

211

®

IN ORDER TO HELP YOU
QUICKLY FIND
**SOCIO-COMMUNITY
RESSOURCES**
NEAR YOU

- Food and material assistance
- Homecare services
- Support to families and seniors
- Services for immigrants and cultural communities
- *And more!*

Help starts here





 211

 211quebecregions.ca

 Chat service

LIFE CAN BE HARD.

FINDING HELP
CAN BE EASY:

FREE

CONFIDENTIAL

Monday to Friday :

8 h à 19 h

Saturday & Sunday :

8 h à 15 h 30



Multilingual Service
240 Languages