

# BOTTIN

ESSENTIAL PUBLIC SUPPORT SERVICES MRC ROCHER-PERCÉ  
IN RELATION TO THE COVID-19 PANDEMIC

FRENCH VERSION ALSO AVAILABLE: <http://ressortgim.ca/covid-19/rocher-perce/>  
2<sup>nd</sup> edition, april 3<sup>rd</sup>2020

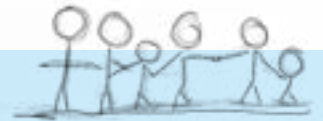
## YOU WILL FIND THE FOLLOWING INFORMATION IN THIS DOCUMENT:

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## IMPORTANT

- \* FOR ALL MEDICAL INQUIRIES, CALL TOLL-FREE **1 877 644-4545 OR (418) 644-4545**
- \* OR VISIT THE CISSS DE LA GASPÉSIE WEBSITE :  
[HTTPS://WWW.CISSL-GASPEISIE.GOUV.QC.CA/CORONAVIRUS-19/](https://www.cisss-gaspesie.gouv.qc.ca/coronavirus-19/)
- \* FOR ANY SITUATION INVOLVING PSYCHOLOGICAL DISTRESS AND/OR SUICIDAL IDEAS,  
CALL TOLL-FREE **1 866-APPELLE**
- \* OR INFO-SANTÉ AT **811**





## ABOUT :

### MUTUAL ASSISTANCE and SOLIDARITY

are key to supporting vulnerable members of our community. Although these services are available, nothing can replace the help of family members, friends, or neighbours. Let's help one another to overcome this common challenge!

- Le Réseau de développement social Rocher-Percé has collected and assembled the following information concerning the essential services available to those who are most vulnerable within our community.
- This information is intended for employees and volunteers of local community organizations, institutions, municipalities, social clubs, individuals supporting those who find themselves in a vulnerable position, as well as the general population.
- The information found in this document may change, as the situation is constantly evolving. These lists may not be complete, however, the Réseau de développement social Rocher-Percé is committed to updating the information weekly, or as circumstances require.

For any comments, reach Gaëtanne Mauger

[gaetanne.mauger.cissgaspesie@ssss.gouv.qc.ca](mailto:gaetanne.mauger.cissgaspesie@ssss.gouv.qc.ca)

## WHO IS TO BE CONSIDERED AS A PERSON IN A VULNERABLE POSITION?

- Individuals who are in self-isolation as a preventive measure
- Individuals who are over 70
- Individuals who are no longer able to go to work following the application of measures to limit the propagation of COVID-19

**SUBSCRIBE NOW**  
**JEBENEVOLE.CA**

You want to To be a volunteer?

You are an organization and you are looking for volunteers?

**TO GET HELP WITH YOUR REGISTRATION**  
**CALL : 418 680-4700**

Attendant and delivery services

**1 888 689-3185**

**7/7 days**  
**9 to 5**  
a.m. p.m.

A phone service for all residents of the MRC Rocher-Percé who request attendant services, or the delivery of groceries and other items deemed essential.

## INFORMATION LINK :

- La situation du COVID-19 au Québec, mesures en place [follow link. →](#)
- Mesures et soutien du gouvernement fédéral [Follow link. →](#)
- Plateforme d'information COVID-19 du CISSS Gaspésie [Follow link. →](#)
- S.O.S. violence conjugale 24 heures sur 24. **Sans frais : 1.800.363.9010.**
- Vous voyez ou entendez quelque chose qui ressemble à de la violence conjugale ou familiale ? **Appelez le 911**

## EMERGENCY FOOD AID AND MEALS ON WHEELS

\*Containment is important!  
For any emergency food aid or delivery  
CALL 1 888 689-3185 7/7 from 9am to 5pm.

ORGANIZATION	SERVICES	INFORMATION
Centre d'action bénévoles St-Siméon-Port-Daniel	Delivery of prepared frozen meals, emergency food aid, Meals on Wheels (suspended in Port-Daniel)	(418) 752-5577
Collectif Alimen-Terre Port-Daniel	Emergency food aid	(418) 752-5010
Centre d'action bénévoles Gascons-Percé	Order and delivery of prepared frozen meals, emergency food aid, Meals on Wheels	(418) 689-6023
Accueil Blanche-Goulet Percé-Gaspé	Emergency food aid, prepared frozen meals	(418)-368-4700
Centre action bénévole Le Hauban / Percé-Gaspé	Delivery of prepared frozen meals, Meals on Wheels	(418) 368-6634, poste 2

Conseils pour la préparation et l'achat des aliments COVID-19

Table régionale saines habitudes de vie Gaspésie- Îles-de-la-Madeleine [Follow link. →](#)

# GROCERIES

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For any emergency food aid or delivery  
CALL 1 888 689-3185 7/7 from 9am to 5pm.









## \* Deelivery services

BUSINESS		SERVICE	CONTACT
Dépanneur Michel Port-Daniel		Phone orders and delivery service upon request. COST: \$5 (with a \$15 minimum purchase)	(418) 396-5411
Casse-croûte chez Dedy Gascons		Take-out, phone orders and delivery service between Port-Daniel and Newport	(418) 396-1360
Marché C. Huard Gascons		Cash only (compte tpv fermé). home delivery services	(418) 396-2741
Marché Doré Gascons		Phone order and delivery services	(418) 396-5659
Marché Richelieu Port-Daniel		Phone orders and home delivery services	(418) 396-2330
Restaurant chez Ti-Bert Gascons		Take-out, phone orders and delivery service	(418) 396-1302
Épicerie Gaëtan Meunier- Axep / Newport		Phone orders and home delivery services.	(418) 777-2991
Restaurant la Loge à Perron / Pabos-Mills		Phone orders, take-out, and delivery service	(418) 689-1222
Restaurant le Sieur de Pabos / Pabos-Mills		Take-out orders and delivery service	(418) 689-2281
IGA Coop Chandler		Online grocery orders at <a href="http://iga.net">iga.net</a> . Phone orders. \$50 minimum purchase.	1-(418) 356-0103 1-(418) 355-1648
IGA Grande-Rivière		Service de commande par téléphone (ser- vice Online grocery orders at <a href="http://iga.net">iga.net</a> . Phone orders. Free delivery for Grande-Rivière and Ste-Thérèse	(418) 385-3494
Épicerie Alexina Grande-Rivière		Phone order and delivery services	(418) 385-1316










## GROCERIES...

ENTREPRISE	SERVICE	CONTACT
Marché Bonichoix Guy Desbois Sainte-Thérèse-de-Gaspé 	Phone orders and home delivery services between Percé and Grande-Rivière.	(418) 385-2110
Marché Nicolas Cap-d'Espoir 	Phone orders and payment by credit card. Delivery service with a minimum purchase of \$90 for the sectors of Greater Percé and Ste-Thérèse.	(418) 782-2204
Marché Ami Coop Percé 	Phone orders and home delivery services. Open from 8 a.m. – 9 p.m. Monday to Saturday	(418) 782-5211
Magasin général Thompson Barachois 	Phone orders and home delivery service.	(418) 645-2291
Épicerie Wilfrid Ste-Croix, Saint-Georges-de-Malbaie 	Phone order and delivery services.	(418) 645-2661
Provigo Nadine Murray Gaspé 	Online orders online at <a href="http://provigo.ca">provigo.ca</a> and delivery service	(418) 368-7144
Dépanneur Couche tard Chandler	* No meal payment mode debit/credit.	(418) 689-6081
Dépanneur Esso Port-Daniel	payment mode debit/credit.	(418) 396-3000
Dépanneur Lève-tôt Chandler	payment mode debit/credit.	(418) 689-6858
Dépanneur Lucien Brousseau New-Port-Pabos Mills	payment mode debit/credit.	(418) 689-5858
Dépanneur Multi-Service	payment mode debit/credit/cash	(418) 689-2311
Dépanneur Mylène New-Port		(418) 689-4888
Dépanneur Pétro Canada Chandler	payment mode debit/credit/cash	(418) 689-4909
Dépanneur Shell Chandler	payment mode debit/credit/cash	(418) 689-3063
Marché Bernice Duguay Pabos		(418) 689-2454
Super C Chandler	payment mode debit/credit/cash	(418) 689-6999

Members of Gaspésie Gourmand have adapted their services in order to provide safe access to local products. To learn more, [Follow link.](#) →

## DRUGSTORES

BUSINESS	SERVICES	CONTACT
Jean Coutu Pharmacy Gascons	 Services maintained with delivery.	(418) 396-2025
Jean-Coutu Pharmacy Chandler	 Services maintained with delivery.	(418) 689-2120
Laurent Carbonneau Pharmacy Percé	 Services maintained, automated prescription renewal and de-livery.	(418) 782-2550
Uniprix Pharmacy Chandler	 Services maintained, automated prescription renewal and de-livery.	(418) 689-3711
Familiprix Pharmacy Chandler	 Services maintained, automated prescription renewal and de-livery.	(418) 689-1503
Jean Coutu Pharmacy Grande-Rivière	 Services maintained with delivery.	(418) 385-2121
Jean Coutu Pharmacy Newport	 Services maintained with delivery.	(418) 777-2013

## FINANCIAL INSTITUTIONS

BUSINESS	SERVICES	CONTACT
Caisse populaire Desjardins du Centre-sud gasésien Succurcale de Chandler		(418) 689-3351 1- (866)666-3351
Caisse populaire Desjardins du Centre-sud gaspésien Succurcale de Gascons	<a href="#"><u>For information on available services, please contact the local branch of your financial institution.</u></a>	(418) 689-3351
Caisse populaire Desjardins du Littoral gaspésien Succurcale de Grande-Rivière		(418) 385-2247 1-(866) 457-2247
Caisse populaire Desjardins du Littoral gaspésien Succurcale de Cap-d'Espoir		<a href="#"><u>(418) 385-2247</u></a>

## SERVICES FOR SENIORS

ORGANIZATION	SERVICE	CONTACT
CISSS		(418) 689-6696 #5051
Association des aînés du Rocher-Percé	Home support services are maintained (housekeeping, laundry, meal preparation, etc.)	(418) 689-5722
Centre d'action bénévole Saint-Siméon/Port-Daniel	Attendant services-medical transport is maintained for health services deemed essential	(418) 752-5577
Centre d'action bénévole Gascons - Percé	Support services offered to seniors and caregivers by phone or by Skype. Video capsules and radio interviews Attendant services-medical transport is maintained for health services deemed essential	(418) 689-6023
Société Alzheimer GÎM (SAGÎM)	Phone support services to caregivers of individuals with Alzheimer's disease.	(418) 689-6480
CASA / ENGLISH COMMUNITY	Offering phone calls to seniors in the English-speaking community (ITMAV)	(418) 752-0855
Vision Gaspé-Percé Now FOR ENGLISH COMMUNITY	Offering phone calls to isolated people in the English speaking community.	(418) 368-3212
Centre d'action bénévole Le Hauban / Percé- Gaspé	Attendant services-medical transport is maintained for health services deemed essential, support calls, palliative and end-of-life support	(418) 368-6634
LIGNES D'INFORMATION ET DE SOUTIEN		
INFO SANTÉ	free and confidential telephone consultation service.	<b>811</b>
NATURAL CAREGIVER LINE	A confidential listening and referral phone line for natural caregiver	1-(855) 852-7784
ELDER MISTREATMENT HELPLINE	A confidential listening and referral phone line specializing in older adults' mistreatment.	1-(888) 489-2287

\*Members of Gaspésie Gourmand have adapted their services in order to provide safe access to local products. To learn more, click [HERE](#).

\*\*The majority of social clubs (Club 50 +, Cercles des fermières, Knights of Columbus, Lions Club, and the Optimist Club) have closed their offices. However, many still maintain phone contact with their members.

## CHILD, YOUTH, AND FAMILY SERVICES

ORGANIZATION	SERVICE	CONTACT
CISSS et CLSC Signalement : 1800-463-0629		CLSC : 418 6892572
Carrefour Jeunesse-Emploi Option Emploi	Youth, adult and business phone support. We can help you with job search services, career and entrepreneurship counselling, support for new residents and workforce recruitment.	(418) 689-6402
Maison des Jeunes l'Escapade Grande-Rivière	The youth centre is closed. Support services are provided by phone, email, Facebook, and by appointment.	(418) 385-2554
Maison des jeunes Gascons	The youth centre is closed, but youth support services are offered by Snap Chat or by phone.	(418) 396-2264
Maison des jeunes La Bouée Chandler	The youth centre is closed. Support services are provided by phone, email, Facebook, and by appointment.	(418) 689-4101
Maison de la famille Contre vents et marées	The locale is closed. Support to families is offered by phone.	(418) 689-4048
ESPACE Gaspésie-les-Îles	Community group working toward the prevention of violence towards children. Elementary and high school activities are suspended. Parents who require support can call the help line 24/7.	1 800 361-5085
Nouveau Regard	Organization helping individuals with family or friends dealing with mental health issues. Support offered by phone or email.	418-392-6414
Centre La Joie de Vivre	Psychosocial intervention and phone support for individuals living with a handicap. Open Tuesday and Wednesday from 9 a.m. – 3 p.m.	418-689-4488
Communic ami	Psychosocial support, listening and referral by phone, text and Facebook. 24/7	418 680-2007
Lactescence Pabos	Support by for mothers who are breastfeeding. Services by phone, text, email and Facebook. Facebook active 7/7 from 8 a.m. – 8 p.m.	418 616-7712
Centre d'action bénévole Saint-Siméon/Port-Daniel	Parental support le P'tit Bonheur by phone. Secure equipment loans, emergency food aid and personal hygiene products for children and babies	418-752-5577



## CHILD, YOUTH, AND FAMILY SERVICES ...

ORGANIZATION	SERVICE	CONTACT
Jeunesse J'écoute	Support and listening line	1(800) 668-6868
TEL-Jeunes	Support and listening line	1(800) 263-2266 texto : 514-600-1002
Ligne parents	Support and listening line	1(800) 361-5085

### MEDICAL CLINIC

CISSS de la Gaspésie - Rocher-Percé Hôpital, Centre jeunesse et Centre de réadaptation -Chandler	418 689-2261
CLSC de Port-Daniel-Gascons	418 396-2572
CLSC de Paspébiac 24h/24h	418 752-2572
CLSC Chandler	418 689-2572
Clinique de médecine familiale	418 689-3344
Clinique médicale de la Grande-Allée Grande-Rivière	418 385-2626
CLSC de Barachois	418 645-2572
CLSC de Perce	418 782-2572
GMF de Chandle	418 689-3344

**\*Containment is important!**  
For any questions please call your medical clinic.

- \* FOR ALL MEDICAL INQUIRIES, CALL TOLL-FREE **1 877 644-4545 OR (418) 644-4545**
- \* OR VISIT THE CISSS DE LA GASPÉSIE WEBSITE :  
[HTTPS://WWW.CISSL-GASPEISIE.GOUV.QC.CA/CORONAVIRUS-19/](https://www.cisss-gaspesie.gouv.qc.ca/coronavirus-19/)
- \* FOR ANY SITUATION INVOLVING PSYCHOLOGICAL DISTRESS AND/OR SUICIDAL IDEAS,  
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- \* OR INFO-SANTÉ AT **811**

## SERVICES FOR ADULTS

ORGANIZATION	SERVICE	CONTACT
CISSS et CLSC	Soutien psychosocial général ou en santé mentale	Info social 811
Maison Blanche-Morin	Women's shelter and outreach programs by phone.	(418) 689-6288
Centre Émilie Gamelin	Shelter services and emergency food aid (limited due to low stocks in supermarkets)	(418) 689-6100
Vision Gaspé-Percé Now	Offering phone calls to isolated people in the English speaking community.	(418) 368-3212
Centre La Joie de Vivre	Psychosocial intervention and phone support for individuals living with a handicap. Open Tuesday and Wednesday from 9 a.m. – 3 p.m.	(418) 689-4488
Convergence	Soutien et suivi individuel pour les hommes par téléphone	(418) 763-5001 ou 1 (855) 866-4455
S.O.S. violence conjugale	De l'aide au bout du fil 24 heures sur 24.	1.800.363.9010.

## OTHER SERVICES AND PHONE SUPPORT

ORGANIZATION	SERVICE	CONTACT
Femmes Entre Elles	Reception and phone referrals, phone and email support for vulnerable women.	(418) 689-7224
CASA	Offering phone calls to isolated people in the English speaking community	1 (877) 752-5995
Diabète Pabok	Support by phone or email for people suffering from diabetes.	(418) 385-2333
Organisme gaspésien des personnes atteintes de cancer (OGPAC)	Support by phone, email and Zoom for people who have cancer. Sharing of information via social media.	1 (888) 924-5050 ou (418) 759-5050
Centre d'aide et de lutte contre les agressions à caractère sexuel - CALACS La bôme Gaspésie	Intervention and support for women and girls over 14 who are victims of sexual assault, their relatives and close friends.	1(866) 968-6686
Equi-justice	Public mediation and arbitration services	(418) 391-1107
Association des TCC et AVC Gaspésie/Îles-de-la-Madeleine	Phone support service for victims of craniocerebral trauma and stroke, and their families	1(888) 278-2280

## OTHER SERVICES AND PHONE SUPPORT

ORGANISME	SERVICE	CONTACT
Centre de justice de proximité Gaspésie/Îles-de-la-Madeleine	General legal information by phone	418-689-1505
Association des Personnes Handicapées Visuelle- Gaspésie/Îles-de-la-Madeleine	Phone support for people living with a visual handicap	418 388-2836
Centre d'aide aux victimes d'actes criminels (CAVAC)	Information, support and phone services for crime victims	418-689-4331
Centre d'assistance et d'accompagnement aux plaintes Gaspésie/Îles-de-la-Madeleine (CAAP-GÎM)	Information, support and accompaniment services by phone for complaints concerning health and social services, and for individuals living in a private senior residence. Courriel : caap-gim@cgocable.ca	1 877 767-2227
Épilepsie Gaspésie sud		418-752-6819
Centre de prévention du suicide du Québec		1-866-APPELLE ou 1-866-277-3553
Phobie Zéro	Support for people with anxiety disorders and obsessive-compulsive disorder and their families and relatives	1-866-922-0002
Interlignes	help and information to those concerned with sexual orientation and gender diversity.	1-888-505-1010

\* Please note – a number of measures have been put in place to support employees and self-employed workers who are not receiving wages during their period of social isolation. Visit the Quebec government website

## PUBLIC TRANSIT SERVICES

ENTREPRISE	SERVICE	CONTACT
REGÎM	RÉGÎM's public transit services are offered, upon reservation, 24 hours in advance. Users must confirm that travel is necessary, either for work, for health services, or for grocery shopping.	1 877 521-0841
Orleans express	*Close	<a href="http://www.oleansexpress.com">www.oleansexpress.com</a>
Transport des anses	For hospital hemodialysis only	(418) 689-4144

### SERVICES MUNICIPAUX

All municipal buildings, including libraries, community centres, sports and recreations centres are closed to the public. Most city halls are closed, although employees will still be providing essential services to the population. In order to limit the spread of COVID-19, municipal employees will answer by phone, rather than in person.

Your municipalities are working to ensure that the preventive measures recommended by the government are implemented through the sharing of information, education, and by listening to their citizens. Several municipalities have already announced the preventive measures they have implemented. Support services are in the process of being set up, and municipalities will be adapting their services to reflect these new preventive measures.

## MUNICIPALITY

MUNICIPALITY	WEBSITE	PHONE NUMBER
Chandler	<a href="#">Website and Facebook page</a>	<a href="tel:4186899815">(418) 689-9815</a>
Grande-Rivière	<a href="#">Website</a>	(418) 782-4458
Percé	<a href="#">Website</a>	(418) 782-2933
Port-Daniel-Gascons	<a href="#">Website</a>	(418) 396-5225 ext. 2
Sainte-Thérèse-de-Gaspé	<a href="#">Website</a>	(418) 385-3313

## AUTRES INITIATIVES

- Barachois and Surrounding Communities Events and Activities [Follow link. →](#)
- Groupe de Percé [Follow link →](#)
- Solution locale Initiative citoyenne québécoise de ressources locales. [Follow link. →](#)