

Directory of Resources and Services

2022 - 2026



Family and Seniors Policy Project



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Layout: David Rollert

Electronic version: <https://bolton-ouest.ca/politique-des-familles-et-des-aines/>

Information as of July 04, 2022

















Cover photo by David Rollert: St. Michael's and All Angels Church on Glen Road

SECURITY




<i>Service</i>	<i>Description</i>	<i>Contact info</i>	<i>Comments</i>
Emergency / First Responders	For any type of emergency	☎ 911 ✉ premier.repondant@ville.lac-brome.qc.ca	For emergencies: health, fires, accidents, etc.
Police / Sûreté du Québec	Police intervention	☎ 911 for any emergency 310-4141 or *4141 for a complaint or police assistance 450 266-1122 for general information 💻 www.sq.gouv.qc.ca 📍 2733 rue Principale, Dunham	To report violations, suspicious behaviour, etc.
Fire	Town of Brome Lake Fire Department	☎ 911 or 450 243-6111 💻 incendie@ville.lac-brome.qc.ca	
Centre d'aide et de lutte contre les agressions à caractère sexuel [CALACS]	Female or adolescent victims, 14 years and older	☎ 450 375-3338 ✉ info@calacsdesrivieres.ca 📍 C.P. 63, Granby, J2G 8E2 💻 www.calacsca.qc.ca	Women or adolescent girls
SOS Domestic violence 24/7	Spousal violence [urgent or non-urgent]	☎ 450-263-5046 or 1-800-363-9010 Text 438-601-1211 💻 www.sosviolenceconjugale.ca	To connect with a shelter for safety and support








HEALTH and SOCIAL SERVICES





























Service	Description	Contact info.	Comments
<i>MEDICAL EMERGENCIES</i>			
Brome-Missisquoi-Perkins Hospital (BMP)	Regional Hospital located in Cowansville	☎ 450 266-4342 (select option 5) 📍 950 rue Principale, Cowansville	Medical care and emergency
GMF Lac-Brome	Medical Clinic	☎ 450 243-5043 📍 280 Victoria Street, Brome Lake	With or without an appointment
CHUS CIUSSS de l'Estrée -	Centre hospitalier universitaire de Sherbrooke	☎ 819 346-1110 📍 3001 12th Avenue N, Sherbrooke 💻 https://www.santeestrie.qc.ca/accueil/	Medical care and emergency
<i>PHYSICAL AND MENTAL HEALTH</i>			
Guichet d'accès à la première ligne (GAP Estrie)	Short-term consultation with a health professional for an active health problem if the person does not have a family doctor	☎ 1 877 791-5439, option 1 💻 https://www.santeestrie.qc.ca/soins-services/pour-tous/acces-a-un-medecin-de-famille/guichet-dacces-a-la-premiere-ligne-gap-estrie	Assessment of your need over the phone, proposal of necessary service (nurse, social worker, pharmacist, family doctor, other health professional)
Covid-19 Vaccination Assistance Service	Assistance service for making appointments and organizing transportation	☎ 450 242-2704 ✉ reception@bolton-ouest.ca 📍 9, chemin Town Hall, Bolton-Ouest 💻 https://bolton-ouest.ca/	A \$9 fee for transportation may apply
Brome Lake C.L.S.C.	Medical care	☎ 450 242-2001 📍 270 Victoria Street, Brome Lake	Specimens, vaccines, screening, follow-up dressings, etc.
Info-Santé 811	Non-urgent health problem	☎ 811 (Choose option 1) 💻 https://santemontreal.qc.ca/population/services/consulter-un-professionnel-une-infirmiere-un-medecin-ou-un-pharmacien/	To reach a nurse quickly in case of non-urgent health problem (flu, cold, fever, swelling, itching, etc.) 24/7





Info-Social 811	Psychological distress	 811 (Choose option 2)  www.santemontreal.qc.ca/population/services/info-sante-et-info-social-8-1-1	To talk to a psychosocial worker (bereavement, drug or alcohol use, job loss, depression, anxiety, suicidal ideation, couple problems, parenting difficulties, etc.) 24/7
Tel-Elders	Seniors' Helpline	 514 353-2463  www.tel-ecoute.org/programme-tel-aines	An anonymous service available 7 days a week, from 10 am to 10 pm. For supportive listening or referrals according to your needs.
Centre de prévention du suicide de la Haute-Yamaska (CPS)	People in distress or who are suicidal	 450 375-4252 or 1 866 CALL  cpshy@qc.aira.com  328 rue Principale, Granby	
Brome-Missisquoi Diabetes (DBM)	People with diabetes	 450 248-2244  diabetebmhr@gmail.com  2 Adhémar-Cusson Street, Bedford C.P. :1238	
Oasis Santé mentale (Granby region)	Families and loved ones of people with mental health problems	 450 777-7131 / 1-855-272-7837  info@oasissantementale.org  177 rue Denison, Granby	
Entrée Chez Soi Brome-Missisquoi	Community supportive care towards autonomy of people with mental health problems	 450 955-3399  217 Oxford Street, Cowansville  www.entreechezsoi.org	Global and alternative approach *Services in French only

COMMUNITY ASSISTANCE










Outreach worker for seniors – Marta Gubert Gomes	Outreach work with seniors to facilitate the link between citizens and available social and community services	 450 204-9423  mggaclb@gmail.com  www.facebook.com/ACLB.AINES.SENIORS	
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Brome Lake Centre Food Bank	Food assistance	 450 242-2020 ext. 319 (Leave your name, phone number and the number of people to feed on the answering service)  270 Victoria Street, Brome Lake	Every penultimate Friday of the month, from 9:30 a.m. to 10:00 a.m. Christmas baskets available upon registration
Municipality of West Bolton	Reusable diapers – financial assistance program	 450 242-2704  dga@bolton-ouest.ca  9, chemin Town Hall, Bolton-Ouest  https://bolton-ouest.ca/	Financial assistance of up to \$150 per child per year to encourage the use of reusable diapers when presenting proof of the child's birth and residence as well as an invoice for the purchase of a set of reusable diapers
Pair Program	Free robocall service that communicates with seniors every day at a pre-determined time	 1 877 997-PAIR (7247) Bromont alarm centre: 450 534-2454	Flexible and bilingual, this service is intended for people with a loss of autonomy living alone, whose contacts are distant, often forgetting to take their medication or eat, or living in a situation of psychological distress, or for a caregiver in a peculiar situation.
Maison de la famille Cowansville	Families and parents of children aged 0 to 12 Drop-in daycare: children from 18 months to 5 years Stimulation workshops: children from 3 to 5 years old	 450 815-1110  maisondefamillecowansville@gmail.com  m  1159 South Street, Cowansville www.maisondefamillecowansville.com/	Free access to several activities and services with the purchase of a of \$20 membership card per family (valid for 1 year) * Website: French only
Regroupement Soutien aux Aidants de Brome-Missisquoi and Maison Gilles-Carle	Caregivers	 450-263-4236 / 1-877-248-4236  direction@rsabm.ca  614, boulevard J.-André-Deragon, Cowansville	
Yamaska Literacy Council	Literacy	 450-263-7503 / 1-866-337-7503  info@yamaskaliteracy.ca  505 South, Suite 203, Cowansville	

AVANTE	Anglophone Women's Centre	 450 248-0530  info@avantewomenscentre.org  15, rue du Pont, Bedford, J0J 1A0  www.avantewomenscentre.org
Association PANDA Brome-Missisquoi	Supports family and children with learning disabilities, ADHD	 450 248-3737 / 1 877 248-3737  pandabromemissisquoi@gmail.com  52 Du Pont Street , Bedford
Social Pediatrics Center "Main dans la main"	Children from 0-14 years Intervention, support for parents	 450 260-1414  ts@cpscmaindanslamain.org  215 Du Sud Street, Cowansville
Association of Parents of Persons with Disabilities (APPHBM)	Support for parents of children with disabilities and ID/ASD, respite, activities	 450 266-1566  apphbm@gmail.com  370 de la Rivière Street, Cowansville
Full shelves	Social integration DI-TSA, maintenance brigade	 450 263-5300  pleinsrayons@outlook.com  790 rue du Sud, Cowansville
Association des personnes handicapées physiques de Brome-Missisquoi (APHPBM)	Persons with physical and/or sensory disabilities (adults), accessible to all	 450 266-4744  info@aphpbm.org  505 Du Sud Street , Local 204, Cowansville
Camp Garagona	Respite camp for people with DI-ASD.	 450 298-5159  info@campgaragona.qc.ca  23, chemin Garagona, Frelighsburg
Parentfant Montérégie (The)	Families and children 0 - 18 years, access rights	 450 263-5000  directrice.parenfant@outlook.com  302, rue Albert, Cowansville
Collective par et pour Elle (Centre femmes des cantons)	Women's centre, activities, workshops, support, listening	 450-263-1028  lcppei@citenet.net  119, Dieppe, Cowansville, J2K 1H1

Action-Plus Brome-Missisquoi (Social Rights Advocacy Group)	Advocacy for people on social assistance and low incomes	 450 293-2123  actionplusbm@videotron.ca  112 South Street, Suite 300, Cowansville	
Volunteer Wellness Center	Transportation, Meals on Wheels	 450 242-2020  270 Victoria Street , Brome Lake	
Family Contact – Joanne Nowak	Support for parents, workshops, drop-in daycare	 450-242-2020, ext. 306  infofoisirs@ville.lac-brome.qc.ca  Brome Lake Centre 270 Victoria Street , Brome Lake  http://lacbrome.ca/loisirs/familles/	
Quebec Cancer Foundation	Daily support for people affected by cancer	 1 800 363-0063  infocancer@fqc.qc.ca www.fqc.qc.ca	Concrete services adapted to the needs of people affected by cancer.
Canadian Cancer Society	Financial assistance program for low-income people for transportation costs during chemotherapy and radiotherapy treatments.	 1 888 939-3333  www.cancer.ca	Information service, virtual conferences, telephone pairing, support group, prostheses, accommodation during treatments.
Hospitality at CHUS Fleurimont	Accommodation at the CHUS for patients undergoing cancer treatments (offered by the Quebec Cancer Foundation)	 819 822-2125  3001 12th Avenue N, Gate 36, Sherbrooke  www.fqc.qc.ca/fr/besoin-d-aide/hebergement	Reduced pricing for patients. Possibility of accommodation* for the accompanying spouse. *Accommodation: Services in French only
Maison Au Diapason	Palliative care	 450 534-2002  info@audiapason.org  50, rue du Diapason, Bromont  www.audiapason.org	Supportive care of people with cancer, their loved ones as well as people at end of life and in mourning.
Living room	Voluntary shelter for young people	 450 955-0622  evlr@videotron.ca  265, rue Hanson, Cowansville	

LOSS OF AUTONOMY

Loss of autonomy	Government Service	 www4.gouv.qc.ca/FR/Portail/Citoyens/Evenements/perdre-son-autonomie	Personalized online program that provides guidelines to follow based on the type of loss of autonomy
Alzheimer Society (Granby and region)	Information and support services for families and individuals affected by Alzheimer's disease	 450 777-3363 or 1 844 623-3363  info@alzheimergranby.ca  350 Principale Street, Suite 120, Cowansville  www.alzheimergranby.ca	Supportive care, stimulation, respite, socialization, meetings, family support, telephone support, conferences, symposia
Baluchon Alzheimer	Respite and home support service	 514 762-2667  www.baluchonalzheimer.com	Duration: 4 to 14 days, 24/7.
Home support cooperative of the Pays des Vergers	Elderly and people with limitations, care assistance, housekeeping	 450 266-5484 / 1 888 767-2433  info@soutienadomicile.coop  5-224 Du Sud Street , Cowansville	

WOMEN OR MEN IN DIFFICULTY








Horizon pour elle	Spousal violence Help centre and accommodation and external services	 450 263-5046  direction@horizonpourelle.ca  C.P. 248, Cowansville  http://horizonpourelle.ca	A safe and temporary living environment that meets the needs of women (with or without children) who are victims of domestic violence
Le Passant	Shelter for men in difficulty	 450 375-4404  lepassant@bell.net  436, rue Horner, Granby  www.lepassant.org	Requests must be made by phone.
The Haute-Yamaska Resource for men	Men's health and well-being: for men with personal problems	 450 777-6680  direction@rhhy.qc.ca  739 Dufferin Street, Granby  www.rhhy.qc.ca	Examples: men dealing with breakups, with violent behaviours or who were sexually abused as children. Requests must be made by phone.

Alternative justice and mediation	Young offenders, mediation, elder abuse	 450 770-4208  info@jamed.org  400 Principale Street , s. 203, Granby	
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GOVERNMENT SERVICES







Régie de l'assurance maladie du Québec	Financial exemption program for home help services	 1 888 594-5155  https://www.ramq.gouv.qc.ca/fr/citoyens/programmes-aide/aide-domestique	Call for information or visit website
Old Age Security Pension		 1 800 277-9915  www.canada.ca	
Tax credit for home-support services for seniors	Tax credit corresponding to 30% of expenses incurred to receive services	 1 800 267-6299  www.revenuquebec.ca	For seniors aged 70 and above

JOB SEARCH SUPPORT





Carrefour Jeunesse Emploi des Cantons de l'Est	Young adults 16-35 years old, job search support	 450-266-0993 / 1-877-253-1635  cje-cowansville@passage.qc.ca  403 rue du Sud	Youths
Oboulo	Job search support	 450-266-0888  cowansville@oboulo.ca  515, rue du Sud, bureau 206, Cowansville  www.oboulo.ca	Adults

LEISURE

Service	Description	Contact info.	Comments
Club de la bonne humeur (FADOQ)	Activities for 50+ years	 450 243-5620  clubdelabonnehumeur@gmail.com  5, chemin Mill, Lac-Brome	Seniors
Hiking	Brome-Missisquoi	 https://tourismebrome-missisquoi.ca/activite/randonnee/	
	Eastern Townships Trails	 https://www.lesentiersdelestrie.qc.ca/ * Website: in French only	
Cycling		 https://tourismebrome-missisquoi.ca/activite/velo/	In addition to country roads, several bike paths are accessible in the vicinity of West Bolton
Brome Lake Recreation	List of activities, organizations and calendar of events	 www.ville.lac-brome.qc.ca	Intermunicipal Agreement with the Town of Brome Lake: For West Bolton residents, instant resident discount, family pricing, access to equipment (sports facilities and gym)
Aquatic centre – indoor pool	Activities covered: Swimming lessons; Specialized courses in rescue; Cowansville Swim Team	 450 263-6464  431 Bachand Street, Cowansville  www.ville.cowansville.qc.ca/fr/citoyen/nav/733C/centreaquatiquepiscineinterieur.html	Intermunicipal agreement with the Town of Cowansville: For permanent residents of West Bolton, access to covered activities at the same rate as Cowansville residents
Pettes Memorial Library	Digital publications, children's section, reading corner with comfortable chairs	 450 243-6128  276, chemin Knowlton, Lac Brome  www.pettes.ca	Library accessible to West Bolton residents free of charge
Le Sac à mots Bookshop and sale of used books	Literacy, francization	 450 266-3766  sacamots.alpha@gmail.com  706 Du Sud Street , Cowansville	For all













Tour des Arts	Visit of artisans / artists of the region	 1 800 565-8455  https://tourdesarts.com/en/?noredirect=en_CA	To discover and encourage our many local talents. Takes place over a week in July. (See dates on website)
Neighbours' Day	Annual meeting of West Bolton residents where local products are highlighted	 450 242-2704  reception@bolton-ouest.ca  9, chemin Town Hall, Bolton-Ouest  https://bolton-ouest.ca/ (Monitor the Announcements of the Municipality)	Festive event in a rural setting Watch out for announcements from the Municipality

SOCIAL PARTICIPATION



<i>Service</i>	<i>Description</i>	<i>Contact info.</i>	<i>Comments</i>
Volunteering and social involvement	Diverse Volunteer Opportunities at the Municipality of West Bolton	 450 242-2704  dga@bolton-ouest.ca  9, chemin Town Hall, Bolton-Ouest  https://bolton-ouest.ca/	Those interested in volunteering in the Municipality of West Bolton are invited to contact the municipality

HABITAT - LIVING ENVIRONMENT

Service	Description	Contact info.	Comments
Pharmacies	Home delivery	<p>Uniprix Jean-Marc Bélanger</p> <p>☎ 450 243-5700</p> <p>📍 310 Knowlton Road, Brome Lake</p> <p>💻 https://www.uniprix.com/fr/succursales/belanger-jean-marc-lac-brome?utm_source=Google&utm_medium=maps&utm_campaign=Local Presence</p> <p>Familiprix Jean-Philippe Bergeron, François-Dominique Scott and Théo Quignon</p> <p>☎ 450 242-2113</p> <p>📍 475 Knowlton Road, Brome Lake</p> <p>💻 https://www.familiprix.com/fr/pharmacies/jean-philippe-bergeron-francois-dominique-scott-et-theo-quignon-b21ad14f-d3eb-4c48-83ce-91fd8487573f?section=lab</p>	
Grocery delivery service	Free grocery delivery service	<p>☎ 450 242-2704</p> <p>📍 9, chemin Town Hall, Bolton-Ouest</p> <p>💻 https://bolton-ouest.ca/</p>	<p>Agreement with Métro Plouffe in Waterloo:</p> <p>West Bolton residents place their order no later than Tuesday at noon for delivery by volunteers on Wednesday</p>

Grocery stores		<p>Marché Plouffe Waterloo Inc.</p> <p> 450 539-2833</p> <p> 4615 Rue Foster, Waterloo</p> <p> https://www.metro.ca/en/find-a-grocery/22</p>	
		<p>IGA Knowlton</p> <p> 450 243-6692</p> <p> 461 Knowlton Street, Brome Lake</p> <p> https://www.iga.net/fr/recherche_de_magasin/magasin/0286?utm_source=G&utm_medium=lpm&utm_campaign=SobeysMontreal</p>	No delivery, no pick-up
Housing allowance	For people aged 50 and over with a modest income who do not live in an already subsidized institution	<p> 1 800 463-4315</p> <p> www.habitation.gouv.qc.ca</p>	
Municipal Housing Authority Brome-Missisquoi	Low-rent housing (HLM)	<p> 450 263-2143</p> <p> 125 Jean-Jacques-Bertrand Street, Cowansville</p>	
Manoir du Lac-Brome	Residence for autonomous or semi-autonomous people	<p> 450 242-4663</p> <p> 28, chemin du Mont-Écho, Lac-Brome</p> <p> www.manoirlacbrome.com</p>	Accommodation for people with cancer, Alzheimer's disease, or cognitive loss
Excelsoins Knowlton	Seniors' residence, short or long-term stays	<p> 450 242-1621</p> <p> 401, chemin Knowlton, Lac-Brome</p> <p> www.excelsoins.com</p>	Nursing presence 24/7
Bonjour Résidences	Seniors' Residence Search Tool	<p> 1 844 918-1020</p> <p> www.bonjourresidences.com</p>	
Residence Le Panier Fleuri	Residence for autonomous and semi-autonomous people for short or long stays or convalescence	<p> 450 263-0032</p> <p> 419 Principale Street, Cowansville</p> <p> www.residencelepanierfleuri.com</p>	

TRANSPORT – MOBILITY












<i>Service</i>	<i>Description</i>	<i>Contact info.</i>	<i>Comments</i>
Brome-Missisquoi R.C.M. Paratransit	Adapted and collective transport for people with limited mobility.	 450 263-7010 / 1 866 890-5242  749 rue Principale, Cowansville  https://mrcbm.qc.ca/fr/transp_adapte.php  ?	
Taxi AB-Taxi 2020	Taxi and paratransit service	 450 263-2020  107 Olivier Street, Cowansville  https://taxi-ab-cowansville.business.site/?utm_source=google&utm_medium=referral	
Société de l'assurance automobile du Québec - SAAQ Driving: assessment	In case of concerns related to a person's ability to drive	 1 800 361-7620  www.saaq.gouv.qc.ca/	You can inform the SAAQ confidentially.

RESPECT and SOCIAL INCLUSION










Service	Description	Contact info.	Comments
Brome-Missisquoi Caregiver Support Group and Maison Gilles-Carle	For caregivers in Brome-Missisquoi	 450 263-4236  info@rsabm.ca  614 J.-André-Deragon Boulevard, Cowansville  www.rsabm.ca	Respite, supportive care, helping relationship and training.
Solidarité Ethnique Régionale de la Yamaska (SERY) (service point from Brome-Missisquoi to the RCM)	Services for immigrants	 450 266-4900 ext. 296  direction@sery-granby.org  749 rue Principale, Cowansville	Service in French only
AQDR (Association québécoise de défense des retraités Granby)	Defense of the rights of retirees, activities, etc.	 450 372-3038  aqdrgranby@outlook.com  170, St-Antoine Nord, Suite 306, Granby  www.aqdrgranby.org	Service in French only
Support Helpline	Professional telephone service for listening, support and referral adapted to the needs of caregivers of seniors	 1 855 852-7784  www.lappui.org	Accompany and support caregivers in their efforts, from the beginning and throughout their journey, in addition to directing them to community resources
Roman-Appui (Montréal)	Organization that aims to bring together, support and accompany organizations and caregivers of seniors in Montréal	 514 767-4511  roman@aidantsnaturels.org  www.aidantsnaturels.org	Service in French only

COMMUNICATION and INFORMATION

Service	Description	Contact info.	Comments
<i>WEST BOLTON MUNICIPAL SERVICES</i>			
Elected municipal officials	To contact the mayor or a councillor, you can call the municipality and ask to speak to the elected official in question or send them an email	<p>☎ 450 242-2704</p> <p>✉ Denis Vaillancourt, Mayor: dvaillancourt@bolton-ouest.ca</p> <p>Margarita Lafontaine, Councillor: mlafontaine@bolton-ouest.ca</p> <p>Jean-Pierre Pouliot, Councillor: jppouliot@bolton-ouest.ca</p> <p>Loren Allen, Councillor: lallen@bolton-ouest.ca</p> <p>Eddy Whitcher, Councillor: ewhitcher@bolton-ouest.ca</p> <p>Gilles Asselin, Councillor: gasselin@bolton-ouest.ca</p> <p>Nancy Lanteigne, Councillor: nlanteigne@bolton-ouest.ca</p> <p>💻 https://bolton-ouest.ca/conseil-muni/</p>	Monitor the municipality's website for updates
Newsletter of the Municipality	Newsletter sent to residents	<p>Fill out the subscription form at:</p> <p>💻 https://app.cyberimpact.com/clients/24193/subscribe-forms/C7A67463-8026-4062-A2D3-4D4C1C1D1794</p> <p>or call the municipality at</p> <p>☎ 450 242-2704</p>	<p>Communicates news and novelties of the municipality, press releases of the RCM and the provincial government</p> <p>Electronic format</p>
La Source	Official Municipal Bulletin of the Municipality	<p>☎ 450 242-2704</p> <p>✉ reception@bolton-ouest.ca</p> <p>📮 9, chemin Town Hall, Bolton-Ouest</p> <p>💻 https://bolton-ouest.ca/</p>	This newsletter is published several times a year and distributed to all residences in the municipality.

CITAM Telephone Service	CITAM offers mass alert and notification software and a request and complaint management system. This service is available 24/7.	 450 242-2704  reception@bolton-ouest.ca  9, chemin Town Hall, Bolton-Ouest  https://bolton-ouest.ca/	With CITAM, residents can, for example, report one-off problems to the municipality by creating a request and monitoring how it is processed without having to call the municipality.
Mass alert and notification system	Emergency Communication Service (See CITAM above)	 450 242-2704  reception@bolton-ouest.ca  9, chemin Town Hall, Bolton-Ouest  https://bolton-ouest.ca/	You must register with the municipality to be notified by this system in the event of an emergency.
IHR Télécom	Fiber optic internet	 450 346-0057  https://ihrtelecom.com  info@ihrtelecom.com	Optic fiber is scheduled to be available in West Bolton as of September 2022

OTHER SERVICES

Information hub for Seniors	Support service of the Cowansville Volunteer Centre to better understand the various <u>government programs</u> affecting seniors and allowing them to improve their quality of life.	 450 263-3758  201 Principale Street, Cowansville  www.cabcowansville.com	Free and confidential.
Services Quebec Cowansville	Information centre for provincial government programs and services	 450 263-1515 1-800-463-0230 (toll-free)  406 South Street, 2nd Floor, Cowansville  www.quebec.ca	
Service Canada	Information centre for federal government programs and services	 1 800 622-6232  224 Du Sud Street, Cowansville  www.servicecanada.gc.ca	

MPP Brome-Missisquoi	Isabelle Charest	 450 266-7410 Toll free: 1 833 257-7410  Isabelle.charest.BRMI@assnat.qc.ca  170 Sherbrooke Street, Suite 205, Cowansville
Member of Parliament Brome-Missisquoi	Pascale St-Onge	 450 263-5026 OR 1-866-683-5538  pascale.st-onge@parl.qc.ca  301-145 Sherbrooke Street, Cowansville  https://www.noscommunes.ca/members/fr/constituencies/brome-missisquoi(652)
Minister Responsible for Seniors and Caregivers	Marguerite Blais	 418 266-7191  ministre.responsable@msss.gouv.qc.ca
Régie des rentes du Québec (Retraite Québec)		 1 800 463-5185  www.retraitequebec.gouv.qc.ca