

Directory of services for seniors and their loved ones - Avignon

Last updated : 13-09-2026

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

Food

Bonavignon Food Source

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

☎ 418-759-8000

✉ 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, SécuritéCAB, seniors' café, integration and reception of newcomers.

☎ 1-844-689-1505

✉ 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@cabmatapedie.com

Rights

Équijustice Gaspésie

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

☎ 1-877-303-3016

✉ 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

Mental Health Rights and Recourse Gaspésie-Les-Îles

Support and assistance in defending rights and information workshops.

☎ 1-800-463-6192

✉ 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

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

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

Sexual Assault Support and Advocacy Center (CALACS) La Bôme-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

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@nouveauregard.qc.ca

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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
✉ itnav@cabmatapedia.com

Saint-Alphonse-Nouvelle

☎ Office : 418-759-3131 poste 2
☎ Cell: 581-886-9348
✉ tmilieu@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

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

Committee for Anglophone Social Action (CASA)

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

☎ 418-752-5995
✉ info@casa-gaspe.com

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

Centr'Elles, women's action committee of Avignon

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

☎ 1-888-364-3157
✉ coordo@centrellesfemmes.com

Maison Maguire

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

☎ 1-888-364-3157
✉ coordo@centrellesfemmes.com

Autisme de l'Est-du-Québec

Support and respite services for autistic people and their families.

☎ 418 725-2575
✉ repit.gaspesie@autismedelest.org

Men's Health and Well-being

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

🌐 www.hommesgim.ca

Association of Visually Impaired Persons of Gaspésie and the Îles-de-la-Madeleine (APHVGIM)

Help, support, and assistance for people with visual impairments.

☎ 1-877-681-9959
✉ info@aphvgim.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

Transportation

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

Public transportation, adapted transportation, special routes.

☎ 1-877-521-0841
✉ 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

CLSC

☎ 418-364-7064 (St-Omer)
☎ 418-788-5454 (Pointe-à-la-Croix)
☎ 418-865-2221 (Matapédia)

911

Emergency services. Police, ambulance, fire department.

One-stop shop for home support.

☎ 418-759-3443 #21070

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

MRC AVIGNON

BORALEX

An initiative of the
West Avignon
Proximity Committee