

Addiction Resources Directory in Outaouais 2024



**From prevention to treatment, through
awareness and education!**

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This work was made possible through the generous and continued participation of members of the various community organizations, partners and established committees—including the *Regional Addiction Prevention Committee (RAPC)*—and the various contributions of the many people who work within the Centre intégré de santé et de services sociaux (CISSS) de l'Outaouais.

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Introduction

Putting prevention at the heart of our actions!

Addiction to alcohol, cannabis and other drugs, tobacco and vaping products, problematic Internet or screen use and gambling affects the individual, their friends and family, their community and society as a whole. Addiction is therefore a problem that concerns us all, socially and collectively.

The Public Health Branch (PHB) of the CISSS de l'Outaouais is leading a regional consultation bringing together various community, school and health and social services caseworkers, called the *Regional Addiction Prevention Committee* (RAPC). The strength of this committee lies in the collaboration, commitment and contribution of all, as well as the mutual recognition of expertise.

Through knowledge of addiction prevention and treatment resources in the Outaouais region and an understanding of the role and services offered by each partner, the local population can be better directed to the right services. This facilitates resource optimization and the collaboration of not only RAPC caseworkers, but also a range of other partners, such as schools, communities and municipalities, in support of various initiatives.

2024 Outaouais Addiction Resources Directory

At the beginning of the **Addiction Resources Directory**, a summary table is provided to make it easier to search for addiction services offered by Outaouais organizations or the CISSS de l'Outaouais:

- Organizations in each area: Pontiac, Vallée-de-la-Gatineau, Vallée-de-la-Lièvre and Petite-Nation, Collines-de-l'Outaouais and Gatineau;
- Regional organizations: services offered throughout the Outaouais region;
- Addiction services offered by the CISSS de l'Outaouais.

The services offered by each organization with an addiction prevention mandate are then presented, followed by the CISSS de l'Outaouais's addiction treatment services.

There are two other sections in the *Addiction Resources Directory*:

- **Information Sources for Addiction Workers:** organizations, associations, centres and research groups providing information on addiction, intervention options or training;
- **Help and Information Resources for Outaouais Residents:** to find addiction help resources. Icons, representing the types of addictions and the different services offered, are provided in this section.

The **2024 Addiction Resources Directory** is the result of significant reflection, mobilization and a common desire to prevent addiction in the Outaouais region and to support everyone in finding the help they need. It is a collective work, in constant evolution.

PHB
CISSS de l'Outaouais
RAPC

Summary Table of Addiction Services in Outaouais

Services Offered and Population Served by Community Organizations and the CISSS de l'Outaouais

Addiction resources	TARGET				ACTIONS										TYPE OF ADDICTION				
	Ages 10 to 17	Ages 18 to 24	Ages 25 +	Friends and family	Prevention	Awareness	Treatment	Detoxification	Needs assessment	Clinical assessment	Post-assessment treatment	Drug checking	Harm reduction	Equipment distribution	Alcohol	Drugs	Tobacco and vaping	Gambling	Problematic Internet and screen use
Pontiac area																			
Maison des jeunes du Pontiac	X				X	X							X		X	X	X	X	X
Jardin éducatif du Pontiac	X				X	X	X						X		X	X	X	X	X
Vallée-de-la-Gatineau area																			
Mani-Jeunes Youth Centre	X				X	X	X		X				X		X	X	X	X	X
Jeunesse sans frontières de la Vallée-de-la-Gatineau	X Age 12 to 17				X	X	X			X			X		X	X	X	X	X
Vallée-de-la-Lièvre and Petite-Nation area																			
Prévention C.É.S.A.R. (Petite-Nation)	X			X	X	X	X								X	X	X		X
SOS Contact AL-TO (Vallée-de-la-Lièvre)	X	X	X	X	X	X	X					X	X	X	X	X	X	X	X
Collines-de-l'Outaouais area																			
Le Mashado Youth Centre	X			X	X	X	X			X			X		X	X	X		X
Gatineau area																			
Adojeune Inc.	X	X		X	X	X	X						X		X	X	X		X

Addiction resources	TARGET				ACTIONS										TYPE OF ADDICTION				
	Ages 10 to 17	Ages 18 to 24	Ages 25 +	Friends and family	Prevention	Awareness	Treatment	Detoxification	Needs assessment	Clinical assessment	Post-assessment treatment	Drug checking	Harm reduction	Equipment distribution	Alcohol	Drugs	Tobacco and vaping	Gambling	Problematic Internet and screen use
Outaouais region																			
Community organizations with a regional mandate																			
A.P.T.A.F.O	X Ages 14 +	X	X	X	X	X	X	X		X	X			X		X	X	X	X
CIPTO	X	X	X	X	X	X	X		X	X		X	X	X	X	X			
Centre intégré de santé et de services sociaux (CISSS) de l'Outaouais.																			
Early intervention services for addiction/ <i>Mes choix</i> program – Adults		X	X		X	X	X			X			X		X	X		X	
Regional Specialized Assessment Program (RSAP) in addiction – Adults		X	X	X			X	X		X			X		X	X		X	X
Specialized addiction rehabilitation – Outpatient – Adults		X	X	X			X	X		X	X		X	X	X	X		X	X
Clinique Parachute – Outpatient withdrawal and opioid addiction treatment		X	X				X	X	X	X	X		X	X	X	X	X		
Intensive addiction rehabilitation services – Outpatient – Adults (RIVE)		X	X	X			X	X		X	X		X	X	X	X		X	X
Intensive rehabilitation service with accommodation – Adults		X	X	X			X	X	X	X	X		X	X	X	X		X	X





	TARGET				ACTIONS										TYPE OF ADDICTION				
	Ages 10 to 17	Ages 18 to 24	Ages 25 +	Friends and family	Prevention	Awareness	Treatment	Detoxification	Needs assessment	Clinical assessment	Post-assessment treatment	Drug checking	Harm reduction	Equipment distribution	Alcohol	Drugs	Tobacco and vaping	Gambling	Problematic Internet and screen use
Addiction resources																			
Centre intégré de santé et de services sociaux (CISSS) de l'Outaouais.																			
Specialized addiction rehabilitation services – Outpatient – Youth	X Ages 12 to 17			X		X	X			X			X		X	X		X	X
Specialized addiction rehabilitation services – Intensive outpatient services – Youth	X Ages 12 to 17	X				X	X						X		X	X		X	X

Icons for Types of Addictions and Services Offered

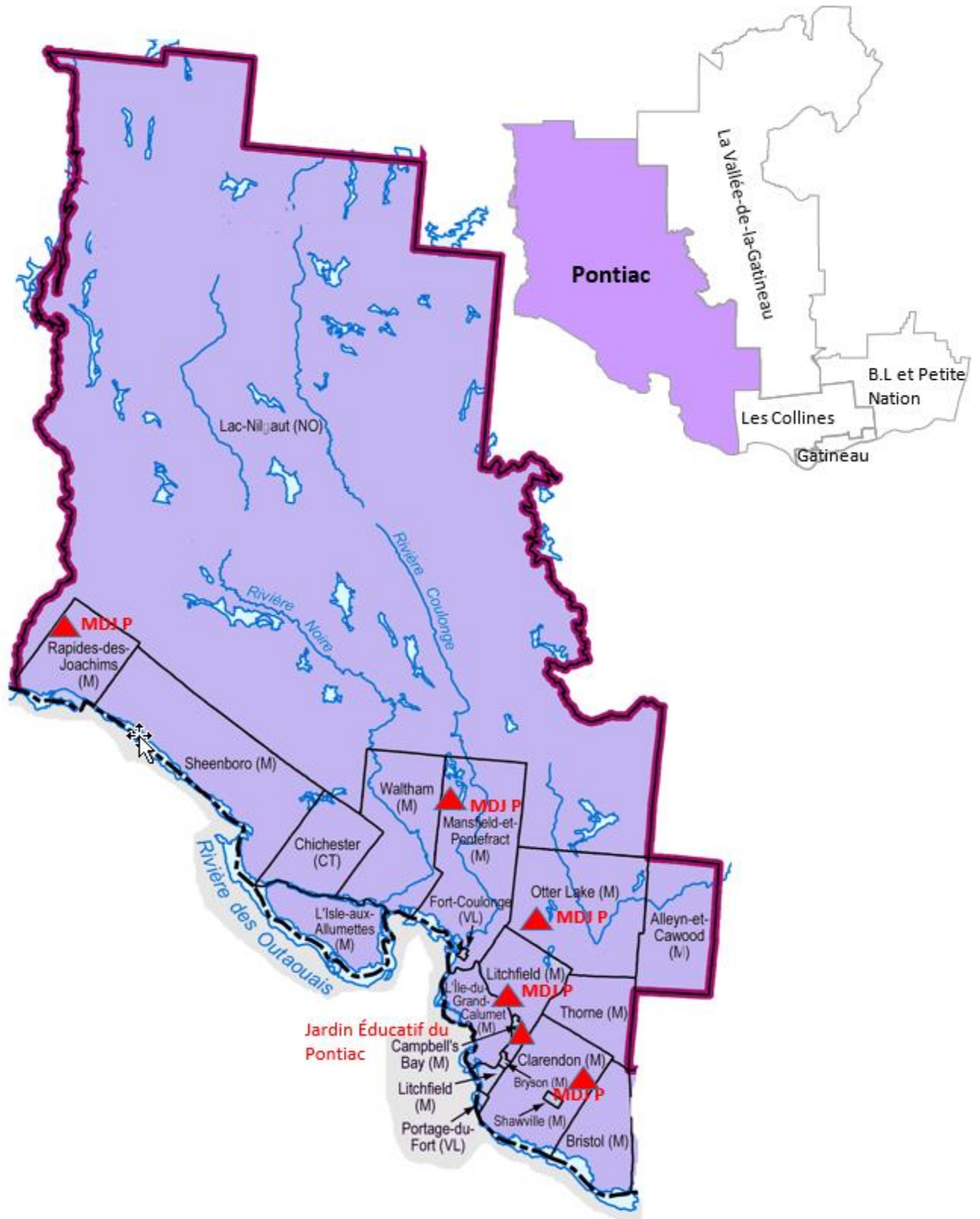
The following icons are intended to make it easier to search by type of addiction and to identify the services offered by community organizations and the CISSS de l'Outaouais.



These icons are included in reference to services provided by organizations whose main mandate is addiction prevention, as well as the services offered by the CISSS de l'Outaouais and in the section entitled *Help and Information Resources for Outaouais Residents*.

Type of Addiction	
	Alcohol
	Drugs
	Gambling
	Internet and screens
	Tobacco and vaping

Services	
	Injection equipment
	Help by phone, in person or text
	Services offered in French
	Services offered in English

Pontiac Area





	Les Maisons des jeunes du Pontiac (Addiction Prevention Stream)
Targeted Addictions	
Mandate Objectives	<p>Les Maisons des jeunes du Pontiac is a charitable non-profit organization that provides four support centres and support for children and youth in the Pontiac area:</p> <ul style="list-style-type: none"> • one location in Rapides-des-Joachims • one in Mansfield • one in Shawville • one in Campbell's Bay <p>Our youth centres define themselves as a youth and adult association whose mission is to provide a lively meeting place where young people, mainly aged 6 to 17, in contact with significant adults, can become critical, active and responsible citizens.</p>
Target Population	<ul style="list-style-type: none"> • Youth aged 6 to 17
Program Activities	<ul style="list-style-type: none"> • 4 locations/youth centre • 3-day camps • Youth cooperative • Inter-municipal sport program coordination • Community and elementary school-based prevention and awareness program • Seasonal programming
How to Access Services	<p>We can be reached by:</p> <ul style="list-style-type: none"> • Telephone: 819-683-1044 • Email: info@mdjpontiac.com • Social media platforms <ul style="list-style-type: none"> ○ Facebook: Les maisons des jeunes du Pontiac ○ Snapchat: MDJ Pontiac ○ Instagram: mdj_pontiac <p>You can also visit our centres in person during business hours.</p>
Eligibility Criteria	<p><input type="checkbox"/> None</p> <p>Eligibility: Youth aged 6 to 17 and their families</p>

Site Accessibility MANSFIELD	Indoor or outdoor stairs	<input checked="" type="checkbox"/> YES: 6 steps <input type="checkbox"/> NO
	Access ramp	<input type="checkbox"/> YES <input checked="" type="checkbox"/> NO
	Elevator	<input type="checkbox"/> YES <input checked="" type="checkbox"/> NO
	Wheelchair accessible	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
	Free parking	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
	Accessible by public transit	<input type="checkbox"/> YES <input checked="" type="checkbox"/> NO
	Animals allowed	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
Site Accessibility CAMPBELL'S BAY	Indoor or outdoor stairs	<input checked="" type="checkbox"/> YES: 4 steps <input type="checkbox"/> NO
	Access ramp	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
	Elevator	<input type="checkbox"/> YES <input checked="" type="checkbox"/> NO
	Wheelchair accessible	<input type="checkbox"/> YES <input checked="" type="checkbox"/> NO
	Free parking	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
	Accessible by public transit	<input type="checkbox"/> YES <input checked="" type="checkbox"/> NO
	Animals allowed	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
Site Accessibility SHAWVILLE	Indoor or outdoor stairs	<input checked="" type="checkbox"/> YES: 1 step <input type="checkbox"/> NO
	Access ramp	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
	Elevator	<input type="checkbox"/> YES <input checked="" type="checkbox"/> NO
	Wheelchair accessible	<input type="checkbox"/> YES <input checked="" type="checkbox"/> NO
	Free parking	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
	Accessible by public transit	<input type="checkbox"/> YES <input checked="" type="checkbox"/> NO
	Animals allowed	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO

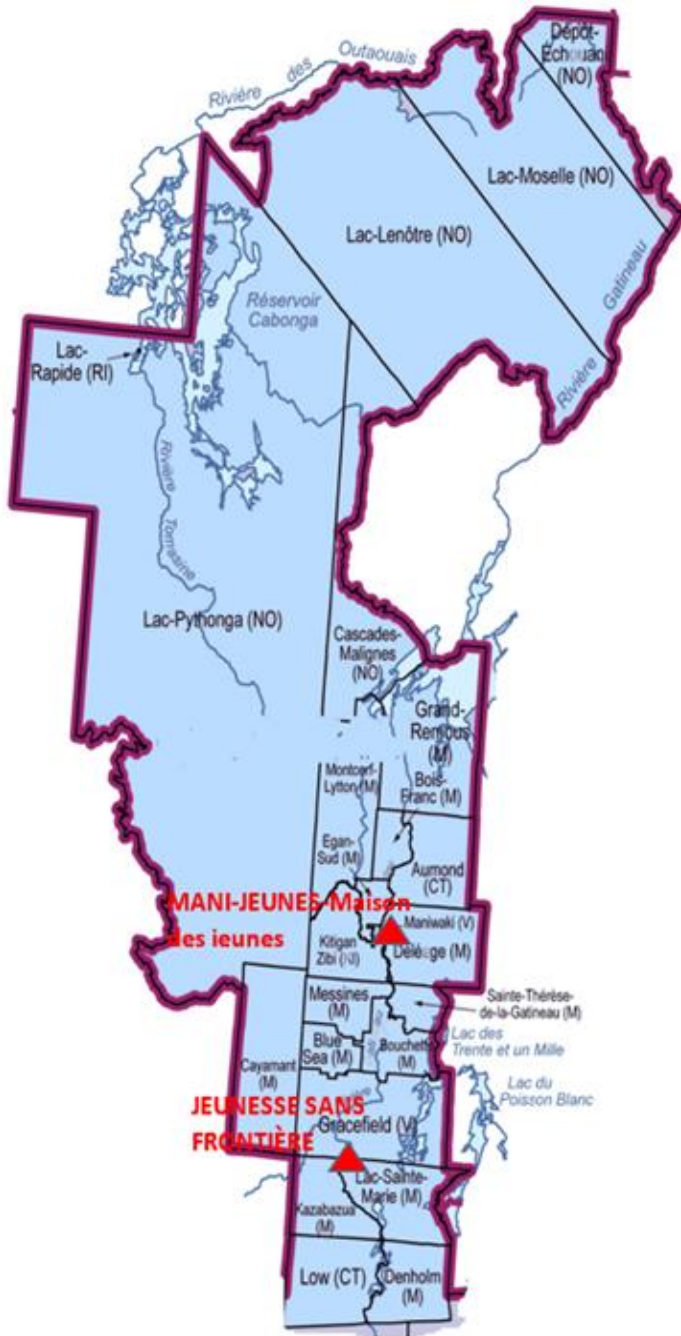
Site Accessibility RAPIDES-DES- JOACHIMS	Indoor or outdoor stairs	<input checked="" type="checkbox"/> YES: 7 outdoor steps <input type="checkbox"/> NO
	Access ramp	<input type="checkbox"/> YES <input checked="" type="checkbox"/> NO
	Elevator	<input type="checkbox"/> YES <input checked="" type="checkbox"/> NO
	Wheelchair accessible	<input type="checkbox"/> YES <input checked="" type="checkbox"/> NO
	Free parking	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
	Accessible by public transit	<input type="checkbox"/> YES <input checked="" type="checkbox"/> NO
	Animals allowed	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
Contact Information	MDJ Pontiac points of service operations: Administration office: <ul style="list-style-type: none"> • Address: 298 A Principale St., Mansfield, QC J0X 1R0 • Phone: 819-683-1044 • Fax: 819-683-2669 • Email: info@mdjpontiac.com • Hours of operation: <ul style="list-style-type: none"> ○ Monday to Friday, 9 a.m. to 4 p.m. • Executive Director: Stéphane Durocher • Bookkeeper: Mariette Philippe • Coordinator: Désirée Tremblay Points of service: Shawville <ul style="list-style-type: none"> • Pontiac High School, 455 Maple Street, Shawville, QC J0X 2Y0 • Phone: 819-683-1044 and 819-209-7626 • Email <ul style="list-style-type: none"> ○ info@mdjpontiac.com ○ mdjdesiree@gmail.com ○ mdjedenb@gmail.com • Hours of operation: <ul style="list-style-type: none"> ○ Monday to Friday: 11:30 a.m. to 12:30 p.m. ○ Monday, Wednesday, Friday: 3 p.m. to 7 p.m. ○ Lead Facilitator: Eden Beimers Campbell's Bay <ul style="list-style-type: none"> • 4 Patterson Street, Campbell's Bay, QC J0X 1K0 • Email: info@mdjpontiac.com • Hours of operation: <ul style="list-style-type: none"> ○ Wednesday to Friday: 3 p.m. to 9 p.m. ○ Lead Facilitator: Alyssa Boughner 	



	<p>Mansfield</p> <ul style="list-style-type: none">• 298 A Principale St., Mansfield, QC J0X 1R0• Phone: 819-683-1044• Fax: 819-683-2669• Email:<ul style="list-style-type: none">○ info@mdjpontiac.com○ mdjdesiree@gmail.com○ mdjalyssa@gmail.com• Hours of operation:<ul style="list-style-type: none">○ Wednesday to Friday: 3 p.m. to 7 p.m.○ Lead Facilitator: Nicolas Durocher <p>Rapides-des-Joachims</p> <ul style="list-style-type: none">• 54 De l'Église St., Rapides-des-Joachims, QC J0X 3M0• Phone: 819-360-0092• Email: info@mdjpontiac.com• Hours of operation:<ul style="list-style-type: none">○ Monday to Friday, 5 p.m. to 9 p.m.○ Hours of operation may vary depending on time of year and programming.
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	Jardin éducatif du Pontiac (Addiction Prevention Stream)	
Targeted Addictions		
Mandate Objectives	<p>The Jardin éducatif du Pontiac’s mission is to provide re-education services to Pontiac youth (both Francophones and Anglophones) between the ages of 8 and 17 with difficulties integrating and adapting to school, social and family life.</p> <p>This mission is accomplished through meaningful activities aimed at offering these young people a healthier school, social and family reintegration. In addition, specific addiction awareness and prevention activities have been added to school and summer camp services.</p>	
Target Population	<p>The Jardin éducatif du Pontiac’s addiction prevention mandate targets youth aged 8 to 17 with difficulties integrating and adapting to school, social and family life.</p> <p>Activities include developing personal and social skills among youth, such as the ability to make responsible lifestyle choices and to manage social influences.</p>	
Program Activities	<p>A specific addiction prevention program will be implemented in schools. Awareness workshops will be also offered as part of the summer camp.</p>	
How to Access Services	<ul style="list-style-type: none"> • For the summer program, through a referral from the CISSS de l’Outaouais, the Director of Youth Protection (DYP), schools or our own caseworkers • For school programs, mainly through a referral from schools • A referral may also be provided by the CISSS de l’Outaouais or DYP (less frequent) 	
Eligibility Criteria	<input type="checkbox"/> None <input checked="" type="checkbox"/> Eligibility (specify): <ul style="list-style-type: none"> • Youth aged 8 to 17 with difficulties integrating and adapting to school, social and family life 	
Site Accessibility	<u>Indoor</u> or outdoor stairs	<input checked="" type="checkbox"/> YES: 29 steps (3 floors) <input type="checkbox"/> NO
	Access ramp	<input type="checkbox"/> YES <input checked="" type="checkbox"/> NO
	Elevator	<input type="checkbox"/> YES <input checked="" type="checkbox"/> NO
	Wheelchair accessible	<input type="checkbox"/> YES <input checked="" type="checkbox"/> NO
	Free parking	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO



	Accessible by public transit	<input type="checkbox"/> YES <input checked="" type="checkbox"/> NO
	Animals allowed	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
Contact Information	3 McCuaig St., PO Box 29, Campbell's Bay, QC J0X 1K0 Phone: 819-648-5402 – Email: direction@jepontiac.org	

Vallée-de-la-Gatineau Area





	Mani-Jeunes – Youth Centre (Addiction Prevention Stream)	
Targeted Addictions		
Mandate Objectives	Youth centre offering addiction prevention workshops: <ul style="list-style-type: none"> • Developing passions in youth (alternatives to substance use) • Promoting health • Encouraging abstinence with a zero-tolerance policy while applying the harm reduction approach • Raising awareness about addiction services available in the region and referring individuals to specialized services 	
Target Population	<ul style="list-style-type: none"> • Youth aged 11 to 17 	
Program Activities	<ul style="list-style-type: none"> • Workshops on addiction prevention / reducing the risks of using (available at the youth centre) • Addiction Prevention Week activities • Workshops in elementary and secondary schools with the A.D.O.S. program • Awareness and prevention in the youth centre, schools and the community 	
How to Access Services	<ul style="list-style-type: none"> • Workshops held at the youth centre (see monthly schedule) • Classroom visits to facilitate prevention and awareness workshops • Description of available services sent annually to elementary school principals at Le Rucher institutions and the administration at the Cité étudiante de la Haute-Gatineau to inform them of available addiction prevention workshops 	
Eligibility Criteria	<input type="checkbox"/> None Eligibility: <ul style="list-style-type: none"> • Youth aged 11 to 17 (12 to 17 for workshops at the youth centre) • Be a student in a school participating in the prevention program offered by Mani-Jeunes 	
Site Accessibility	Indoor or outdoor stairs	<input type="checkbox"/> YES <input checked="" type="checkbox"/> NO
	Access ramp	<input type="checkbox"/> YES <input checked="" type="checkbox"/> NO
	Elevator	<input type="checkbox"/> YES <input checked="" type="checkbox"/> NO
	Wheelchair accessible	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
	Free parking	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO



	Accessible by public transit	<input type="checkbox"/> YES <input checked="" type="checkbox"/> NO
	Animals allowed	<input type="checkbox"/> YES <input checked="" type="checkbox"/> NO
Contact Information	86 Roy St., Maniwaki, QC J9E 3G9, PO Box 513 Phone: 819-449-6609 Email: direction@mani-jeunes.ca	

	Jeunesse Sans frontières Vallée-de-la-Gatineau (Addiction Prevention Stream)	
Targeted Addictions		
Mandate Objectives	Youth centre offering educational and community involvement programs. Health promotion and addiction prevention services for youth aged 12 to 17 and their parents.	
Target Population	Youth aged 12 to 17 <ul style="list-style-type: none"> ○ At-risk youth or youth with or without problematic use issues 	
Program Activities	<ul style="list-style-type: none"> • Addiction prevention workshops • Addiction Prevention Week • Personalized support, referrals to specialized services • Health promotion and personal skills development, self-esteem, identity building • Awareness and prevention 	
How to Access Services	<ul style="list-style-type: none"> • Register at the youth centre in person 	
Eligibility Criteria	<input type="checkbox"/> None Eligibility: <ul style="list-style-type: none"> • Be between the ages of 12 and 17 	
Site Accessibility	Indoor or outdoor stairs	<input checked="" type="checkbox"/> YES (3 steps) <input type="checkbox"/> NO
	Access ramp	<input type="checkbox"/> YES <input checked="" type="checkbox"/> NO
	Elevator	<input type="checkbox"/> YES <input checked="" type="checkbox"/> NO
	Wheelchair accessible	<input type="checkbox"/> YES <input checked="" type="checkbox"/> NO
	Free parking	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
	Accessible by public transit	<input type="checkbox"/> YES <input checked="" type="checkbox"/> NO
	Animals allowed	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
Contact Information	119 Saint-Joseph St., Gracefield, QC J0X 1W0 Phone: 819-463-1330 Email: info.jsfvg@gmail.com	

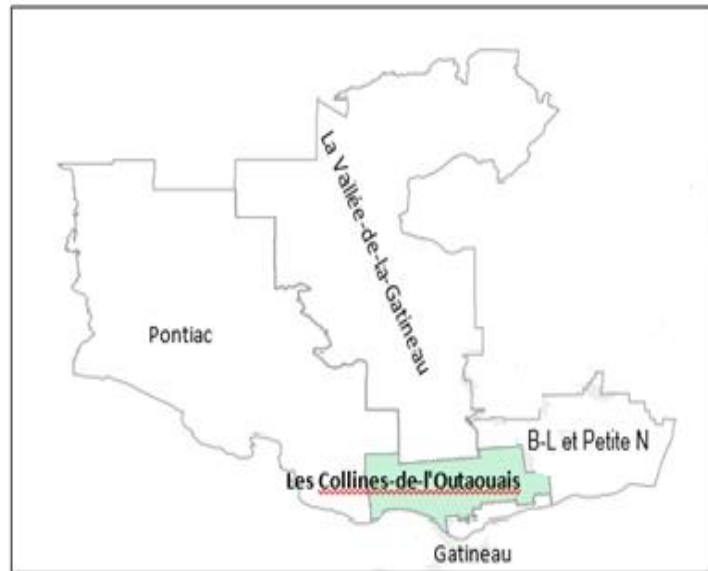
Vallée-de-la-Lièvre and Petite-Nation Area





	Prévention CÉSAR (Petite-Nation) (Addiction Prevention Stream)
Targeted Addictions	
Mandate Objectives	<ul style="list-style-type: none"> • Organize prevention workshops (Secondary I and II aimed at developing protective factors for substance abuse among students) • Decrease their need to use psychoactive substances (PAS), delay the age of first PAS use • Organize workshops at the senior level (Secondary III, IV and V) aimed at developing protective factors for substance abuse among students, reducing the risks associated with PAS use • Provide first-line intervention (individual and friends and family) • Provide school-based intervention • Equip staff, provide specific training, deepen knowledge • Support the intervention team and raise awareness among youth about certain themes in youth centres
Target Population	<ul style="list-style-type: none"> • Youth aged 11 to 17
Program Activities	<ul style="list-style-type: none"> • A.D.O.S. - Ongoing primary-school-based substance abuse and addiction prevention program • A.D.O.S. - Ongoing secondary-school-based substance abuse and addiction prevention program • First-line intervention Use assessment, referrals, support, skills maintenance • School-based intervention: Substance/problematic use assessment; referrals; support; counselling; reflection and discussions after going back to school following suspension
How to Access Services	<ul style="list-style-type: none"> • Call the Prévention CÉSAR organization (Petite-Nation) • Self-referral, referral by a caseworker or parent
Eligibility Criteria	<ul style="list-style-type: none"> • Be a student in a school participating in the program • For first-line intervention: Be a resident of Petite-Nation or be referred by a youth service provider (for youth or a relative of the young person) • For school-based intervention: Enter into an agreement with the organization
Contact Information	168 Jeanne d'Arc Street, Papineauville, QC J0V 1R0 Phone: 819-308-1010 ext. 103 Email: infotoxico@preventioncesar.ca

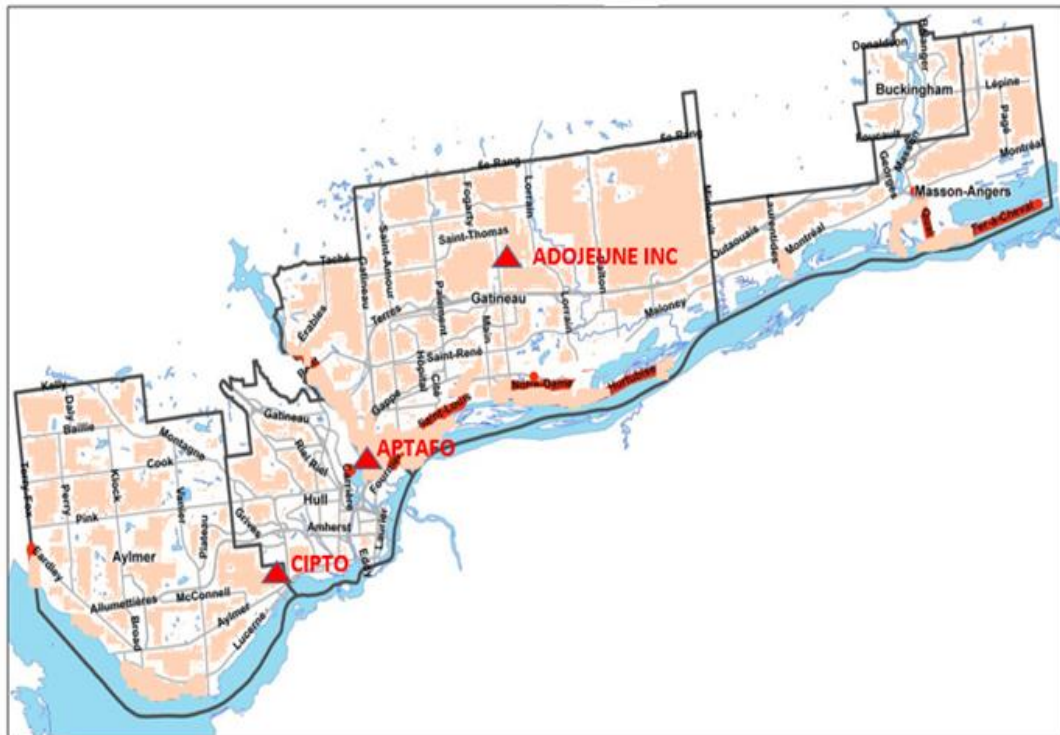
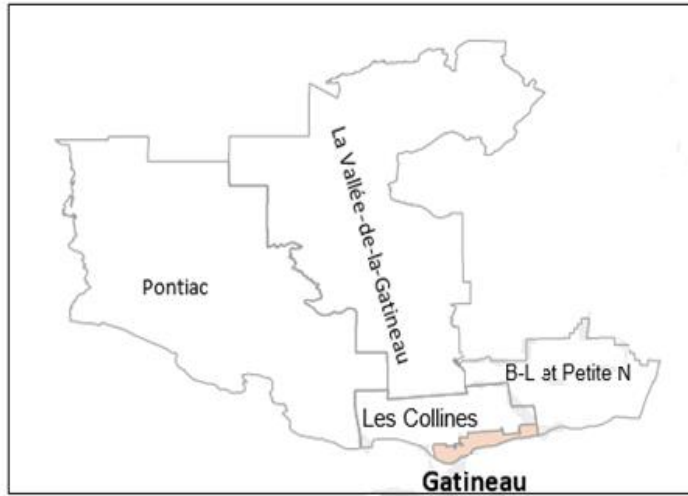
	S.O.S Contact Al-To (Vallée-de-la-Lièvre) (Addiction Prevention Stream)	
Targeted Addictions		
Mandate Objectives	<ul style="list-style-type: none"> • Addiction prevention and education through harm reduction • Assistance services, support, referral and support for people with addictions • Support services through school organizations and Cœur-des-Vallée school services (CSCCV) 	
Target Population	<ul style="list-style-type: none"> • Youth aged 10 to 25, their family and significant adult 	
Program Activities	<ul style="list-style-type: none"> • Social services • Youth intervention (school-based and Outreach street work) • Prevention workshops and education • First-line intervention • Presence in youth centres in Vallée-de-la-Lièvre • Workshop and training for caseworkers and school organization users • Passe-Ado program (École les Quatre-Vents, Angers sector) 	
How to Access Services	<ul style="list-style-type: none"> • Presence in the community, organizations, telephone and in-person support, email and social networks (Facebook, website) 	
Eligibility Criteria	<input checked="" type="checkbox"/> None	
Site Accessibility	Indoor or outdoor stairs	<input checked="" type="checkbox"/> YES (3 steps) <input type="checkbox"/> NO
	Access ramp	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
	Elevator	<input type="checkbox"/> YES <input checked="" type="checkbox"/> NO
	Wheelchair accessible	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
	Free parking	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
	Accessible by public transit	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
	Animals allowed	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
Contact Information	948 George St., Gatineau, QC J8L 2E5 Phone: 819-281-2570 Email: soscontact@hotmail.com	



Collines-de-l'Outaouais Area



	Le Mashado youth centre (Addiction Prevention Stream)	
Targeted Addictions		
Mandate Objectives	<ul style="list-style-type: none"> • Prevention and healthy living awareness • Harm reduction vs. use • Develop an intervention plan based on the needs of interviewed youth 	
Target Population	<ul style="list-style-type: none"> • Ages 6 to 17 	
Program Activities	<ul style="list-style-type: none"> • A.D.O.S. Program (universal program, school-based addiction prevention) • Drug discussion group (targeted) • Awareness workshops with thematic weeks and days • One-on-one sessions with an addiction worker 	
How to Access Services	<ul style="list-style-type: none"> • Contact the caseworker by email at prevention.toxico@gmail.com or by phone at: 819-456-1100 	
Eligibility Criteria	<input type="checkbox"/> None <input checked="" type="checkbox"/> Eligibility (specify): Ages 6 to 17	
Site Accessibility	Indoor or outdoor stairs	<input checked="" type="checkbox"/> YES Outdoor: 1 step Indoor: 16 steps <input type="checkbox"/> NO
	Access ramp	<input type="checkbox"/> YES <input checked="" type="checkbox"/> NO
	Elevator	<input type="checkbox"/> YES <input checked="" type="checkbox"/> NO
	Wheelchair accessible	<input type="checkbox"/> YES <input checked="" type="checkbox"/> NO
	Free parking	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
	Accessible by public transit	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
	Animals allowed	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
Contact Information	8 Des Optimistes Rd., La Pêche, QC J0X 3K0 Phone: 819-456-1100 Email: prevention.toxico@gmail.com	

Gatineau Area



	Adojeune Inc. (Addiction prevention stream)
Targeted Addictions	
Mandate Objectives	<p>STREAM 1: Addiction prevention</p> <ul style="list-style-type: none"> • Prevent the risks associated with substance use and cyber-addiction among youth in primary and secondary schools, as well as in youth centres • Deliver prevention and awareness workshops to support personal and social skills development and promote healthy living • Educate and inform the community about substances and addictions • Provide opportunities for discussion and information to parents and caseworkers through conferences on themes related to adolescence • Provide prevention tools (stress and anxiety management, awareness video and podcast, etc.) <p>STREAM 2: L'Appart Adojeune</p> <ul style="list-style-type: none"> • 24/7 Regional emergency housing • Provide prevention, referrals and support for youth in housing • Information on addictions-related consumption risks and resources available to youth and parents • Family mediation services • Mother-minor child services <p>STREAM 3: Outreach street work</p> <ul style="list-style-type: none"> • Offer a meaningful presence in the places most frequented by adolescents and young adults • Public education, harm reduction, referrals and supports
Target Population	<p>STREAM 1: Addiction prevention</p> <ul style="list-style-type: none"> • Youth aged 10 to 17 • Parents and caseworkers <p>STREAM 2: L'Appart Adojeune</p> <ul style="list-style-type: none"> • Youth aged 12 to 17 • Parents <p>STREAM 3: Outreach street work</p> <ul style="list-style-type: none"> • Youth aged 12 and young adults

<p>Program Activities</p>	<p>STREAM 1: Addiction prevention</p> <ul style="list-style-type: none"> • Addiction’s prevention workshops for Grade 5 and 6 primary school students, including cyber-addiction (Le Grand Chemin) and the Dévelop’Action program (Action Toxicomanie) • Prevention workshops for high school students • Training volunteers, interns and caseworkers • Conferences and kiosks • Other ad hoc activities (based on demand) <p>STREAM 2: L’Appart Adojeune</p> <ul style="list-style-type: none"> • Referrals • Support • Family mediation <p>STREAM 3: Outreach street work</p> <ul style="list-style-type: none"> • Referrals • Support
<p>How to Access Services</p>	<p>STREAM 1: Addiction prevention</p> <ul style="list-style-type: none"> • Description of available services sent annually to primary and secondary school principals associated with the Centre de services scolaire des Draveurs (CSSD), informing them of workshops and conferences, followed by an availability schedule to arrange classroom workshops • Advertising events organized by Adojeune by email to the administration, teaching staff and caseworkers at CSSD schools • Sharing events among organizations, on our social networks and on our website <p>STREAM 2: L’Appart Adojeune</p> <ul style="list-style-type: none"> • Requests for services by phone only <p>STREAM 3: Outreach street work</p> <ul style="list-style-type: none"> • Ties established with the Outreach street worker
<p>Eligibility Criteria</p>	<p>STREAM 1: Addiction prevention</p> <p><input checked="" type="checkbox"/> Eligibility</p> <ul style="list-style-type: none"> • CSSD primary and secondary schools • Private schools • Be a parent/youth worker <p>STREAM 2: L’Appart Adojeune</p> <p><input checked="" type="checkbox"/> Eligibility</p> <ul style="list-style-type: none"> • Be between the ages of 12 and 17 • Be willing • Parent(s)' authorization <p>STREAM 3: Outreach street work</p> <p><input checked="" type="checkbox"/> Eligibility</p> <ul style="list-style-type: none"> • Youth aged 12 to 25 (at risk)

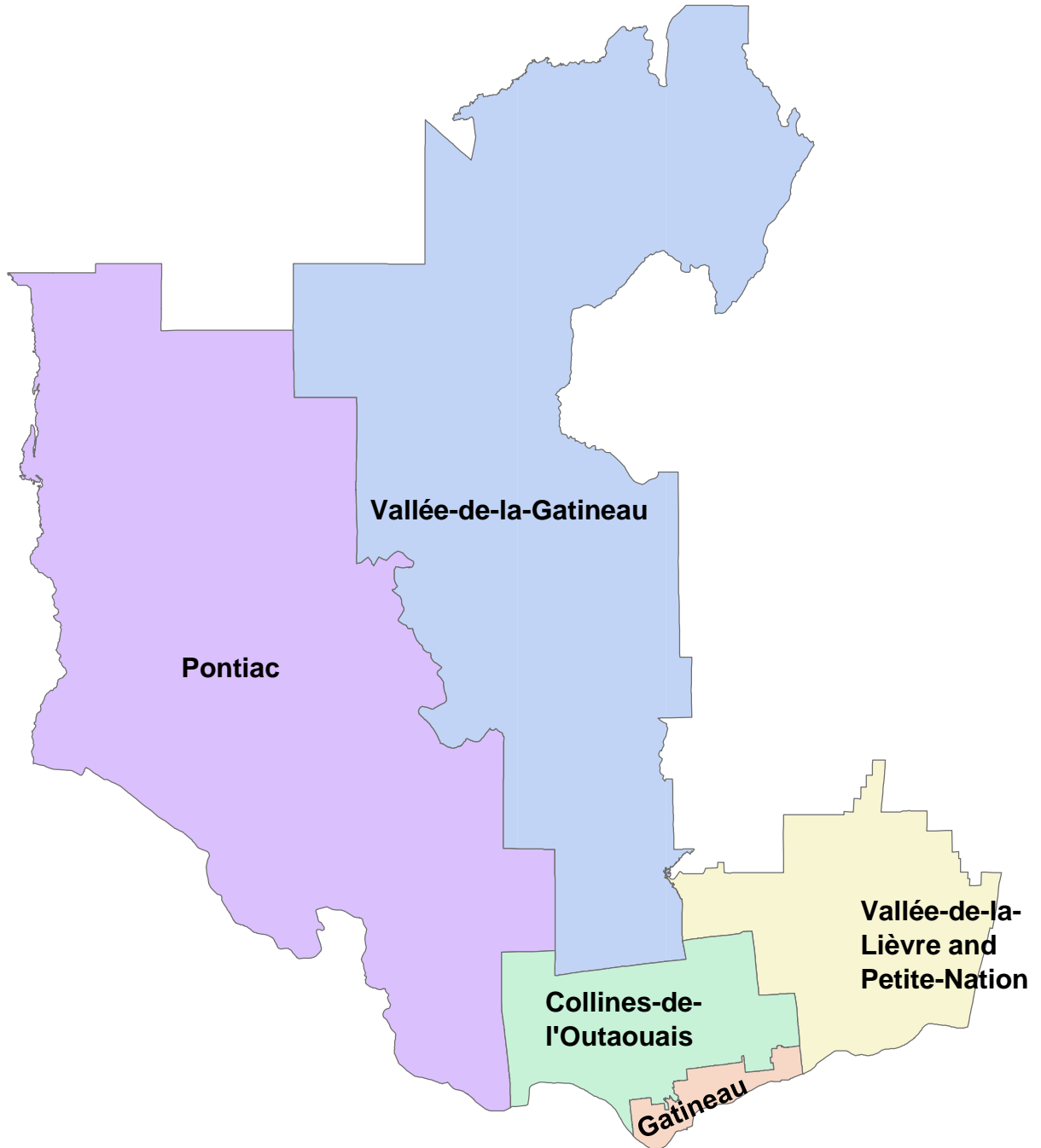
Site Accessibility	Indoor or outdoor stairs	<input checked="" type="checkbox"/> YES: 5 to 8 steps <input type="checkbox"/> NO
	Access ramp	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
	Elevator	<input type="checkbox"/> YES <input checked="" type="checkbox"/> NO
	Wheelchair accessible	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
	Free parking	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
	Accessible by public transit	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
	Animals allowed	<input type="checkbox"/> YES <input checked="" type="checkbox"/> NO
Contact Information	<p>STREAM 1: Addiction prevention</p> <ul style="list-style-type: none"> • 22 Auvergne St., Gatineau QC J9T 6J8 • 819-568-4499 <p>STREAM 2: L'Appart Adojeune</p> <ul style="list-style-type: none"> • 1133 Maloney Blvd. E., Gatineau, QC J8P 1H8 • 819-439-1010 <p>STREAM 3: Outreach street work</p> <ul style="list-style-type: none"> • 819-598-8818 	

Outaouais Region



Community Organizations with a Regional Addiction Mandate
Centre intégré de santé et de services sociaux (CISSS) de l'Outaouais.

Adult Services



Youth Services



Community Organizations with a Regional Mandate

 <p style="text-align: center;">A.P.T.A.F.O Approche globale en dépendance au féminin</p>	<p style="font-size: 1.2em;">A.P.T.A.F.O</p> <p>Association pour la prévention de la toxicomanie et de l'alcoolisme chez les femmes de l'Outaouais</p>
<p>Targeted Addictions</p>	
<p>Mandate Objectives</p>	<ul style="list-style-type: none"> • Provide local women with support, information, listening, assistance and support • Develop and implement awareness and prevention programs on the problems of addiction, substance abuse, alcoholism and developing an addiction • Promoting women’s agency over their overall health • Raising awareness and informing the community about the phenomenon of addiction and the development of addiction among women • Fostering partnership through cooperation and collaboration among organizations working with people with addiction
<p>Target Population</p>	<ul style="list-style-type: none"> • Girls and women aged 14 and up
<p>Program Activities</p>	<ul style="list-style-type: none"> • Social services, support, assistance • Training, awareness and prevention workshops • Specific assistance and prevention program • Group and individual intervention • Addiction prevention intervention program for young women aged 16 and up • School-based addiction prevention intervention program for students in Secondary I to V <p>Prevention program: "<i>Prévenir un choix de vie!</i>"</p> <ul style="list-style-type: none"> • Health promotion and addiction prevention program for women aged 16 and up (seven two-hour workshops) • Program objectives: <ul style="list-style-type: none"> ○ Increase women’s skills and abilities to decrease the prevalence of substance abuse and drug or alcohol addiction among women ○ Prevent and counter the development of addiction ○ Increase knowledge about the phenomenon of addiction <p>Awareness and information activities</p> <ul style="list-style-type: none"> • Training and awareness workshops are aimed at youth, adults, the community and community workers: <ul style="list-style-type: none"> ○ The addiction cycles ○ The <i>Cannabis Act</i> ○ The phenomenon of addiction among women ○ Drugs and their impacts on health <p>Training tailored to the needs of the community</p>



How to Access Services	<ul style="list-style-type: none"> • Call and/or referral • Support required for first appointment 	
Eligibility Criteria	<input checked="" type="checkbox"/> Eligibility <ul style="list-style-type: none"> • Services offered to women and girls in the Outaouais region 	
Site Accessibility	Indoor or outdoor stairs	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
	Access ramp	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
	Elevator	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
	Wheelchair accessible	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
	Free parking	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
	Accessible by public transit	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
	Animals allowed	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
Contact Information	16 Bériault St., Gatineau, QC J8X 1A3 Phone: 819-778-3372 Email: aptafo@bellnet.ca (website under construction)	

	CIPTO Centre d'intervention et de prévention en toxicomanie de l'Outaouais
Targeted Addictions	
Mandate Objectives	<p>The Centre d'intervention et de prévention en toxicomanie de Outaouais (CIPTO), an independent community organization guided by the risk and harm reduction approach, offers social services, support and assistance for people who use psychoactive substances and their friends and families, in addition to initiating collective action.</p>
Target Population	<ul style="list-style-type: none"> • People who use psychoactive substances. Particularly those who face barriers to accessing supports or services to improve their quality of life • The friends, family and communities affected by the negative consequences of substance use
Program Activities	<ul style="list-style-type: none"> • First-line intervention: Social services, listening, support and referrals • Training and awareness workshops for professionals and people with experience in substance use • Mobile homelessness team (MHT): Housing retention and reintegration • LAB: Inclusive place and democratization of the arts • Hepatitis C treatment support program (PATH-C): Personalized support for access to hepatitis C treatment • Boussole program: One-on-one support for access to addiction rehabilitation services (including through our partner, the CRDO) • Outreach street work: Active tracking and connection to those who are cut off from conventional services • School-based addiction prevention program (PPDMS): Deployment of prevention opportunities for youth aged 12 to 17, their parents and school staff in several Outaouais schools • Mobile supervised substance use service (SCS): Safe, legal and mobile place to receive substance use support • Rayon program: Analysis and verification of psychoactive substances • Peer support: Support for the involvement of people with lived experiences in substance use in CIPTO actions
How to Access Services	<p>Individuals can call 819-770-7249 or write to toxico@cipto.qc.ca for more information, or contact those responsible for each program on the "Contactez-nous" page of the website: www.cipto.qc.ca</p>
Eligibility Criteria	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> None <input type="checkbox"/> Eligibility <ul style="list-style-type: none"> • Varies by program or activity



Site Accessibility	Indoor or outdoor stairs	<input checked="" type="checkbox"/> YES: 16 steps <input type="checkbox"/> NO
	Access ramp	<input type="checkbox"/> YES <input checked="" type="checkbox"/> NO
	Elevator	<input type="checkbox"/> YES <input checked="" type="checkbox"/> NO
	Wheelchair accessible	<input type="checkbox"/> YES <input checked="" type="checkbox"/> NO
	Free parking	<input type="checkbox"/> YES <input checked="" type="checkbox"/> NO: parking meter or nearby streets
	Accessible by public transit	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
	Animals allowed	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
Contact Information	Main office: 145 Eddy St., Gatineau QC J8X 2W7 Mailing address: 92 St-Jacques St., Gatineau, QC J8X 2Z2 Phone: 819-770-7249 / Toll-free: 1-866-778-4372 Fax: 819-770-9199 Email: toxico@ciptocq.ca Website: www.ciptocq.ca Facebook: CIPTO : Harm reduction organization	

Centre intégré de santé et de services sociaux (CISSS) de l'Outaouais



Adult Services

	<h3 style="margin: 0;">Early intervention addiction services /Mes choix program</h3>	
Targeted Addictions		
Mandate Objectives	Assistance and support for people who want to maintain or regain low-risk substance use and/or gambling.	
Target Population	Individuals aged 18 and up with at-risk substance use and/or gambling habits that do not require specialized rehabilitation or detox services and who want to change their habits.	
Program Activities	<ul style="list-style-type: none"> • Psychosocial (individual) counselling and/or • Mes Choix program: 3 streams depending on the user profile and 3 possible formats (individual, group and self-directed): <ul style="list-style-type: none"> ○ <i>Mes Choix Alcool</i> program (formerly <i>Alcochoix</i>) ○ <i>Mes Choix Cannabis</i> program ○ <i>Mes Choix Toutes Substances</i> program 	
How to Access Services	<ul style="list-style-type: none"> • Service request via 811 • Request for services from a health professional or any other caseworker trained in the DÉBA detection tool • The referral form must be sent to the Mental Health Access Desk with the completed DÉBA form (training required) 	
Eligibility Criteria	<input type="checkbox"/> None <input checked="" type="checkbox"/> Eligibility: <ul style="list-style-type: none"> • Within the Outaouais region • Ages 18 + • Score equal to or less than 17 on the DÉBA for alcohol, equal to or less than 5 on the DÉBA for drugs, without recurrent impacts, equal to or less than 10 on the DÉBA for gambling <input checked="" type="checkbox"/> Eligibility: for Mes Choix program: <ul style="list-style-type: none"> • No symptoms or high risk of withdrawal • No recurring impact from substance use • Stable mental health, not in crisis 	
Site Accessibility	Indoor or outdoor stairs	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
	Access ramp	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
	Elevator	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO



	Wheelchair accessible	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
	Free parking	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
	Accessible by public transit	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
	Animals allowed	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
Contact Information	<ul style="list-style-type: none"> • Psychosocial counselling in all CLSCs • Mes Choix program offered in person at select CLSCs or virtually throughout the Outaouais region • For information: 811 (Info-social) 	

<p>Centre intégré de santé et de services sociaux de l'Outaouais</p> <p>Québec </p>	<h2 style="margin: 0;">Regional Specialized Assessment Program</h2> <p style="margin: 0;">(RSAP) for addiction - Adult</p>
<p>Targeted Addictions</p>	
<p>Mandate Objectives</p>	<ul style="list-style-type: none"> • Gateway for addiction services • Receive and analyze service requests. Callback within 48 hours to book withdrawal risk assessment appointment within 14 business days • Provision of a standardized specialized addiction evaluation (NiD-ÉP) or psychosocial assessment (gambling assessment, problematic Internet use evaluation) to assess the required services according to the American Society of Addiction Medicine (ASAM) criteria • Friends and family summary assessment • Referral to addiction services (outpatient, intensive outpatient, housing, Clinique Parachute), private or community resources
<p>Target Population</p>	<ul style="list-style-type: none"> • People with a problem with substance use and/or gambling and/or problematic Internet use • User's friend or family member (the user does need to be receiving services at the same time)
<p>Program Activities</p>	<ul style="list-style-type: none"> • NiD-ÉP, gambling, problematic Internet use and friends and family assessment • Maintaining motivation group: <ul style="list-style-type: none"> ○ Supports clients early in the process and helps encourage engagement and motivation ○ Facilitated by specialized addiction educators ○ 5 sessions over 5 weeks (1 session per week) ○ Available in Hull, Gatineau, Buckingham, Saint-André-Avellin
<p>How to Access Services</p>	<ul style="list-style-type: none"> • By telephone during business hours (Monday to Friday, 8:30 a.m. to 4:30 p.m.) • In person during business hours at the various points of service (Monday to Friday, 8:30 a.m. to 4:30 p.m.) • Partners: Single form with DÉBA evaluation • By calling 811 and selecting option 2
<p>Eligibility Criteria</p>	<p><input checked="" type="checkbox"/> Eligibility:</p> <ul style="list-style-type: none"> • Meet criteria for use or addiction problems for substances, gambling or problematic Internet use, depending on the detection tool used or received from the partner • Have a Quebec health insurance (RAMQ) card or proof of residence in Quebec • Be willing to receive services • Not currently incarcerated and therefore able to participate in the regular service trajectory • Not be seeking services to treat another form of addiction (emotional addiction, sex addiction, etc.)



Site Accessibility	Indoor or outdoor stairs	<input checked="" type="checkbox"/> YES: 10 steps outdoors, 4 floors indoors, 24 steps per floor <input type="checkbox"/> NO
	Access ramp	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
	Elevator	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
	Wheelchair accessible	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
	Free parking	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
	Accessible by public transit	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
	Animals allowed	<input checked="" type="checkbox"/> YES: Service dogs only (e.g., Mira) <input type="checkbox"/> NO
Contact Information	<ul style="list-style-type: none"> • Hull: 25 Saint-François St. (Hull sector) / Phone: 819-776-5584 • Gatineau: 444 Saint-René Blvd. E. (Gatineau sector) Phone: 819-669-3644 • CLSC Vallée-de-la-Lièvre (Buckingham), 578 MacLaren St. E., Buckingham, Phone: 819-986-3359 • CLSC Petite-Nation (Saint-André-Avellin), 14 Saint-André St., Saint-André-Avellin, Phone: 819-983-7341 • For more information: 811 (Info social) 	

<p>Centre intégré de santé et de services sociaux de l'Outaouais</p> 	<h2>Specialized Addiction Rehabilitation</h2> <h3>Outpatient Services - Adults</h3>	
<p>Targeted Addictions</p>		
<p>Mandate Objectives</p>	<ul style="list-style-type: none"> • Rehabilitation and social integration services for people with addictions to alcohol, drugs, gambling or cyber-addiction who require these kinds of services, as well as assistance and support services for their friends and family • Harm reduction approach 	
<p>Target Population</p>	<ul style="list-style-type: none"> • Persons aged 18 and up with an addiction or substance use problem and/or pathological gambling and cyberaddiction, as well as their loved ones 	
<p>Program Activities</p>	<ul style="list-style-type: none"> • Group, individual or couple services • Group activities prioritized based on recommendations from best addiction practices • One-on-one counselling services for clients with contraindications to group intervention or for Anglophone clients at points of service, excluding one in the Hull sector • Volunteer team support group 	
<p>How to Access Services</p>	<ul style="list-style-type: none"> • Service is provided as a result of a referral from another program that has identified a substance abuse or addiction problem, as well as a referral from a physician/general practitioner, psychiatrist or psychologist who has established a diagnosis • Regional Specialized Assessment Program (RSAP) referral form – adult required 	
<p>Eligibility Criteria</p>	<p><input type="checkbox"/> None</p> <p><input checked="" type="checkbox"/> Eligibility</p> <ul style="list-style-type: none"> • RSAP assessment • Meet criteria for substance abuse or addiction, gambling and cyber-addiction depending on the detection tool used or received from the partner • Have a Quebec health insurance (RAMQ) card or proof of residence in Quebec • Be willing to receive services • Not currently incarcerated and therefore able to participate in the regular service trajectory • Not be seeking services to treat another form of addiction (emotional addiction, sex addiction, etc.) 	
<p>Site Accessibility</p>	<p>Indoor or outdoor stairs</p>	<p><input type="checkbox"/> YES</p> <p><input checked="" type="checkbox"/> NO</p>
	<p>Access ramp</p>	<p><input checked="" type="checkbox"/> YES</p> <p><input type="checkbox"/> NO</p>



	Elevator	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
	Wheelchair accessible	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
	Free parking	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
	Accessible by public transit	<input checked="" type="checkbox"/> YES (except remote areas) <input type="checkbox"/> NO
	Animals allowed	<input type="checkbox"/> YES <input checked="" type="checkbox"/> NO
Contact Information	<ul style="list-style-type: none"> • Service is available in the CLSCs in each area • Visit: https://cisss-outaouais.gouv.qc.ca/language/en/clsc-list/ • Phone: 819-776-5584 / Info-Social 811, option 2 	

<p>Centre intégré de santé et de services sociaux de l'Outaouais</p> 	<h2>Clinique Parachute Outpatient Clinic</h2> <h3>Outpatient Opioid Addiction and Withdrawal Treatment</h3>
<p>Targeted Addictions</p>	
<p>Mandate Objectives</p>	<ul style="list-style-type: none"> • Managing outpatient alcohol and drug withdrawal services safely and comfortably • Treating opioid addiction and providing psychosocial support in the process
<p>Target Population</p>	<p>Outpatient detox: available to those at risk of mild to moderate withdrawal</p> <p>Opioid agonist therapy: users with opioid use disorder</p>
<p>Program Activities</p>	<p>Outpatient detox</p> <ul style="list-style-type: none"> • Care provided by a medical team (nurse and physician) for withdrawal assessment and care • Medical care for relapse prevention <p>Opioid agonist therapy</p> <ul style="list-style-type: none"> • Assessment and care from a medical team of nurses and physicians • Treatments available: Buprenorphine (Suboxone/Sublocade), methadone, Kadian • STI and BBI testing and treatment care • Screening and treatment for Hepatitis C virus • Psychosocial support in an outpatient rehabilitation approach and support in reintegration approaches • Distribution of drug equipment and Naloxone kits, with usage instructions
<p>How to Access Services</p>	<p>Outpatient detox</p> <ul style="list-style-type: none"> • Users should contact the CRDO at 819-776-5584 to complete a specialized assessment through the Regional Specialized Assessment Program (RSAP) to be referred to services. • Walk-in appointments during business hours (Monday to Friday, 8:30 a.m. to 4:30 p.m.) <p>Opioid agonist treatment</p> <ul style="list-style-type: none"> • Users should call the CRDO at 819-776-5584 and will be directed to Clinique Parachute for urgent care. • Walk-in appointments during business hours (Monday to Friday, 8:30 a.m. to 4:30 p.m.)
<p>Eligibility Criteria</p>	<p>Eligibility:</p> <p>Outpatient detox</p> <ul style="list-style-type: none"> • Mild to moderate risk of withdrawal <p>Opioid agonist treatment</p> <ul style="list-style-type: none"> • Diagnosed with opioid use disorder in accordance with the Diagnostic and Statistical Manual of Mental Disorders (DSM-5)

	<p>Outpatient detox:</p> <ul style="list-style-type: none"> • Not at risk of severe withdrawal <p>Opioid agonist treatment</p> <ul style="list-style-type: none"> • Not require treatment for pain only (without opioid use disorder) 	
Site Accessibility	Indoor or outdoor stairs	<input checked="" type="checkbox"/> YES: 18 indoor steps, 10 outdoor steps <input type="checkbox"/> NO
	Access ramp	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
	Elevator	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
	Wheelchair accessible	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
	Free parking	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
	Accessible by public transit	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
	Animals allowed	<input type="checkbox"/> YES <input checked="" type="checkbox"/> NO
Contact Information	<p>Services are available:</p> <ul style="list-style-type: none"> • 25 Saint-François St. (Hull sector) • Maniwaki CLSC, 149 Principale St. N., Maniwaki, QC Phone: 819-449-2513 • Basse-Lièvre/Coop Santé FMG (Buckingham sector), 620 Buckingham Ave. (for users already receiving care at this clinic), Phone: 819-986-6006 <p>For more information: 811 (Info social)</p>	



<p>Centre intégré de santé et de services sociaux de l'Outaouais</p> <p>Québec </p>	<h2>Intensive Outpatient Rehabilitation Services</h2> <p>- Adults (RIVE)</p>
<p>Targeted Addictions</p>	
<p>Mandate Objectives</p>	<ul style="list-style-type: none"> • Stabilize the person's condition and help them to function better overall in the community • Support the user in changing their usage habits • Contribute to biological, psychological, social and addiction rehabilitation • Help the user develop different personal skills • Support them in their efforts towards independence (social reintegration) • Provide resources for the user to overcome isolation • Provide support more closely over a period of time to make positive changes • Help the individual know and use the resources and services available in the community • This program offers intensive services from 9 a.m. to 7 p.m. throughout the week
<p>Target Population</p>	<p>People aged 18 and up with a drug, alcohol, or gambling addiction problem</p>
<p>Program Activities</p>	<ul style="list-style-type: none"> • One half-day for 8 weeks • Up to 12 users per workshop • Themes focused on perceived user needs • Improvised workshop facilitated by caseworkers based on participant needs • Intermittent recreation, sports and revitalization workshops • Workshops with testimonials from an individual or family member making a good recovery, occasionally • Place for sharing, developing communication skills and sharing experiences (self-expression) • Group workshops <ul style="list-style-type: none"> ○ Monday to Friday: ○ 2.5 hours of programming per workshop • Individual counselling • Recreational activities • Occupational therapy approach
<p>How to Access Services</p>	<p>The user must be referred by a CRDO worker</p>

<p>Eligibility Criteria</p>	<p><input type="checkbox"/> None</p> <p>Eligibility:</p> <ul style="list-style-type: none"> • Assessment demonstrating addiction problem and NID-ÉP • 2.1 ASAM rating <p><input type="checkbox"/> No signs of withdrawal symptoms or mild withdrawal symptoms</p> <p><input type="checkbox"/> Stable or treated physical health condition that does not interfere with recovery</p> <p><input type="checkbox"/> Emotional condition requiring intensive intervention to avoid deterioration or MH Dx requiring support to reduce reactions (interference) with recovery</p> <p><input type="checkbox"/> Need for structured interventions several times a week to achieve objectives as well as a motivation that is sometimes ambivalent to change</p> <p><input type="checkbox"/> Impaired functioning or increased Sx associated with use disorder despite the user's being actively involved in existing services</p> <p><input type="checkbox"/> Low awareness of triggers, ambivalence towards services or high likelihood of relapse or continued use without regular support</p> <p><input type="checkbox"/> Supportive environment, presence of social/support network No signs of withdrawal symptoms or mild withdrawal symptoms</p> <ul style="list-style-type: none"> • Clinical judgment shows that the referred person can participate in group sessions 	
<p>Site Accessibility</p>	<p>Indoor or outdoor stairs</p>	<p><input checked="" type="checkbox"/> YES <input type="checkbox"/> NO</p>
	<p>Access ramp</p>	<p><input checked="" type="checkbox"/> YES <input type="checkbox"/> NO</p>
	<p>Elevator</p>	<p><input checked="" type="checkbox"/> YES <input type="checkbox"/> NO</p>
	<p>Wheelchair accessible</p>	<p><input checked="" type="checkbox"/> YES <input type="checkbox"/> NO</p>
	<p>Free parking</p>	<p><input checked="" type="checkbox"/> YES <input type="checkbox"/> NO</p>
	<p>Accessible by public transit</p>	<p><input checked="" type="checkbox"/> YES <input type="checkbox"/> NO</p>
	<p>Animals allowed</p>	<p><input type="checkbox"/> YES <input checked="" type="checkbox"/> NO</p>
<p>Contact Information</p>	<p>25 Saint-François St., Gatineau, QC J9A 1B1 Phone: 819-776-5584</p>	


<p>Centre intégré de santé et de services sociaux de l'Outaouais</p> <p>Québec </p>	<h2>Addiction Housing Services – Adults</h2>	
<p>Targeted Addictions</p>		
<p>Mandate Objectives</p>	<ul style="list-style-type: none"> • Addiction housing services gives adults the ability to go through withdrawal from one or more psychoactive substances in a safe environment • The objectives of intensive rehabilitation and the reintegration stream are to allow the person to remove themselves from their environment and regain control over their life in a safe environment • The objective of the housing program is also to learn and develop new strategies for developing a better life balance. It also gives each individual time for themselves to reflect on their lifestyle and take a stand in the face of their addiction 	
<p>Target Population</p>	<ul style="list-style-type: none"> • People aged 18 and up with a drug, alcohol, or gambling addiction problem or with problematic Internet use (PIU) 	
<p>Program Activities</p>	<p>Three streams</p> <ul style="list-style-type: none"> • Detoxification • Rehabilitation • Reintegration <p>Programming spread over 1–4 weeks</p> <ul style="list-style-type: none"> • Group rehabilitation activities • Individual counselling • Recreational activities • Reintegration 	
<p>How to Access Services</p>	<ul style="list-style-type: none"> • Self-referral • Referral by an addiction service professional • Reference CIPTO's <i>Boussole</i> program • Referral from RSAP or hospital liaison services • Referral by a professional in the network 	
<p>Eligibility Criteria</p>	<p><input checked="" type="checkbox"/> Eligibility</p> <ul style="list-style-type: none"> • Assessment demonstrating an addiction problem • NID-ÉP demonstrating need for level 3.7 housing services based on ASAM criteria • Stable and/or treated mental health • Physical health conditions not requiring services from a technical hospital support centre • No active suicidal ideations with high risk of acting out • Ability to follow programming 	
<p>Site Accessibility</p>	<p>Indoor or outdoor stairs</p>	<p><input checked="" type="checkbox"/> YES <input type="checkbox"/> NO</p>

	Access ramp	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
	Elevator	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
	Wheelchair accessible	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
	Free parking	<input type="checkbox"/> YES <input checked="" type="checkbox"/> NO: not available for housing services clients
	Accessible by public transit	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
	Animals allowed	<input type="checkbox"/> YES <input checked="" type="checkbox"/> NO
Contact Information	Address: 25 Saint-François St., Gatineau, QC J9A 1B1 Phone: 819-776-5584	

Youth Services

<p>Centre intégré de santé et de services sociaux de l'Outaouais</p> <p>Québec </p>	<h3 style="margin: 0;">Specialized Addiction Rehabilitation Outpatient Youth Services (Le Parcours)</h3>
<p>Targeted Addictions</p>	
<p>Mandate Objectives</p>	<p>The purpose of outpatient services is to provide rehabilitation services to willing youth with a substance use disorder or problematic Internet and screen use (cyber-addiction). In addition, assistance and support services are available to friends and family as well as children and youth whose parents have a substance use disorder (SUD).</p>
<p>Target Population</p>	<ul style="list-style-type: none"> • Youth aged 12 to 17 in the Outaouais region with an SUD or problematic Internet and screen use as well as significant friends and family • Children and youth with a significant family member with an SUD
<p>Program Activities</p>	<ul style="list-style-type: none"> • Individual, group, parental or family services • Many of our services are offered directly in high schools in the Outaouais region • Increase service intensity as required (Intensive Outpatient Services)
<p>How to Access Services</p>	<ul style="list-style-type: none"> • A referral accompanied by a DEP-ADO or DÉBA-Internet evaluation must be sent to the Guichet d'accès jeunesse with the single application form (GA Jeunesse) • Youth or their family or friends can contact 811 directly
<p>Eligibility Criteria</p>	<p>Teenager</p> <ul style="list-style-type: none"> • DEP-ADO assessment, red light • DÉBA-Internet with a score of 39 or more <p>Family or friends</p> <ul style="list-style-type: none"> • Have a teenager in my immediate circle with a substance use disorder or problematic Internet and screen use • Be affected by the substance use disorder/addiction of a significant family member (parents, siblings, etc.)
<p>Contact Information</p>	<p>Services are offered at the various points of service in the Outaouais region. Head office: 20 Pharand St., Gatineau, QC J9A 1K7 Phone: 819-771-7761</p>

Specialized addiction rehabilitation Services Intensive Outpatient Services – Youth

<p>Targeted Addictions</p>	
<p>Mandate Objectives</p>	<p>The goal of intensive outpatient services is to intensify and vary the activities offered to teens enrolled in outpatient services in addition to their counselling sessions. The purpose of adding an educator is to support the teen and provide them with more guidance in their process.</p>
<p>Target Population</p>	<ul style="list-style-type: none"> • Youth aged 12 to 17 in the Outaouais region with a substance use disorder (SUD) or problematic Internet and screen use • Adults aged 18 to 25 with an SUD receiving adult outpatient care • Youth leaving intensive rehabilitation and requiring some level of service continuity
<p>Program Activities</p>	<ul style="list-style-type: none"> • Individual, group, parental or family services • Many of our services are offered directly in high schools in the Outaouais region • Increase service intensity as required (Intensive Outpatient Services)
<p>How to Access Services</p>	<ul style="list-style-type: none"> • The user should be referred by their primary care provider for specialized outpatient addiction rehabilitation services.
<p>Eligibility Criteria</p>	<p>Level 2.1 to 2.5 needs level based on American Society of Addiction Medicine (ASAM) criteria</p> <p>Teenager</p> <ul style="list-style-type: none"> • DEP-ADO assessment, red light • DÉBA-Internet with a score of 39 or more <p>Family or friends</p> <ul style="list-style-type: none"> • Have a teenager in my immediate circle with a substance use disorder or problematic Internet and screen use • Be affected by the substance use disorder/addiction of a significant family member (parents, siblings, etc.)
<p>Contact Information</p>	<p>Services are available in the Vallée-de-la-Lièvre and Des Collines areas. Head office: 20 Pharand St., Gatineau, QC J9A 1K7 Phone: 819-771-7761</p>

Sources of Information for Addiction Workers

Organization	Mandate / Mission	Website
<p>Association des intervenants en dépendance du Québec (AIDQ)</p>	<p>Support, develop and promote addiction intervention practices.</p> <p>The holistic approach is encouraged and combines prevention, harm reduction, treatment and reintegration into an inclusive equation for those affected by addiction and those at risk of addiction.</p> <p>Non-problematic use or use that may have physical, mental and emotional health benefits are integrated into reflections.</p>	<p>https://www.aidq.org/en/</p>
<p>Association Québécoise pour la promotion de la santé des personnes utilisatrices de drogues (AQPSUD)</p>	<p>To promote health, prevent sexually transmitted and blood-borne infections (STBBI), and improve the living conditions of people who use drugs. The site provides tools and information promoting health and harm reduction: alcohol, drugs, advice to consumers, drugs and mental health, substitution therapy, STBBI, etc. The organization also manages the magazine <i>l'Injecteur</i>.</p>	<p>https://aqpsud.org/</p>
<p>British Columbia Centre on Substance Use (BCCSU)</p>	<p>To develop, support, and assess the implementation of evidence-based approaches in substance use and addiction.</p>	<p>https://www.bccsu.ca/</p>
<p>CAPSANA</p> <p>PAUSE: Screen-free time</p>	<p>Help individuals become responsible for their health and support professionals from different backgrounds so that they can better intervene with their clients, both in prevention and in support of at-risk youth.</p> <ul style="list-style-type: none"> • Better understand the phenomenon of hyperconnectivity; • Access to a detection tool as well as possible avenues for intervention avenues; • Provide advice to students and offer challenges for them to overcome. 	<p>https://www.capsana.ca/pause</p> <p>https://pausetonecran.com/ressources/</p>

Organization	Mandate / Mission	Website
Canadian Association of People who Use Drugs (CAPUD)	Give voice to people who currently use illegal drugs . CAPUD aims to develop networks of informed and empowered people working to improve their health and social conditions. People who use drugs should be engaged and involved in any service, policy or program designed for them. CAPUD provides information on the decriminalization of drug use , overdose prevention , news articles, etc.	https://www.capud.ca/
Canadian Canadian Substance Use Resource and Knowledge Exchange Centre (SURE) <i>Centre canadien d'échange de connaissances et de ressources sur l'usage de substances (CRUS)</i>	To bring together tools and resources to help communities implement a public health approach to substance use . The hope is that the range of resources will provide decision-makers, peer supporters, professionals and more with tools to inform their decisions and actions to protect and promote rights, the health and safety of people who use substances and the community.	https://substanceuse.ca https://substanceuse.ca/fr
(Canadian Centre on Substance Use and Addiction (CCSA))	To provide national leadership for matters involving addiction and substance use . Their mandate is to use evidence to undertake coordinated measures across Canada. Their data and analyses are used to inform policy development for all levels of government.	https://www.ccsa.ca/en
Centre de toxicomanie – Université de Sherbrooke	To provide training, conferences, seminars, and information sessions for addiction and mental health workers.	https://www.usherbrooke.ca/toxicomanie/
Addiction Prevention Centre (APC)	Support the fight against addictions in Quebec and Canada by participating in the advancement and transfer of knowledge on all addictions affecting the well-being of the population – alcohol , illicit drugs , drugs , gambling addiction , cyber-addiction, etc. This achieved by promoting the sharing of expertise, collaboration between the stakeholders concerned and the awareness of organizations and the public about the issues stemming from addiction.	https://www.cqld.ca/en/about-the-apc/mission-activities/

Organization	Mandate / Mission	Website
<p>Canadian Drug Policy Coalition (CDPC)</p> <p><i>Coalition canadienne des politiques sur les drogues (CCPD)</i></p>	<p>Promote and advance compassionate and science-based drug policies. The organization seeks to change the public perception of substance use and the people who use substances. Internationally, the coalition plays a key role at the United Nations and contributes to domestic processes on international drug policy. The site also features a Canadian map of harm reduction organizations.</p>	<p>https://drugpolicy.ca/ https://drugpolicy.ca/Harm-Reduction - Canadian Drug Policy Coalition</p>
<p><u>Connexions Resource Centre</u></p>	<p>To promote the health, well-being and vitality of the English-speaking population in the Outaouais region by providing information, making referrals, as well as developing and delivering health promotion programs and activities. This is done in collaboration with public and community partners to improve access to services.</p>	<p>https://centreconnexions.org/</p>
<p>Conseil québécois sur le tabac et la santé (CQTS)</p>	<p>Support the implementation of smoking and vaping prevention and cessation activities consistent with best practices, among adolescents in schools and youth organizations in the Outaouais region, but also provincially.</p>	<p>Accueil - Conseil québécois sur le tabac et la santé (cqts.gc.ca)</p>
<p>Addiction: Ministère de la Santé et des Services sociaux (MSSS)</p>	<p>Learn more about addictions (alcohol, drugs and gambling).</p>	<p>https://www.msss.gouv.qc.ca/professionnels/alcool-drogues-jeu/dependances/documentation/</p>
<p><u>Drogues, santé et société</u></p>	<p>Provide information through research findings, literature reviews or theoretical reflection articles or methodological commentaries on drug use (alcohol, cannabis, drugs or other psychoactive substances) or gambling. This French-language scientific journal is published twice a year and is freely available online.</p>	<p>https://drogues-sante-societe.ca/</p>
<p><u>Éduc'alcool</u></p>	<p>To inform, equip and educate Quebec residents about alcohol consumption. Their mission is also to influence collective action to raise public awareness and thus prevent high-risk drinking.</p>	<p>https://www.educalcool.qc.ca/</p>

Organization	Mandate / Mission	Website
<p><u>Équipe de soutien clinique et organisationnel en dépendance et itinérance</u></p>	<p>Provide provincial support to all health and social service professionals to address clinical and organizational issues related to addiction and homelessness services.</p>	<p>https://grip-prevention.ca/en/</p>
<p>Groupe de recherche et d'intervention psychosociale (GRIP)</p>	<p>Reduce the harms associated with substance use and prevent problematic use. The harm reduction approach includes educating and making information available on psychoactive substances, new patterns of use, ways to limit risky behaviours and negative consequences.</p> <p>The GRIP aims to make individuals, especially youth, more able to make informed, less risky and more responsible decisions about their substance use.</p>	<p>https://grip-prevention.ca/en/</p>
<p>Canadian Research Initiative in Substance Misuse (CRISM)</p> <p><i>Initiative Canadienne de Recherche en Abus de Substance (ICRAS)</i></p>	<p>To translate evidence-based interventions for substance use into clinical practice, community-based prevention, harm reduction, and changes in the health system. The focus is on the transfer and delivery of interventions. This national research consortium supports the creation of more effective, personalized and easily adopted intervention programs and services.</p>	<p>https://crism.ca/ https://icras-qc.ca/</p>
<p>Institut national de santé publique du Québec (INSPQ)</p>	<p>Support Quebec's Ministère de la Santé et des Services sociaux, regional public health authorities and institutions in assuming their responsibilities by making their expertise and specialized laboratory and screening services available.</p> <p>The INSPQ also serves other stakeholders, such as other government departments and agencies, the academic and research communities, Canadian and international public health organizations, Indigenous communities, the private sector and the general public.</p>	<p>Psychoactive substances, tobacco and gambling <u>Substances psychoactives, jeux de hasard et d'argent Institut national de santé publique du Québec (inspq.qc.ca)</u></p>

Organization	Mandate / Mission	Website
<p>Institut national d'excellence en santé et en services sociaux (INESSS)</p>	<p>Promote clinical excellence and effective use of resources in the health and social services sector.</p> <p>The themes of addiction and homelessness are a component of social services that includes works concerning services offered to people presenting at-risk behaviours, abuse problems or addiction to alcohol, drugs or gambling, as well as homeless people or at risk of becoming homeless.</p>	<p>https://www.inesss.qc.ca/en/thematiques/services-sociaux/addiction-and-homelessness.html</p>
<p>Institut universitaire sur les dépendances (IUD)</p>	<p>Develop knowledge in the field of addiction, in addition to assisting and supporting clinical settings through research to foster the development of leading practices. Through the dissemination and sharing of research and evidence-based knowledge, the IUD contributes to training health network stakeholders and partner organizations at the provincial level.</p>	<p>https://www.iud.quebec/en</p>
<p>Institut universitaire sur les dépendances (IUD)</p>	<p>Direct readers to reliable and freely accessible sources to promote knowledge on youth addiction.</p> <p>The objective of the Jeunesse et dépendance thematic collection is to provide information on, among other things, statistical data; risk factors and patterns of use; concurrent disorders and high-risk behaviours; and the continuum of prevention and intervention. Books are also available at the Centre québécois de documentation en toxicomanie (CQDT).</p>	<p>https://iud.quebec/fr/jeunesse-et-dependance</p>
<p>L'association québécoise des centres d'intervention en dépendance (AQCID)</p>	<p>To bring together, support, mobilize and represent community and non-profit organizations providing prevention, harm reduction and addiction and substance use treatment services in Quebec.</p>	<p>https://aqcid.com</p>
<p>Centre for Addiction and Mental Health (CAMH)</p>	<p>Educate about signs and symptoms, definitions and other important facts about mental health and addiction. Detailed information on several common mental disorders, substances, medications and</p>	<p>https://www.camh.ca/en/health-info/mental-illness-and-addiction-index</p>











Organization	Mandate / Mission	Website
	<p>treatments can be found in <i>the</i> Mental Illness & Addiction Index.</p> <p>To increase knowledge by consulting clear, reliable information on alcohol, cannabis, gambling, inhalants, street fentanyl, LSD, tobacco, and more.</p>	
<p>Centre pour l'intelligence émotionnelle en ligne (CIEL)</p>	<p>To open a dialogue about mental-health-related digital issues in order to make the relationship between people and social networks more positive.</p> <p>Offer Digital Wellness workshops to youth in collaboration with an interdisciplinary panel of experts.</p> <p>Disseminating the latest scientific knowledge about the environment online helps inform the public and raise public awareness through conferences and social networks.</p> <p>Workshops and conferences</p> <ul style="list-style-type: none"> • Digital self-defence workshop • Training - community, education or health • Various conferences 	<p>https://leciel.ca/ https://leciel.ca/bienetrenumerique</p>
<p>Recherche et intervention sur les substances psychoactives – Québec (RISQ)</p>	<p>Contribute to the development of more effective intervention strategies for addicts or people at risk of becoming addicts by bringing together researchers from all walks of life who are interested in the psychosocial aspects of addiction.</p>	<p>https://oraprdnt.uqtr.uguebec.ca/portail/gscw031?owa_no_site=5426</p>
<p>Official Government of Québec site – Consumption of alcohol and other drugs, and gambling</p>	<p>Prevent problems related to substance use and gambling, learn more about substance use and gambling, cannabis regulation in Quebec, help and resources.</p>	<p>https://www.quebec.ca/en/health/advice-and-prevention/alcohol-drugs-gambling</p>
<p>Toxquébec</p>	<p>To provide individuals and organizations interested in alcoholism, addiction, and excessive or pathological gambling with an easily accessible, reliable source of information.</p>	<p>https://toxquebec.com/</p>








Help and Information Resources for Outaouais Residents










The following icons are intended to make it easier to search by type of addiction and to identify the services offered by community organizations and the CISSS de l'Outaouais.

















Type of Addiction	
	Alcohol
	Drugs
	Gambling
	Internet and screens
	Tobacco and vaping













Services	
	Injection equipment
	Help by phone, in person or text
	Services offered in French
	Services offered in English
















Help and information resources	Services		Contact Information
<p>Action Toxicomanie</p>	    	<ul style="list-style-type: none"> • Promoting healthy life habits • Addiction prevention • Website: <ul style="list-style-type: none"> ○ Information for parents and youth aged 10 to 30 ○ Cannabis, energy drinks, cyber-addiction, gambling, etc. 	<p>https://www.actiontox.com/informations-dependances/index.html</p>
<p>Adogatineau.ca</p>		<ul style="list-style-type: none"> • Digital youth portal • Youth aged 12 to 17 • Recreational activities • Contests and events • Culture and inclusion • School and academic support • Employment and engagement • Environment, parks and green spaces • Us, city and media • Agencies • Health and support resources • Transportation 	<p>https://www.gatineau.ca/portail/default.aspx?p=ado_gatineau/accueil</p>
<p>Al-Anon</p>	   	<ul style="list-style-type: none"> • Al-Anon Family Groups • Loved ones affected by another person's drinking. • In-person meetings • Virtual meetings • Listening and sharing experiences with others in similar situations. • Free, confidential services 	<p>https://al-anon.org/</p> <p><u>In-person meetings</u> Twilight Group: Wednesdays at 1:15 p.m. John XXIII Church (basement) 1194 Saint-René Blvd. W., Gatineau, Door 2 at rear</p> <p>Hope Group Monday evenings at 8 p.m. St-Pierre-Chanel Church Réjean Gaudet Room 17 Des Groseilliers St., Gatineau</p> <p>Serenity Group Thursdays at 7:30 p.m.</p>


















Help and information resources	Services		Contact Information
			St-François-De-Sales Church (basement) 799 Jacques-Cartier St., Gatineau Virtual meetings https://meetings.al-anon.org/electronic-meeting-page/
Alateen	  	<ul style="list-style-type: none"> • Teens aged 13 to 18 affected by another person's drinking • Al-Anon Family Groups Mobile App • Electronic Meeting • Listening and sharing experiences with other teens in similar situations • Free, confidential services 	https://al-anon.org/newcomers/teen-corner-alateen/
Alcoholics Anonymous (AA)	   	<ul style="list-style-type: none"> • Someone with a drinking problem • In-person meetings • Virtual meetings • Telephone helpline from 9 a.m. to 10 p.m. • Free, confidential services 	https://www.aa.org/ Email: aide@aa90.org Gatineau: 819561-2002 Hull-Aylmer: 819-595-1916 Gatineau: in person Du Portage Wednesdays at 8 p.m. St-Pierre-Chanel Church 17 Devault St., Gatineau One Day at a Time Thursdays at 8 p.m. St-François-De-Sales Church (basement) 799 Jacques-Cartier St., Gatineau Hope Fridays at 8 p.m. St-Rosaire Church 5 Saint-Arthur St., Gatineau List of in-person meetings:
















Help and information resources	Services		Contact Information
			https://meetings.aa90.org/meetings/?region=gatineau Online AA meetings: Meetings – AA Québec (aa-quebec.org)
Libair mobile app	 	<ul style="list-style-type: none"> Youth aged 13 to 17 Vaping reduction/cessation program Modules <ul style="list-style-type: none"> Quitting Motivation Addiction Triggers Conversational support app Personalized support Support tools to manage vaping cravings 	Libair-toi de la dépendance
BRAS Outaouais	      	<ul style="list-style-type: none"> People living with HIV/AIDS and their loved ones Workshops and group activities Information, training and referrals Texting helpline: 819-303-3737 Substance analysis Distribution of materials: <ul style="list-style-type: none"> for safe substance use for sexual health (condoms, lubricants, etc.) Maison des Oliviers: shelter for people living with HIV/AIDS and/or HCV (hepatitis C virus) Maison Ru'elles: housing for women experiencing homelessness Supervised use site Intervention with men who have sex with men (MSM) Online sex work escort project (WETS) Outreach street work 	BRAS Outaouais 109 Wright St., Gatineau, QC J8X 2G7 819-776-2727 https://lebras.qc.ca/
















Help and information resources	Services		Contact Information
<p>Outaouais Quit Smoking Centre</p>	    	<ul style="list-style-type: none"> • Support for quitting smoking or vaping • Support from a smoking cessation counsellor <ul style="list-style-type: none"> - In-person counselling - Phone counselling • Free, confidential services • Ask for help: 819-966-6696 	<p>https://ciiss-outaouais.gouv.qc.ca/language/en/accessing-a-service/care-and-services-in-the-community/smoking-cessation-centre-stop-smoking/</p> <p>819-966-6696</p>
<p>Wanaki Centre</p>	    	<ul style="list-style-type: none"> • Adults • First Nations and Inuit • Algonquin Community of Kitigan Zibi Anishnabeg • Alcohol and drug addiction • Four-week online program • Virtual Sharing Circles: Wednesdays • Helpline: 1-800-745-4205 • Free, confidential services 	<p>https://www.wanakicenter.com/ www.wanakicenter.com</p> <p>admissions@wanakicentre.com</p> <p>50 Wanaki Mikan, PO Box 37 Maniwaki, QC J9E 3B3</p> <p>819-449-7000 poste 4227</p>
<p>Cocaine Anonymous CA</p>	     	<ul style="list-style-type: none"> • Support to stop using cocaine, alcohol and other drugs • Aimed at recovery • Virtual meetings • Sharing experiences with other members • Mutual aid: support from a sponsor • Helpline • 24 hours a day, 365 days a year • Free, confidential services 	<p>Toll-free: 1-877-806-0581</p> <p>https://www.caquebec.org/en/home/</p> <p>Virtual meetings: https://www.caquebec.org/en/meetings/</p>

Help and information resources	Services		Contact Information
<p>Drugs: Help and Referral</p>	    	<ul style="list-style-type: none"> • Someone concerned about their drug use • Friends and family concerned about a loved one's drug use • Helpline: listening, information, referrals • 24 hours a day, 365 days a year • Free, confidential services 	<p>1-800-265-2626 https://www.aidedrogue.ca/en/</p>
<p>Gamblers Anonymous GA</p>	   	<ul style="list-style-type: none"> • Gambling concerns you: betting, gambling • Support for quitting gambling • Aimed at recovery • Sharing experiences with other members • In-person meeting • Virtual meetings • Free and confidential services 	<p>French www.gaquebec.org 1-866-484-6664</p> <p>English www.gam-anon.org 1-866-484-6664</p> <p>In-person meetings Tuesdays at 7:30 p.m. St-Rosaire Parish Centre 5 Saint-Arthur St., Gatineau French</p> <p>Virtual meetings Saturdays at 10 a.m. Saturdays (gaquebec.org)</p>
<p>Info-social 811 option 2</p>	  	<ul style="list-style-type: none"> • Telephone support for yourself or loved one • 24 hours a day, 365 days a year • Free, confidential services 	<p>811, option 2</p>

Help and information resources	Services		Contact Information
<p>I QUIT NOW</p>	    	<ul style="list-style-type: none"> • Quitting smoking or vaping • Online help: Tools and videos to help overcome smoking or vaping urges • Free, confidential services 	<p>https://www.tobaccofreequebec.ca/iqitnow</p>
<p>Gambling: Help and Referral</p>	   	<ul style="list-style-type: none"> • Gamblers and their friends and family • Helpline: information, listening, referrals to support resources • Gambling problems • 24 hours a day, 7 days a week • Free, confidential services 	<p>https://aidejeu.ca/en/</p> <p>1-800-461-0140</p>
<p>Drug Free Kids Canada</p>	     	<ul style="list-style-type: none"> • Parents and guardians • Drug education and awareness • Tools for communicating with youth • Parent Support Hub: - free parental support service 24 hours a day, 7 days a week 	<p>https://drugfreekidscanada.org/</p> <p>Parental support Helpline: 1-866-381-1511</p> <p>Chat support</p>

Help and information resources	Services		Contact Information
<p>I QUIT NOW helpline</p>	    	<ul style="list-style-type: none"> • Someone who wants to quit smoking or vaping • Helpline <ul style="list-style-type: none"> - Monday to Thursday, 8 a.m. to 9 p.m. - Friday, 8 a.m. to 8 p.m. • Free, confidential services 	<p>1-866-527-7383</p>
<p><u>Parents' helpline:</u></p>	  	<ul style="list-style-type: none"> • Parents of children aged 0 to 20 • Helpline: 6 a.m. to midnight • Chat support: 6 a.m. to 10:30 p.m. • Free, confidential services 	<p>https://www.teljeunes.com/en/parents</p> <p>1-800-361-5085</p>
<p>Nar-Anon</p>	  	<ul style="list-style-type: none"> • Drug addicts' loved ones • People interested in services are redirected to Al-Anon groups • Free, confidential services 	<p>https://www.nar-anon.org/</p>
<p><u>Narcotics Anonymous</u></p>	     	<ul style="list-style-type: none"> • Someone with a major drug problem • In-person or virtual support groups • International association • Free, confidential services 	<p>https://na-outaouais.org/</p>

Help and information resources	Services		Contact Information
<p>SMAT</p>	    	<ul style="list-style-type: none"> Specifically targeting youth aged 18 to 34 Someone who wants to quit smoking or vaping Text support for 6 months Register via messenger or SMS by texting the word “SMAT” to 20202 Free, confidential services 	<p>https://smat.ca/fr/foire-aux-questions?lang=fr#faq-item-28</p>
<p>Talk Tobacco</p> <p>Parlez tabac</p>	     	<ul style="list-style-type: none"> For First Nations, Inuit, Métis and urban Indigenous populations Someone who smokes or vapes Culturally appropriate program Free, confidential information and support services <ul style="list-style-type: none"> - Phone - Chat - Text - Online community support 	<p>Home (smokershelpline.ca)</p> <p>Email: talktobacco@cancer.ca</p> <p>Services</p> <p>Phone: 1-833-998-8255</p> <p>Chat</p> <p>Texting: Text CHANGE to 123456</p> <p>Online community: Facebook.com/TalkTobacco</p>
<p>Quash</p>	   	<ul style="list-style-type: none"> Free mobile app Specifically targeting youth aged 14 to 19 Quitting Smoking/Vaping Program <ul style="list-style-type: none"> - Make a personal plan - Meet objectives - Control your cigarette or vape cravings - Adopt new health habits 	<p>https://www.quashapp.com/</p>

Help and information resources	Services		Contact Information
Tel-aide Outaouais	 	<ul style="list-style-type: none"> • French helpline • Listening and referrals • 24 hours a day, 365 days a year • Free, confidential services 	https://telaideoutaouais.ca/ Helpline Outaouais 819-775-3223 Ottawa area: 613-741-6433
Tel-Jeunes	      	<ul style="list-style-type: none"> • https://www.teljeunes.com/en • Information on alcohol, drugs and other subjects • Phone, chat and text support: listening, referral and intervention • Youth services: <ul style="list-style-type: none"> - Helpline: 6 a.m. to 2:00 a.m. - Texting helpline: 8 a.m. to 10:30 p.m. - Chat: 8 a.m. to 10:30 p.m. • Services for parents: <ul style="list-style-type: none"> - Helpline: 6 a.m. to midnight - Chat: 6 a.m. to 10:30 p.m. • Free, confidential services 	www.teljeunes.com Teens Phone: 1-800-263-2266 SMS: 514-600-1002 Chat Parents Phone: 1-800-631-5085 Chat
Trouve ton centre	     	<ul style="list-style-type: none"> • Quebec Directory of Addiction and Substance Use Intervention Centres • Contact information for centres: <ul style="list-style-type: none"> - Therapy - Prevention - Harm reduction - Naloxone distribution 	https://www.trouvetoncentre.com/en/ 1-800-265-2626