



**Free and confidential**

 **211quebecregions.ca**

 **2-1-1**

 **Chat  
service**



**2-1-1 service helps you  
find community resources  
and programs you need.**

- ✓ Food and material assistance
- ✓ Homecare services
- ✓ Support to families and seniors
- ✓ Services for immigrants and cultural communities

*And more!*

Interpreter service in 200 languages.