055002237/</p>

Municipalities	COVID-19 Measures	Information
New Richmond	Interest and penalties for late payments of property taxes will no longer be applied, as of March 23, 2020 and for an indefinite period.	418-392-7000 http://villenewrichmond.com/ https://www.facebook.com/villenewrichmond/ Message from the Mayor through the mail.
Paspébiac	Extension of the deadline for paying the second installment of municipal taxes scheduled for May 7 has been extended until June 18, 2020 without penalty.	418-752-2277, Ext. 1 http://villepaspebiac.ca/ https://www.facebook.com/VillePaspebiac/
Saint-Alphonse		Myriam Francoeur : 418-388-5214, Ext. 204 https://st-alphonsegaspesie.com/ https://www.facebook.com/Municipalite.de.Saint.Alphonse
Shigawake		418-752-7474 https://municipalityshigawake.com/fr/accueil/
Saint-Godefroi		418-752-6316 or 418-752-0896 https://www.facebook.com/municipalitesaintgodefroi.saintgodefroi.5 Newsletter (in the mail) : Infos Municipalités
Saint-Siméon		Direct contact number: 418-534-2155 Telephone number for vulnerable citizens: 581-886-2011 http://www.stsimeon.ca/ https://www.facebook.com/SaintSimeondeBonaventure/ Leaflet for citizens through the mail
St-Elzéar		481-534-2611

FOOD BANKS AND MEALS ON WHEELS

Organizations	Services	Information
Centre d'action bénévole Ascension- Escuminac	Food bank, Meals on Wheels and small frozen meals available on site. Delivery if needed.	418-865-2740
Centre d'action bénévole St- Alphonse-Nouvelle	All of the services are available by telephone.	418-759-3131, Ext. 3
	Small frozen meals on site with protocol to follow upon arrival.	
	Home delivery of seniors' meals, in a safe way, on the doorstep.	
	Emergency diapers/milk and parental advice services from the P'tit bonheur.	
Centre d'action bénévole St- Siméon-Port- Daniel	Small frozen meals to be picked up. Place the order by telephone 24 hrs in advance.	418-752-5577
	Safe home delivery to the doorstep.	
Collectif Alimen- Terre (Food bank) <i>Saint-Siméon to Port-Daniel</i>	Food banks and food recovery.	418-752-5010
Source alimentaire Bonavignon (Food bank)	Food bank, Tuesday to Thursday.	418-759-8000

FOOD : GROCERIES AND DELIVERY

AVIGNON MRC

Businesses	Services	Information
Carleton-sur-Mer Métro	Groceries and delivery. Free delivery from Maria to Nouvelle. Orders can be placed Monday to Friday from 9am to 3pm. Schedule: Monday to Wednesday: 8am to 7pm Thursday and Friday: 8am to 8pm Saturday: 8am to 7pm Closed on Sunday.	(418) 364-7380 Credit card payments.
Maria IGA	Groceries and delivery. Free delivery to Maria and Gesgapegiag. Schedule: Monday to Saturday from 8am to 5pm Closed on Sunday.	(418)759-3440
Matapédia Epicerie Bujold L'Intermarché <i>Serves Matapédia à Riverside</i>	Groceries, delivery available Schedule: Closed on Sunday.	(418) 865-2915 Credit card and cheque payments only.
Nouvelle Marché Richelieu <i>Serves St-Omer to Pointe-à-la-Garde</i>	Groceries and delivery. Free delivery (for those 70 and over and for those in quarantine), twice a day. Also offers to prepare orders to be picked up in the parking lot. Schedule: Closed on Sunday.	(418) 794-2252 Credit card payments.
Pointe-à-la-Croix Provigo	Groceries and delivery. Free delivery sectors: <ul style="list-style-type: none"> • South-Ristigouche, Cross Point and Pointe-à-la-Garde • Does not cover Matapedia Schedule: Closed on Sunday. Private delivery service: \$7,50 between Campbellton and Pointe-à-la-Croix	(418) 788-5111 Delivery: Ryan Lepotvin - (506) 987-9590

Businesses	Services	Information
Saint-Alexis Épicerie famille Lavoie <i>Serves up to St-François</i>	Groceries and delivery. Free delivery for those 70 and over Schedule: Closed on Sunday.	(418) 299-2872 Credit card payment.
Saint-André Coop Saint-André <i>Serves St-André only</i>	Groceries and free delivery Schedule: 11am to 3 pm from Monday to Saturday, closed on Sunday.	(418) 865-2063
St-François Coop St-François	Groceries and free delivery.	(418) 299-2744 Credit card payment.

ADDITIONAL INFORMATION:

Gaspésie Gourmande members' Initiatives: https://www.gaspesiegourmande.com/decouvrez-les-initiatives-des-nos-membres?Filtre=2&fbclid=IwAR2qmyXjiUYXvHVva5hGAvnFVR7N21eQtOpD9GLEFd9L_36PRtPr_B1BcoPs

BONAVENTURE MRC

Businesses	Services	Information
Bonaventure IGA Serves: <ul style="list-style-type: none"> - New-Carlisle - St-Elzéar - Bonaventure - Saint-Siméon - Caplan 	Order online, by email or by telephone everyday between 8am and 3 pm. Delivery from Monday to Saturday. Cost of delivery: Between \$5 and \$8 according to municipality. Minimal order amount: none Possibility of getting the order prepared for client pickup.	lga.net 418 534-2020 Credit card payment
Caplan Marché Tradition (grocery store) Serves: <ul style="list-style-type: none"> - Caplan - St-Alphonse - St-Siméon A leaflet will soon be distributed in these municipalities.	Order Monday-Tuesday-Thursday-Friday from 8:30am to 12:30pm online or by telephone. Delivery in the pm. No cost for delivery. Minimum order amount: \$25	admcoopcaplan@globetrotter.net 418 388-2042 Credit card payment
New Carlisle Dépanneur 200 Serves: <ul style="list-style-type: none"> - New-Carlisle 	Telephone orders. Delivery Tuesday and Friday for the elderly and the residence. Cost of delivery: \$4	418 752-7070 Cash payment (subject to change)
New Richmond IGA Serves: <ul style="list-style-type: none"> - New-Richmond - St-Jules Cascapédia - Caplan - St-Alphonse 	Order online and by telephone between 8am and 5 pm during the week. Delivery between 1pm and 5pm (sometimes Saturday if not finished) No cost for delivery Minimum order amount: 50 (flexible)	lga.net 418 392-4237 Credit card payment
New Richmond Maxi	No delivery	418 392-2600 <i>Consult Facebook to be informed of any changes.</i>

Businesses	Services	Information
IGA PASPÉBIAC Serves: <ul style="list-style-type: none"> - From New-Carlisle to Port-Daniel including St-Jogues 	Order online or by telephone between 8am and 5pm during the week. Delivery between 1pm and 5pm (Sometimes on Saturday if not finished) No cost for delivery Minimum order amount: \$50 (flexible)	lga.net 418 752-2288 Credit card payment
Saint-Alphonse Dépanneur Le Duo Serves : <ul style="list-style-type: none"> - Saint-Alphonse 	Open from 6:30am to 8:30pm No delivery	418 388-5558
St-Elzéar Dépanneur Libel Serves: <ul style="list-style-type: none"> - St-Elzéar 	OPEN everyday from 7am to 7pm No delivery	418 534-4058
St-Siméon Beau-soir Serves : <ul style="list-style-type: none"> - St-Siméon 	Order by telephone Monday to Friday in the mornings Delivery in the afternoon. Minimum order amount: \$25 Excluded products: <ul style="list-style-type: none"> - Alcoholic products - Tabaco - Lottery 	581 364-3000 Credit card payment, by telephone.

ADDITIONAL INFORMATION:

Gaspésie Gourmande members' Initiatives: https://www.gaspesiegourmande.com/decouvrez-les-initiatives-des-nos-membres?Filtre=2&fbclid=IwAR2qmyXjiUYXvHVva5hGAvnFVR7N21eQtOpD9GLEFd9L_36PRtPr_B1BcoPs

PHARMACIES

AVIGNON MRC

Businesses	Services	Information
Carleton-sur-Mer Familiprix Extra Free delivery Escuminac to Maria	Product sales and delivery Open from 12pm to 5pm (Monday to Friday), telephone orders from 9am to 5pm.	(418) 364-3352
Carleton-sur-Mer Pharmacie Jean-Coutu Free delivery up to Nouvelle, including Miguasha.	Product sales and delivery Order through Facebook, by telephone and online. Order from 8am and the store opens at 10am. Open from 10 am to 5pm (Monday to Friday), 10am to 12pm (Saturday) Drive through service available.	(418) 364-3393
Maria Pharmacie Brunet Serves Carleton to New Richmond	Product sales and delivery. Telephone orders only and drive through service. Free delivery Open from 9am to 6pm (Monday to Friday), 9am to 5pm (Saturday), 12pm to 5pm (Sunday).	(418) 759-3462
Matapédia Pharmacie J Maltais – Familiprix	Product sales. Delivery possible through the CAB. Online prescription services. Order by phone only and pickup outside of the store. Open from 9am to 5pm (Monday to Friday).	(418) 865-2003 Delivery: 418-865-2740
Pointe-à-la-Croix Pharmacie Jean Coutu	Product sales. Delivery possible through the CAB. Open from 8 :30am to 4:30pm (Monday to Friday), 8:30 am to 12pm (Saturday)	(418) 788-2500 Delivery: 418-865-2740

BONAVENTURE MRC

Businesses	Services	Information
Bonaventure Uniprix Serves: <ul style="list-style-type: none"> - Bonaventure - St-Elzéar - St-Simon 	Telephone orders for medication only. Open from 12pm to 5pm, except for Sunday from 12pm to 4pm. No cost for delivery.	418 534-4488 Credit card payment
Caplan New Richmond Jean-Coutu Serves: <ul style="list-style-type: none"> - Maria - Gesgapegiag - St-Jules – Cascapédia - St-Edgar - Caplan - St-Alphonse - Saint-Siméon 	Telephone or internet orders for medication. No cost for delivery Possibility to add necessary hygiene products to order.	418 392 4451 or 418 388-2345 Credit card payment Open hours on Facebook or answering machine
Paspébiac Familiprix Serves : <ul style="list-style-type: none"> - Port-Daniel - Gascons - St-Godfroi - Hope – Hope Town - Paspébiac - New-Carlisle - St-Elzéar - Bonaventure 	Order medication and other products by telephone. No cost for delivery. Open hours: <ul style="list-style-type: none"> - Mon, Tues, Wed: 9am to 8pm - Thurs and Fri: 9am to 9pm - Saturday: 9am to 5pm - Sunday: 12pm to 5pm 	418 752-6635
Paspébiac Jean-Coutu Serves: <ul style="list-style-type: none"> - Bonaventure - New-Carlisle - Paspébiac - Hope – Hope Town - St-Godefroi - Port-Daniel - Gascons 	Order medication by phone. Possibility of adding other products to the order. No cost for delivery Delivered during the day	418 752-3807 Credit card payment

SENIORS SERVICES

Organizations	Services	Information
CISSS – Home care and support services for seniors (SAPA)	Most of the home care and support services are maintained for the seniors.	Contact the picot nurse for information: MRC Avignon 418 364-7064, Ext. 1070 418 865-2221, Ext. 1070 MRC Bonaventure 418 388-257,2 Ext. 1070 418 752-2572, Ext. 107
Carrefour des 50 ans et +	Telephone and email support for members.	418 391-7179 im.be.aultconstance@outlook.com
CASA	Seniors' support on the phone (ITMAV).	418-752-0855
Centre d'action bénévole Ascension-Escuminac	Telephone support for seniors living a vulnerable situation(ITMAV program).	418-865-2740
	Telephone support for caregivers (APPUI).	
	Food bank and small frozen meals on site.	
	Accompaniment and transportation (medical reason) for those needing an immediate treatment.	
Centre d'action bénévole St-Alphonse-Nouvelle	All of the services are available by telephone.	418-759-3131, Ext. 3
	Telephone support for seniors living a vulnerable situation (ITMAV program).	
	Telephone support for caregivers (APPUI).	
	Telephone support and psychosocial interventions.	
	Transportation accompaniment services for essential medical appointments only (hemodialysis, chemotherapy and psychiatric injections).	
	Delivery of meals on the doorstep. Small frozen meals on site with protocol to follow upon arrival.	
	Morning calls to seniors only. (PAIR).	
Centre d'action bénévole St-Siméon-Port-Daniel	Small frozen meals with pickup. Place the orders by telephone 24 hrs in advance.	418-752-5577
	Safe home delivery to the doorstep.	
	Accompaniment transportation services for essential services only (hemodialysis, chemotherapy or mandatory treatment).	
Centre d'assistance et d'accompagnement aux plaintes Gaspésie/Îles-de-la-Madeleine (CAAP-GÎM)	Telephone and email support for those in difficulty living in a private seniors' residence. (RPA).	418-368-7433, Ext. 2 nathalie.adams@c gocable.ca

Organizations	Services	Information
Entraide COVID-19 Pointe-à-la-Croix et Ristigouche-Sud-Est (regroupement citoyen ponctuel)	Preparation and/or delivery of groceries, prescriptions, Extension services, various delivery services.	Mélanie Côté : 506-789-3852 ou Nathalie Roy : 418-788-2511
	Walking pets	
	Disinfection services	
	Using technology support (online orders and payments etc.)	
	Other justifiable requests.	
	This group is composed of volunteer. Services are offered free of charge.	
Entre-tiens d'Avignon	Home support services are being maintained for now. (support for daily chores and body care, house cleaning, washing, meal preparation, supplies, respite).	418-364-3699
Entre-tiens Chaleurs	Home support services are being maintained for now (support for daily chores and body care, respite, meal preparation, supplies).	418-534-3751
Organisme gaspésien pour les personnes atteintes de cancer (OGPAC)	Telephone support or videoconferences for Cancer patients, notably for the relay of information on COVID- 19.	418-759-5050
Société Alzheimer de la GIM (SAGIM)	Telephone support for caregivers of those with Alzheimer.	Bonaventure: 418-534-1313 Maria: 759-313,1 Ext. 6 Matapedia: 418 865-2740

ADDITIONAL INFORMATION:

National Aid resources and available services in relation to senior abuse:

https://maltraitancedesaines.com/wp-content/uploads/2020/03/ressourcesprovinciales_mars2020.pdf

CHILD-YOUTH-FAMILY SERVICES

Organization	Services	Information
CISSS	Youth services, 0-18 years of age for psychosocial advice and reference support	<p>Avignon MRC CLSC de St-Omer: 418 364-2572, Ext. 1470 CLSC de Matapédia : 418 865-2572, Ext. 1609</p> <p>Bonaventure MRC 418 752-2572, Ext. 1011</p> <p>Head Office Youth Protection: 1-800-463-0629</p>
Carrefour jeunesse-emploi Avignon-Bonaventure	Telephone, email, Messenger (Facebook) or videoconferencing support for youth between 16 and 35 years of age needing support and aid in their various steps or in their professional thinking.	<p>Avignon MRC 418 364-6660 cjearle@cjeavbo.org</p> <p>Bonaventure MRC 418 534-3993 cjebona@cjeavbo.org</p> <p>https://www.facebook.com/cjeavbo/</p>
Équijustice	Support and accompaniment for youth via Messenger (Facebook) and telephone support. Mediation meetings via videoconferencing or telephone.	<p>(418) 392-4800</p> <p>https://www.facebook.com/%C3%89quijustice-Gasp%C3%A9sie-937543406282659/</p>
Family Ties	Support to youth or their parents by phone. Online support groups to support Anglophone youth through Messenger (Facebook).	<p>Maria Chatterton: 418 752-8730</p> <p>Facebook page: https://www.facebook.com/familyties.newcarlisle/</p>
Maison de la famille MRC Avignon	Telephone and Messenger(Facebook) support for families. Virtual group meetings via videoconferencing.	<p>418-788-3359</p> <p>https://www.facebook.com/mdf.avignon/</p>
Maison de la famille MRC de Bonaventure	Telephone and Messenger (Facebook) support Tuesday to Thursday from 8:30am to 4:40pm. Preparing for birth videoconferencing. Family activities starting April 7, Tuesday morning from 9:30am to 11:30am.	<p>418-534-4449</p> <p>mdfanimation@navigue.com https://www.facebook.com/lamaisondelafamillemrcbonaventure/</p>
Maison des jeunes Bonaventure	The Youth Centre is closed, but telephone and Messenger (Facebook) support is available).	<p>418-534-4244</p> <p>https://www.facebook.com/mdjbonaventure/</p>

Organization	Services	Information
Maison des jeunes Caplan	The Youth Centre is closed, but telephone support and group discussion on Facebook to answer youth's questions is available.	418-388-2777 https://www.facebook.com/mdjcaplan/
Maison des jeunes Carleton-sur-Mer	The Youth Centre is closed, but support is available through Messenger (Facebook). A server is being set up (a platform used by the youth) and will be open 24 hrs a day with volunteer moderators and animators to answer any questions, and also to create opportunities conducive to helping relationships. Reference to useful services for youth. Information can be found on the Facebook.	418-364-6144 https://www.facebook.com/mdjcarleton Discord server: https://discord.gg/VWjVFHx
Maison des jeunes Maria	The Youth Centre is closed, but there is telephone support and via Messenger (Facebook). Live activities for youth can be found on the Facebook page. Facebook group animation is open to the community.	418-759-3308 https://www.facebook.com/equipe.mdjmaria Group discussion: https://www.facebook.com/groups/61049961517/
Maison des jeunes New Richmond	The Youth Centre is closed, but telephone and Facebook Messenger support is available. Animation of group discussion.	# Emergency number: 581-886-0740 or 581-886-3542 Group discussion: Search for the Facebook page Demander à la page Facebook Mdj New Richmond.
Maison des jeunes Pointe-à-la-Croix	The Youth Centre is closed, but telephone, Messenger (Facebook), Instagram or videoconferencing support is available.	maisondesjeunespalc@hotmail.com https://m.facebook.com/mdjpalc
Maison des jeunes St-Alphonse	The Youth Centre is closed, but telephone and Messenger (Facebook) support is available.	418-388-5178 https://www.facebook.com/Mdj-Le-Reflet-930579217005221/
Maison des jeunes St-François-d'Assise	The Youth Centre is closed, but telephone and Messenger (Facebook) support is available.	418-299-2454 mdjeunes428@hotmail.com https://www.facebook.com/maisondesjeunes428/
Supportons-lait: breastfeeding support group	Support and paring in relation to breastfeeding via telephone, email and Messenger (Facebook).	418 391-2166 info@supportons-lait.org https://www.facebook.com/supportonslait/
Outreach Workers MRC Avignon	Support for youth aged 12-25 by telephone, text messaging or videoconferencing. Possibility to travel as needed and following strict safety rules. The needs of the people helped guide the interventions.	Yannick Sage: 581-886-1834 Anaé Tremblay Bourque : 418-391-4254

SERVICES FOR ADULTS

Loss/absence of revenue: Several measures are in place for the employees and self-employed that do not receive any remuneration in their period of social isolation.

Consult the Government of Quebec Website

Organization	Services	Information
CISSS	General psychosocial or mental health support.	Avignon MRC 418 364-7064, Ext. 1476 418 865-2221, Ext. 1613 Bonaventure MRC 418 388-2572, Ext. 1342 418 752-2572, Ext. 1342
	Occupational health: Support for businesses to implement the recommendations made by the Government of Quebec.	MRC Avignon - 418 364-7064 Manon LaBillois, clinical nurse, Ext. 1431 Sylvie Beaulieu, Work – Hygiene tech. Ext. 1430 MRC de Bonaventure - 418 388-2572 Marie-Ève Barriault, clinical nurse, Ext. 1323 François Gosselin, M.Env. CRHA, Ext. 1335
Association des TCC et AVC	Telephone, Messenger (Facebook) and Skype support for people living with a traumatic brain injury or stroke and their families. Delivery of essential and urgent goods to members.	418-759-5120 https://www.facebook.com/Association-des-TCC-et-ACV-de-la-Gasp%C3%A9sie-et-des-%C3%8Eles-273989066064372/
Association personnes handicapées Action Chaleurs (APHAC)	Telephone, email and Messenger (Facebook) support for members.	418-534-5516 aphac@navigue.com https://www.facebook.com/journal.aphac
Association personnes handicapées visuelles	Telephone, text and Messenger (Facebook) support.	418 388-2836
Association pour la diversité sexuelle et de genre	Telephone support.	581-886-lgbt (5428) https://www.facebook.com/LGBT.BDC/
CALACS La Bôme Gaspésie	Telephone, email or Skype support for victims of sexual aggression.	418-364-2424 or 1-877-759-1330 Resource line for victims of sexual aggression: 1-888-933-9007

Organization	Services	Information
Centre Accalmie	24/24 Telephone support Accommodations for those in difficulty and prevention with restrictions. There is a questionnaire to complete.	418-788-2406 https://www.facebook.com/Centreaccalmie/
Centre d'aide aux victimes d'actes criminels (CAVAC)	Telephone support. In person support if urgent and necessary. Accompaniment to court when judged necessary.	418-689-4331
Centre d'assistance et d'accompagnement aux plaintes Gaspésie/Îles-de-la-Madeleine (CAAP-GÎM)	Telephone and email support to those living difficulties in regards to health and social services.	1-877-767-2227 caap-gim@cgocable.ca
Centre de justice de proximité Gaspésie- Les Îles	Judicial information via telephone.	418-689-1505
Centr'Elles MRC Avignon	In person support for women (Monday-Thursday from 8 :30am to 4 :30pm) by telephone, email and via Messenger (Facebook). Videoconferencing talks/chats.	418-364-3157 Nathalie Babin : coordo@centrellesfemmes.com Mélanie Landry : intervenante@centrellesfemmes.com Donna Lévesque : community@centrellesfemmes.com https://www.facebook.com/centrelles/
Convergence	Individual telephone support for men.	1-855-866-4455 or 418-391-6443
Droits devant	Telephone support in declaring income tax for those on social assistance.	418-759-8099
Droits et recours en santé mentale	Rights support over the phone.	1-800-463-6192
Épilepsie Gaspésie Sud	Telephone, email and Messenger (Facebook) support.	418-752-6819 info@epilepsiegaspesiesud.com https://www.facebook.com/AssociationEpilepsieGaspesieSud/
Femmes en mouvement MRC de Bonaventure	Telephone support Monday to Thursday from 9am to 5pm.	418-534-4345
Groupe Ressource en logements collectifs	Telephone services only: Lodging requests and renters' services/information.	To request lodging: 581-362-1221 All other questions: 418-364-3333 https://www.facebook.com/grlcgim/ https://grlcgim.com/

Organization	Services	Information
Horizon Emploi	Employment assistance and guidance services tailored to individual needs. Services offered remotely, by telephone, Skype or videoconference.	info@horizonemploi.com 418 534-3714
L'Appui	Listening and referral service for caregivers of seniors and their families.	1-855-852-7784
L'Émergence	Accommodations are being maintained for women and their children living conjugal violence situations. Telephone support.	418-759-3411
L'Oasis Inter-Action pour l'autonomie en santé mentale	Accommodations and services are being maintained.	418-392-6227
La Passerelle MRC Avignon	Mental Health telephone support.	418-392-4888
Maison Maguire	Telephone, email, Messenger (Facebook) and Facetime support for the disabled and their families.	Michèle Beaulieu : 418-364-3131 info@lamaisonmaguire.com
Nouveau regard	Telephone or email support and information for family and friends touched by a mental health illness.	1-888-503-6414 info@nouveaugard.qc.ca
Organisme gaspésien pour les personnes atteintes de cancer (OGPAC)	Telephone support or videoconferences for Cancer patients. Videoconferencing support as needed.	418-759-5050 ogpac@globetrotter.net https://www.facebook.com/OGPAC2/
SEMO Gaspésie-les Îles	Employability support for the disabled and employers via telephone or videoconferencing.	1-800-883-5187 info@semogim.org
Service d'accueil des nouveaux arrivants (SANA) Avignon	Telephone or email support for newcomers in their settlement procedures and administrative immigration procedures.	418 364-6660, Ext. 110 catherineaa.landry@cjeavbo.org
Service d'aide à l'emploi MRC Avignon	Processing of employability files and requests for assistance and telephone and email support. Assistance to identify the financial support available and to complete the application forms.	emploi@saeavignon.ca 418 391-4466
Services-Québec	Carleton-sur-mer and Bonaventure Québec Services offices open. Prioritization of services such as the filing of an application or the management of social assistance files. Computers not accessible to customers.	Bonaventure Office 418-534-2823, Ext. 0 Carleton-sur-mer Office 418-364-3324, Ext. 0 Pointe-à-la-Croix Office (services grouped with the Carleton-sur-Mer Office) 1-877-229-0541 or 418-364-3324, Ext. 0

COLLECTIVE TRANSPORT

Organization	Services	Information
REGIM	<p>Maintaining the adapted and collective transport services for essential travel only (health, work, groceries).</p> <p>Reservations are mandatory, 24 hrs in advance. Those showing up at a stop without having reserved their place, will not be allowed in the bus.</p>	581 886-0485

OTHER INITIATIVES

Initiative	Services	Information
Volunteering	Provincial platform for matching volunteer centers and on- profit organizations (NPOs) with volunteers.	jebenevole.ca
I buy local in the Baie-des-Chaleurs	A platform to simplify local purchases in the Baie-des-Chaleurs.	https://www.jachetelocalbdc.ca/
Solidarity during the coronavirus period	Sharing local initiatives, service offers or requests as well as positive thoughts to keep moral up despite everything going on.	https://www.facebook.com/groups/2676909285765939/
Local solutions	<p>Quebec citizen initiative for local resources.</p> <p>As of yet, few businesses in the area have reported information.</p>	https://solutionlocale.ca/region/gaspesie-iles-de-la-madeleine