

# Directory of services for seniors and their loved ones - Avignon

Last updated : 30-06-2025

Available online on the MRC Avignon website



## Domestic help service

### Entre-Tiens d'Avignon

Home assistance services (personal care, respite, housekeeping, etc.)

☎ **418-364-3699**

✉ [info@cadavignon.com](mailto:info@cadavignon.com)

## Food

### Bonavignon Food Source

Collective kitchens, food assistance, community garden, and cooking workshops.

☎ **418-759-8000**

✉ [sourcealimentaire@gmail.com](mailto:sourcealimentaire@gmail.com)

## Volunteer action centers

### CAB Saint-Alphonse-Nouvelle

Frozen meals, friendly visits, medical accompaniment/transport, work with seniors, prevention and awareness for seniors, clothing counter, SécuriCAB, seniors' café, integration and reception of newcomers.

☎ **1-844-689-1505**

✉ [gim@cjpqc.ca](mailto:gim@cjpqc.ca)

### CAB Ascension-Escuminac

Frozen meals, Meals on Wheels, medical accompaniment/transport, clothing counter, community worker for seniors, friendly visits/calls.

☎ **418-865-2740**

✉ [direction@cabmatapedia.com](mailto:direction@cabmatapedia.com)

## Rights

### Équijustice Gaspésie

Citizen mediation service for conflicts, cybercrime, harassment, intimate partner violence, or abuse.

☎ **1-877-303-3016**

✉ [gaspesie@equijustice.ca](mailto:gaspesie@equijustice.ca)

### Complaint Assistance and Support Center (CAAP)

Information on rights and support in the complaint process for users of health and social services, as well as for problems with the lease or services offered to residents of a private seniors' residence.

☎ **1-877-767-2227**

### Community Justice Center

Personalized legal information, support and guidance, separation information service, and small claims file information service.

☎ **1-844-689-1505**

✉ [gim@cjpqc.ca](mailto:gim@cjpqc.ca)

### Mental Health Rights and Recourse Gaspésie-Les-Îles

Support and assistance in defending rights and information workshops.

☎ **1-800-463-6192**

✉ [info@drsmgim.org](mailto:info@drsmgim.org)

## Activities & Leisure

### Carrefour 50 + du Québec

Association of clubs for people aged 50 and over. Cultural activities, sports, recreation, outdoor activities, etc.

☎ **1-855-722-6077**

### Games 50 and + Gaspésie-Îles-de-la-Madeleine

Leisure, sports and physical activities for people aged 50 and over.

☎ **418-388-5099**

✉ [jeux50@globetrotter.net](mailto:jeux50@globetrotter.net)

## Helplines

### Cancer Info Line

A telephone information service for individuals with cancer or their loved ones.

☎ **1-800-363-0063**

### L'APPUI for Caregivers (info-caregiver)

A telephone service offering listening, information, and referral for family caregivers.

☎ **1-855-852-7784**

### Adult Abuse Helpline Seniors

Offers a confidential, bilingual, and free service from 8:00 AM to 8:00 PM, 7 days a week, for seniors experiencing abuse, their loved ones, or witnesses.

☎ **1-888-489-2287**

### Suicide Prevention Helpline

A telephone intervention service for suicide prevention, available 24/7.

☎ **1-866-277-3553**

### InfoDiabetes Service Line

A telephone information and referral service for individuals with questions about diabetes.

☎ **1-800-361-3504**

## Mistreatment/abuse

### Women's Shelter and Support House L'Émergence

Confidential and professional services available 24/7 for women who are victims of domestic violence.

☎ **1-866-759-3411**

✉ [info@maisonlemergence.com](mailto:info@maisonlemergence.com)

### Crime Victim Assistance Center Gaspésie-Îles-de-la-Madeleine (CAVAC GIM)

Support and assistance during the judicial process, information on rights and recourse, referral to resources, and psychosocial intervention.

☎ **1-866-892-4331**

✉ [admin@cavacgim.com](mailto:admin@cavacgim.com)

### Sexual Assault Support and Advocacy Center (CALACS) La Bête-Gaspésie

Help, support, and assistance for individuals aged 14 and older who are victims of sexual assault, as well as their loved ones.

☎ **1-866-968-6686**

## Support

### Association of TBI and Stroke Survivors of Gaspésie-Îles-de-la-Madeleine

Support for individuals with brain injuries and strokes, as well as their loved ones, in their legal, medical, educational, work-related, and recreational endeavors, etc.

☎ **418-759-5120**

✉ [assotccacv@outlook.com](mailto:assotccacv@outlook.com)

### Convergence - Support Service for Men of Gaspésie

For men who are victims of domestic violence, exhibit violent behaviors, or are experiencing a breakup.

☎ **1-855-866-4455**

### Nouveau Regard

Services for the loved ones of individuals with mental illnesses.

☎ **1-888-503-6414**

✉ [info@nouveau REGARD.gc.ca](mailto:info@nouveau REGARD.gc.ca)

# Directory of services for seniors and their loved ones - Avignon

Last updated : 30-06-2025 Available online on the MRC Avignon website



## Support (Continued)

### Community Worker for Seniors

Listening, support, and referral to available help and resources to improve quality of life.

#### Ascension-Escuminac

☎ Office : 418-865-2740 poste 5

☎ Cell : 418-320-9552

✉ [itmav@cabmatapedia.com](mailto:itmav@cabmatapedia.com)

#### Saint-Alphonse-Nouvelle

☎ Office : 418-759-3131 poste 2

☎ Cell: 581-886-9348

✉ [fmilieu@cabmaria.com](mailto:fmilieu@cabmaria.com)

### Mi-Chemin

Listening, mutual aid and support activities, referrals, personalized follow-up for people facing addiction disorders as well as their loved ones.

☎ **418-368-6676**

✉ [direction@mi-chemin-gaspe-inc.ca](mailto:direction@mi-chemin-gaspe-inc.ca)

### Alzheimer Society (SAGÎM)

Support services for individuals with Alzheimer's disease or other related diseases and their loved ones.

☎ **418-865-0270** (Matapédia)

☎ **418-759-1820** (Maria)

✉ [info@sagim.ca](mailto:info@sagim.ca)

### Committee for Anglophone Social Action (CASA)

Support services, tools, and referrals for the anglophone population.

☎ **418-752-5995**

✉ [info@casa-gaspe.com](mailto:info@casa-gaspe.com)

### Men's Health and Well-being

A website gathering tips, resources, and tools for men.

🌐 [www.hommesgim.ca](http://www.hommesgim.ca)

### Gaspé Organization for People with Cancer (OGPAC)

Support and assistance for individuals with cancer and their loved ones.

☎ **1-888-924-5050**

### LGBTQ+ Association of Baie-des-Chaleurs

Support, assistance, and referral for 2SLGBTQIA+ communities, their families, and individuals questioning their identity.

☎ **581-886-5428**

### Centre Accalmie

Accommodation for people in difficulty, psychosocial support.

☎ **418-788-2406**

✉ [direction@centreaccalmie.org](mailto:direction@centreaccalmie.org)

### Centr'Elles, women's action committee of Avignon

Active listening, support, guidance, and activities for women.

☎ **1-888-364-3157**

✉ [coordo@centrellesfemmes.com](mailto:coordo@centrellesfemmes.com)

### Maison Maguire

Adapted services for people living with disabilities, respite, day center.

☎ **1-888-364-3157**

✉ [coordo@centrellesfemmes.com](mailto:coordo@centrellesfemmes.com)

## Finances

### Cooperative Association for Family Economics (ACEF of the Peninsula)

Budget consultation, rights defense, assistance with creditors, workshops (fraud, budget, etc.).

☎ **1-866-566-7645**

✉ [info@acefpeninsule.ca](mailto:info@acefpeninsule.ca)

## Transport

### Intermunicipal Transportation Board Gaspésie Îles-de-la-Madeleine (RÉGÎM)

Public transportation, adapted transportation, special routes.

☎ **1-877-521-0841**

✉ [regim@regim.info](mailto:regim@regim.info)

🌐 <https://regim.info/> (reservation)

## Pharmacies

### Brunet Maria

☎ 418-759-3462

### Familiprix Extra Carleton-sur-Mer

☎ 418-364-3352

### Jean Coutu Carleton-sur-Mer

☎ 418-364-3393

### Jean Coutu Pointe-à-la-croix

☎ 418-788-2233

### Familiprix Clinique Matapédia

☎ 418-865-2003

## Other Important Numbers

### 911

Emergency services. Police, ambulance, fire department.

### CLSC

☎ 418-364-7064 (St-Omer)

☎ 418-788-5454 (Pointe-à-la-Croix)

☎ 418-865-2221 (Matapédia)

### One-stop shop for home support.

☎ 418-759-3443 #1070

### Hospital

☎ 418-759-3443 (Maria)

☎ 506-789-5000 (Campbellton)

### Info-Health

☎ 811 option 1

### Info-Social

☎ 811 option 2

### Access point for primary care (GAP)

Population without a family doctor.

☎ 811 option 3

### Baie-des-Chaleurs Housing Office (OH)

☎ 418-392-5019

### Service Canada

☎ 1-800-622-6232

### Services Québec

☎ 1-877 644-4545

## My Important Contacts

Centre intégré  
de santé  
et de services sociaux  
de la Gaspésie

Québec



An initiative of the  
West Avignon  
Proximity Committee