
ESSENTIAL SERVICES TO SUPPORT THE POPULATION OF LA CÔTE-DE-GASPÉ DURING THE COVID-19 PERIOD

Latest update : November 10th 2020

The Integrated Approach in Social Development of La Côte-de-Gaspé has gathered and organised the following information concerning the **essential services available to the most vulnerable** in our area.

The information below is addressed to all employees and volunteers associated with community organisations, institutions, municipalities, social clubs and other partners and citizens that help vulnerable people in our communities.

****This toolkit is in constant evolution, and is therefore incomplete, as the situation is continually changing. The list is still not exhaustive, but we will continue updating it – we are concentrating on maintaining essential services for the moment.**

The essential services noted in this directory:

- Municipal services,
- Food bank, Meals on Wheels, Frozen meals,
- Seniors services,
- Child-Youth-Family services,
- Services for adults,
- Groceries and delivery,
- Pharmacies
- Collective transport

Who are the most vulnerable?

- People who have been asked to self-quarantine as a preventative measure
- People who are 70 years of age or older
- People who can no longer work because of COVID- 19 emergency measures

IMPORTANT

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

For any **psychological stress or suicidal thoughts**, call toll free **1-866-APPELLE**
Or **INFO-SANTÉ/INFO-SOCIAL** by calling **811**

MUTUAL AID AND SOLIDARITY ARE KEY IN HELPING THE MOST VULNERABLE. SERVICES ARE OFFERED, YET NOTHING REPLACES ACTS OF KINDNESS AND GENEROSITY FROM FAMILY, FRIENDS AND NEIGHBOURS TO HELP ALL OF US OVERCOME THIS COLLECTIVE CHALLENGE!

MUNICIPAL SERVICES

Municipalities	COVID-19 Measures	Contact Information
Gaspé	Municipal office open by appointment only Libraries are open and offer an online ordering service Arenas are open, with restrictions	418 368-2104 Website: ville.gaspe.qc.ca/coronavirus Facebook Page: Ville de Gaspé Municipal alert system bilingual
Murdochville	Municipal office open to the public Municipal garage open to the public The library is open by appointment	418 784-2536 Website: murdochville.com
Petite-Vallée	Municipal office is open for regular municipal tax collection services For specific files, by appointment in the afternoon by calling 418-393-2949 or by email at bibliopv@globetrotter.net	418 393-2949 bibliopv@globetrotter.net Facebook Page: Petite-Vallée Municipality
Grande-Vallée	Municipal office open, respecting the sanitary guidelines Community halls are closed to citizens, but available free of charge to organizations for holding meetings Library open Tuesdays from 1:30 p.m. to 2:30 p.m. and 6:30 p.m. to 7:30 p.m.	418-393-2161 Facebook Page: Grande-Vallée Municipality
Cloridorme	Citizen awareness and information is available through telephone support and on Websites and social Networks. Municipal office open Wednesdays from 1.30 pm to 4.00 pm The Library is open during normal hours	418 395-2808 Facebook Page: Cloridorme
MRC de La Côte-de-Gaspé	Support and accompaniment for organizations and businesses	418 368-7000 mrc@cotedegaspe.ca

FOOD BANKS, MEALS ON WHEELS AND FROZEN MEALS

Organizations	Services	Information
Accueil Blanche-Goulet	Food bank	418-368-4700 Ext.1
CAB La Grande-Corvée (Estran)	Food bank	418-393-2689
CAB Les Haut-Bois inc. de Murdochville	Food bank	418-784-2476
CAB Le Hauban de Gaspé	Frozen meal delivery Meals on Wheels delivery	418 368-6634 Ext.5

SENIORS SERVICES

Organizations	Services	Information
CISSS – Service de soins et soutien à domiciles pour les aînés (SAPA)	Most of the at home care and support services for seniors are being maintained.	418-368-2572 Ext. 4238
Multi-Services	All services have been resumed	418 393-3310 Ext. 103-104
CAB Le Hauban de Gaspé	Office is closed to the public Accompaniment –travel (depending on the availability of volunteers) Delivery of frozen meals Meals on Wheels delivery Friendship phone calls, Respite for Caregivers of seniors Telephone support for seniors' caregivers Accompaniment in palliative and end of life care	418 368-6634, Ext. 2
CAB Les Hauts-Bois inc. de Murdochville	Medical accompaniment Assistance with errands Delivery of Frozen Meals Friendly phone calls Food bank services	418-784-2476

	Support for caregivers: psychosocial support in person, by appointment (respecting sanitary guidelines) Clothing pick-up counter, by appointment Services are still available by phone for those who cannot come in person	
CAB La Grande-Corvée (Estran)	Accompaniment –travel (Resumption of regular service) Reopening of the thrift store Food bank Caregiver support Reassuring phone calls Volunteer - taxes Friendly phone calls	418-393-2689
Société Alzheimer GIM	Awareness activities Telephone support Referencing Support group for loved ones Information, training and sharing meeting Individual and families meeting Conferences Books and videos loans Services offered in person and by phone. Information and support by phone, Facebook and Instagram	Gaspé:418 368-1616 Estran and Murdochville: 418 393-3535
FADOQ	Telephone support from the seniors' outreach worker	418-361-2770
Senior Abuse Helpline	Confidential, bilingual and free service	1-888-489-2287

***** The three CABs of La Côte-de-Gaspé offer medical accompaniment services when the needs are urgent and essential*****

SERVICES FOR ENGLISH COMMUNITY

Organization	Services	Information
Vision Gaspé-Percé Now	Offer help with any questions or concerns Offer help getting groceries, medications or other errands Offer friendly-phone call or FaceTime chat	Office 418 368-3212 Temporary number: 581-887-1700 Barachois area: 418-360-3989
Coop. Accès Travail GÎM	Employment assistance services, remote assistance for registering a file with the CRA, EI, request for emergency benefits, etc.	418 368-6401 accueil@catgim.ca

Carrefour Jeunesse-emploi	Services offered in person or by telephone. Support and information available by telephone, Facebook and Instagram.	Reception: 418-368-2121 Head Office: 418-360-4190
Food Support Services : Gaspé and surrounding areas	Emergency groceries, frozen meals and meals-on-wheels for seniors or people vulnerable situations, food assistance, etc.	418 368-4884 alimentationgaspé@gmail.com

CHILD-YOUTH-FAMILY SERVICES

Organizations	Services	Information
CISSS	Psychosocial services offered to the youth	418 368-2572 Urgence : 811
CISSS	Protection services offered to the youth	418 368-3381 Urgence: 1 800-463-0629
GMF (Groupe de médecine Familiale)	<p>Appointments with family doctors Walk-in clinics*</p> <p>*** Appointments by phone preferred by all clinics. *** Patients must call for referral.</p> <p>*The CLSC in Barachois, Rivière-au-Renard and the GMF-U (UMF Gaspé) offer reserved hours for walk-in clinics. Call directly for more information.</p>	<p>Clinique du Havre: 418 368-5609 Clinique Centre-Ville 418 368-1811 Clinique Synergie: 418 368-0015 Clinique Point com: 418 368-3669 GMF_U (UMF Gaspé 368-6663 CLSC de Rivière-au-Renard 418 269-2572 CLSC de Barachois 418 645-2572</p>
Maison de la famille Parenfant	Telephone support Information via the Facebook group	418-368-6028
Ligne Parents	Telephone helpline	1 800 361-5085
Jeunesse J'écoute	Telephone helpline	1 800 668-6868
Tel-Jeunes	Telephone helpline	1 800 263-2266
Espace Mieux-Être Canada	Telephone helpline	Texted MIEUX to 686868
Halte-Parents de la Vallée	Telephone and social network support	418-393-2023
MDJ de Gaspé	Reopening of the MDJ	418-368-1714
MDJ de Rivière-au-Renard	Reopening of the MDJ Psychological support service for the summer	418-269-5780
MDJ l'Oasis jeunesse de Grande-Vallée	Social network support	418-355-8675

MDJ La Cellulose - Murdochville	Reopening of the MDJ	418-784-2703
Centre de pédiatrie sociale en communauté	Services offered in person (1 parent / 1 child at a time). Appointment by phone	418 269-1688
CALACS La Bôme	Workers are telecommuting, contact with victims will be through email, telephone or Skype	1-866-968-6686
Carrefour Jeunesse emploi	Services offered in person or by telephone. Support and information available by telephone, Facebook and Instagram.	Reception: 418-368-2121 Head Office: 418-360-4190
Maison de quartier	Telephone support and via social media in the Sandy Beach sector and in the residences of the l'Office d'habitation de Gaspé	418-360-9067
Le travail de milieu	Telephone support line 24/7 was put in place in view of the COVID-19 to support youth aged 12-17	418-269-5292
Association des troubles primaires du langage	Email and telephone message service	dysphasiegaspesie@gmail.com 581-887-2710
Espace GIM	Telephone services offered	418-360-7642
Groupe d'entraide Douglastown	Support for essential purchases Phone calls to seniors	covid19douglas@gmail.com

SERVICES FOR ADULTS (HOMELESSNESS, SPOUSAL ABUSE, MENTAL HEALTH, ADDICTION, SEXUAL AGRESSION, ETC.)

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

Consult the [Quebec government Website](#)

Organizations	Services	Information
CISSS	Mental Health and general psychosocial support	Social Info 811
Accueil Blanche-Goulet	Lodging, food recovery, food bank, frozen meal preparation	418-368-4700 p.4
L'Aid'Elle	Lodging for women and children and telephone support 24/7.	418-368-6883

CALACS La Bôme	Workers are telecommuting, contact with victims will be through email, telephone or Skype	1-866-968-6686
CAVAC GIM (centre d'aide pour les victimes d'actes criminel)	Telephone intervention only Accompaniment in court when determined necessary	418-689-4331
Mi-Chemin de Gaspé	Telephone support	418-368-6676
CRRRI	Interventions via messenger, telephone, Skype, all means of computer support can be used	418-368-1655 581-887-9515
Associations de personnes handicapées de La Côte-de-Gaspé	Animated activities in person and / or virtual + support by phone	Gaspé: 418-368-6585 Grande-Vallée: 418-393-3026 Murdochville: 418-784-2476
Regroupement des femmes de La Côte-de-Gaspé	Telephone support	418-368-1929
Organisme gaspésien des personnes atteintes de cancer	Telephone support	1-888-924-5050
TCC ACV GIM	Resumption of activities. Services by appointment	418-361-2077
Groupe Ressource en logements collectifs	Telephone and in person services for essential services (requires an appt)	418-368-1355
Coop. Accès Travail GÎM	Employment assistance services, remote assistance for registering a file with the CRA, EI, request for emergency benefits, etc.	418 368-6401 accueil@catgim.ca
Centre local d'emploi de la Côte-de-Gaspé	All services are maintained	1 800-663-3647
Centre d'assistance et d'accompagnement aux plaintes Gaspésie/Îles-de-la-Madeleine (CAAP-GÎM)	Services: Information, assistance and support. Telephone and email support for people experiencing difficulties with health and social services and for people staying in a private seniors' residence.	1-877-767-2227 caap-gim@cgocable.ca
Centre de justice de proximité de la Gaspésie-Îles-de-la-Madeleine	Free legal information by phone	1 844 689-1505
Justice Alternative Gaspésie Nord/ Îles-de-la-Madeleine		jagnim@gaspesie.net
Nation Micmac de Gespeg - cellule de crise Covid-19	Support by telephone or e-mail	418-368-6005 poste 109 sante@gespeg.ca
SOS Violence conjugale	24/7	1 800 363-9010

Droits et recours en santé mentale	Organization for support, information, and promotion of the defense of mental health rights	418 388-2506 1 800 463-6192 info@drsmgim.org www.droitsetrecours.org
Convergence	Support service for men	418-360-3960 1 855 866-4455
Accorderie du Grand-Gaspé	Friendly-phone call and chat with Zoom	581 887 9299 grand.gaspe@accorderie.ca accorderie.ca
Tel-Aide	Telephone helpline	1 877 700-2433
Ligne Croix-Rouge	For isolated person	1 800 863-6582
Espace Mieux-Être Canada	Telephone helpline	Texted MIEUX to 741741

GROCERY : SALES AND DELIVERY

Businesses	Services	Information
Alban Aspirault Ltée	Sales and delivery	Facebook Page: Épicerie Alban Aspirault For delivery 418-269-3202 Ext. 0
Marché Tradition de Grande-Vallée	Sales and delivery	Facebook Page: Marché Tradition – Centre d’achat Grande-Vallée 418-393-2851
Marché Bonichoix de Grande-Vallée	Sales and delivery	418-393-2010
Provigo Nadine Murray	Sales and internet orders	Facebook Page: Provigo (Gaspé) 418-368-7144 Delivery Website : provigo.ca Order by email: smp8040d@provigo.ca
Le Marché des saveurs gaspésiennes	Groceries available	Facebook Page: Le marché des saveurs gaspésiennes 418-368-7705

Poissonnerie Marché Le Rouge (Cloridorme)	Sales and delivery	Facebook Page: Poissonnerie Marché le rouge 418-395-2811
Marché Cassivi et Associés (Cap-aux-os)	Sales	418-892-5383
IGA Cronier	Sales	Facebook Page: Marché IGA Cronier 418-368-5211 Ext. 1 418-368-7200 Ext. 1
Marché PAM (Murodchville)	Sales and delivery	Order by telephone or email: marchepam@globetrotter.net 418 784-2224
Gaspésie Gourmande	Online publication of food support initiatives	gaspesiegourmande.com
Un Océan de saveurs	Online store for local groceries	oceandesaveurs.ca

PHARMACIES

Businesses	Services	Information
Uniprix Place Jacques-Cartier	The pharmacies offer home delivery as well as prescription renewal online services	418 368-5595
Uniprix Carrefour Gaspé		418 368-3341
Uniprix Rivière-au-Renard		418 269-3351
Jean-Coutu Gaspé		418 368-5501
Familiprix Grande-Vallée		418 393-3030
Uniprix de Murdochville		418 784-2360

COLLECTIVE TRANSPORT

Organization	Services	Information
REGIM	Return to regular service for collective and adapted transport	1 877 521-0841 www.regim.info
Transport adapté et collectif intégré des Marées (TACIM)	Adapted and collective transport service offered by TACIM and regular taxi service. Only for transportation to essential services. 7 days / week by reservation	418-393-3262
Transport adapté Côte-de-Gaspé	Transportation service only to essential services. By reservation	418-368-6324

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