

STUDENT RESOURCE GUIDE

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LANGUAGE: (E – English / F – French)

GENERAL SUPPORT AND INFORMATION

Champlain counselling team

E & F

Champlain building

To make an appointment, visit or send a MIO to Milène Richer, Michèle Côté, Lucinda Doheny, or Louise Pepin.

The Champlain counselling team offers support and referral services related to a wide range of issues, including financial difficulties, school stress, mental health, and the needs of Aboriginal students, among others.

Campus Interfaith Ministry

SUB Building (Marjorie Donald House), room 215, Bishop's University Campus

Phone: 819-822-9600 ext. 2718

Email: jdymond@UBishops.ca

The Bishop's / Champlain Campus Ministry is interfaith and offered to the entire campus community. Campus Ministry seeks to foster faith development, spirituality and social justice. The Campus Minister provides pastoral services to all members of the campus community and is available to discuss in confidence whatever interests and concerns people may have.

Urgence-Détresse

E & F

Listening line: 819-780-2222 (ask the operator for Urgence Détresse)

Web: www.csss-iugs.ca/urgence-detresse-en

This telephone line provides rapid assistance to persons experiencing an emotional or mental health crisis. Operators can make arrangements for in-person appointments with people in distress. Help is available for bereavement, substance abuse, job loss, depression, anxiety, suicidal thinking, relationship problems, and family problems, among others.

Secours amitié Estrie

Listening line: 819-564-2323
Email: saestrie@secoursamitieestrie.org
Web: www.secoursamitieestrie.org/

F (sometimes E)

A local distress hotline available from 5:30 a.m. to 3:00 a.m., 7 days a week. Well-trained volunteers listen to your concerns and offer referrals to local resources.

Tel-Aide

Listening line: 514-935-1101
Email: info@telaide.org
Web: telaide.org

E & F

This Montreal-based distress hotline is free, confidential, and anonymous. Trained volunteers offer support in times of crisis.

Centre de Prévention du Suicide (JEVI)

120 11th Ave. N., Sherbrooke
Listening line: 1-866-277-3553
Web: jevi.qc.ca

F (often E*)

This hotline offers counselling for suicidal individuals, counselling for relatives and friends of a suicidal individual, and grief counselling for people affected by a suicide. JEVI answers calls Monday to Friday from 8:30 am to 4:30 pm. After office hours, the CSSS-IUGS handles JEVI's incoming calls at the same telephone number.

*English services are available depending on the availability of social worker.

Tel-Jeunes

Listening line: 1-800-263-2266 (toll free)
Texting: 514-600-1002
Online counselling: www.teljeunes.com/Accueil (online messaging)

E & F

Available 24 hours a day, 7 days a week, this is a free and confidential phone and online counselling service that links young people with qualified counsellors to discuss relationships, friendships, sexuality, pregnancy, drugs and alcohol, violence, family issues, stress, and more.

Kids Help Phone

Listening line: 1-800-668-6868 (toll free)
Online counselling: kidshelpphone.ca

E & F

A Canada-wide version of Tel-Jeunes, this is a free, confidential, and anonymous, 24-hour telephone and online counselling service for young people. All topics are welcome, including sexuality, dating, sexual assault, bullying, violence and abuse, family issues, friendship, physical health, STIs, masturbation, pregnancy, self-esteem, drugs and alcohol, depression, eating disorders, grief and loss, suicide, and school stress.

SEXUAL HEALTH

Info-Santé

Phone: 8-1-1

Web: www.quebec.ca/en/health/finding-a-resource/consult-a-professional/info-sante-811

E & F

Free telephone service for advice on non-emergency physical health concerns. Services are confidential, and users may request anonymity. No health card required.

Bishop's Health Services

John H. Price Sports & Recreation Centre, Bishop's University Campus

Phone: 819-822-9600 ext: 2696

Email: jjohnson@ubishops.ca (general information)

kendra.brock@ubishops.ca (confidential health inquiries)

E

The clinic offers confidential services to Champlain students with health concerns, including sexually transmitted infection (STI) testing, contraception, pregnancy tests, PAP tests, dietician services, eating disorders, substance abuse, referrals to specialists, and much more. Services are free with a valid Quebec or out-of-province health card; otherwise, fees apply. Free condoms, tampons, and maxi pads are available in the waiting area and washrooms.

Sherbrooke CLSCs

• 8 Speid St., Borough of Lennoxville

Phone: 819-780-2222 (Ask for the Lennoxville CLSC)

Web: www.sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=1729#

E & F

This clinic located behind Provigo in Lennoxville offers blood test services and an on-call social worker to the general public. However, additional health services are only available to patients of a qualifying family doctor. Health card required.

• 1095 Belvédère S.

Phone: 819-780-2222 (Ask for the Belvédère CLSC)

Web: sante.gouv.qc.ca/repertoire-ressources/clsc/ressource/?nofiche=924129

Phone: 819-820-7432 (information and appointments for SIDEPE des ITSS)

E & F

This is a site for Services intégrés de dépistage et de prévention des infections transmises sexuellement et par le sang Estrie (SIDEPE des ITSS – Estrie). The clinic provides free and confidential testing for sexually transmitted infections (STIs) and an on-call social worker for the

general public, including people at risk. However, additional health services are only available to patients of a qualifying family doctor. Health card required.

IRIS Estrie (Intervention Régionale et Information sur le Sida)

E & F

505 Wellington S., Sherbrooke

Phone: 819-823-6704

Web: irisestrie.org

This community organization aims to raise awareness and facilitate prevention of HIV/AIDS and other sexually transmitted STIs and blood-borne infections. Activities and services focus on health, education, counselling, and support for members of vulnerable communities in Sherbrooke (and many other parts of Estrie), including LGBTQ+, trans, and sex work. Counsellors and discussion groups are geared towards each community. IRIS also raises awareness and facilitates prevention of HIV/AIDS and other sexually transmitted STIs and blood-borne infections through harm reduction tools and practices and free STI testing twice a month. Call for upcoming testing dates.

Head & Hands Medical Clinic

E & F

5833 Sherbrooke West, Montreal

Phone: 514-481-0277

Web: headandhands.ca/programs-services/health/medical-clinics-services/health/medical-clinics/

This LGBT-friendly walk-in clinic offers general health services to youth ages 12-25. Services are fully anonymous, and include STI testing, counselling, pregnancy tests, contraception, and abortion referral. No health card required. If you are visiting Montreal for this clinic, see the website or call ahead for additional information.

Sexuality and U / Ma sexualité

E & F

Web: www.sexualityandu.ca Web: www.masexualite.ca

Information on STIs, contraception, and sexual health based on the latest research. Website maintained by The Society of Obstetricians and Gynaecologists of Canada (SOGC).

WEKNOWSEX.CA

E & F

Web: weknowsex.ca/wp

www.lesexeonconnait.ca/wp

Phone: 1-866-931-9741 (toll free - questions and comments)

1-888-234-1828 (toll free - medical information center)

Information on relationships, sex, STIs, and pregnancy prevention. Website sponsored by the Trojan condom brand.

SAFER SEX AND CONTRACEPTION

Champlain SEXed Peer Educators

Champlain building, room 172

Email: sexed@crc-lennox.qc.ca

Facebook: www.facebook.com/SexAtChamplain

Instagram: [@sexedchamplain](https://www.instagram.com/sexedchamplain)

E & F

Visit our office and help yourself to free supplies, including condoms, dental dams, and personal lubricant. We have a variety of condom brands and latex, non-latex, lubricated, non-lubricated, different sizes, colours, and flavours. We also have pamphlets on healthy relationships, safer sex, and STIs.

Champlain Students Association (CSA)

Student Union Building, room 121, Bishop's University Campus

E & F

The CSA has free condoms in their office, where students can help themselves.

Bishop's Health Services

Sports Plex, Bishop's University Campus

Phone: 819-822-9600 ext: 2696

Email: jjohnson@ubishops.ca (general information);

kendra.brock@ubishops.ca (confidential health inquiries)

E & F

The clinic offers confidential services to Champlain students with health concerns, including sexually transmitted infection (STI) testing, contraception, pregnancy tests, PAP tests, dietician services, eating disorders, substance abuse, referrals to specialists, and much more. Services are free with a valid Quebec or out-of-province health card; otherwise, fees apply. Free condoms, tampons, and maxi pads are available in the waiting area and washrooms.

Familiprix

56 Queen St., Lennoxville

Phone: 819-565-5868

E & F

This pharmacy offers the morning after pill (a/k/a Plan B) without a prescription. A Quebec health card or out-of-province identification is accepted. The store sells a range of safer sex products at retail prices, including popular condom brands in a variety of sizes and types, as well as non-latex condoms, lubricant, vaginal contraceptive film, and vibrators.

Jean Coutu

47 Queen St., Lennoxville

Phone: 819-569-3601

E & F

This pharmacy offers the morning after pill (a/k/a Plan B) without a prescription and covered by a Quebec health card (otherwise, full fees apply). The store sells a range of safer sex products

at retail prices, including popular condom brands in a variety of sizes and types, as well as non-latex condoms, lubricant, vaginal contraceptive film, and vibrators.

Clinique de planning, santé sexuelle, et planification familiale

E & F

1095 Belvédère S., Sherbrooke

Phone: 819-565-0767

Web: www.sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=636069

This clinic provides free exams and prescriptions for most contraceptive methods as well as services related to abortion such as support in decision-making, counselling, and referrals. In addition, the clinic has walk-in STI testing. Contact them to find out when testing is available.

IRIS Estrie (Intervention Régionale et Information sur le Sida)

E & F

505 Wellington St. South, Sherbrooke

Phone: 819-823-6704

Email: info@irisestrie.org

Web: irisestrie.org

Activities and services focus on health, education, counselling, and support for members of vulnerable communities in Sherbrooke (and many other parts of Estrie), including LGBTQ+, trans, and sex work. Counsellors and discussion groups are geared towards each community. IRIS also raises awareness and facilitates prevention of HIV/AIDS and other sexually transmitted STIs and blood-borne infections through harm reduction tools and practices and free STI testing twice a month. Call for upcoming testing dates.

Équipe de proximité toxico-itinérance

F only

116 Wellington St. South, Sherbrooke

Phone: 819-212-6223

This walk-in clinic offers a wide range of support services including STI testing mostly for young people facing difficulties, such as homelessness or addiction. Contact the clinic for opening hours.

Le Tremplin 16-30 de Sherbrooke

E & F

95 Wellington St. South, office #10, Sherbrooke

Phone: 819-565-4141

Web: www.tremplin16-30.com/index.html ; www.facebook.com/tremplin1630

The organization focuses on providing a wide range of support services to youth including free STI testing. Their target groups include LGBTQ+, people using drugs, street youth or young people facing difficulties, sex workers and their clients, people who have multiple sex partners, women who have been victims of sexual violence and immigrants coming from countries where HIV is endemic. Contact Le Tremplin to find out when testing is available.

Clinique des jeunes du CSSS-IUGS

E & F

Phone: 819 780-2222

A health clinic dedicated to youth, ages 12 to 25. Includes free walk-in STI testing for ages 12-18, living in the Sherbrooke area. Meetings are confidential for ages 14 and up. Contact the clinic for opening hours.

SEXUAL ASSAULT, VIOLENCE, AND HARRASSMENT

Emergency Services

E & F

Phone: 9-1-1

Emergency services should be contacted when one feels they are in physical danger.

Bishop's Campus Security

E & F

Dewhurst Annex, Bishop's University Campus
Phone: 819-822-9711 (any non-campus phone)
Phone: Ext. 2711 (campus phone)
Email: security@lists.ubishops.ca

Campus security is prepared to respond in cases where you feel unsafe, need accompaniment walking on campus, or want to report a crime, including sexual assault.

SASH (Sexual Assault Support & Healing)

Email: sash@bishops.ca
Facebook: www.facebook.com/BishopsSASH

SASH is a support group led by Bishop's students and open to Champlain and Bishop's students. Meetings are for individuals who self-identify as survivors or wish to support survivors of sexual assault, sexual abuse, and any form of sexualized violence.

Service de police de Sherbrooke

E & F

575 Maurice-Houle St., Sherbrooke
Phone: 819-821-5555

To report a sexual assault, call or visit the municipal police.

CHUS Fleurimont

3001 12th Avenue North, Sherbrooke
Phone: 819-346-1110

This clinic offers examinations, test, and support for people over 18 years old who experienced a sexual assault where more than six days have passed. A nurse in charge of sexual assaults is available 24 hours a day, 7 days a week.

Aggression Estrie (formerly CALACS)

E & F

Phone: 819-563-9999 or 1-877-563-0793
Email: info@calacsestrie.com

Web: www.calacsestrie.com/

Aggression Estrie supports victims of sexual violence who identify as women. It has a confidential phone support line, available 24 hours a day, 7 days a week. Staff members offer crisis intervention, referrals, ongoing counselling, and legal and medical advice. They also offer support to the families and friends of survivors.

SHASE Estrie

Phone: 819-933-3555

Email: shase.estrie@gmail.com

Web: shase.ca

SHASE supports men who were victims of childhood sexual abuse, offering a twelve-week program to help survivors reclaim their lives. Participants also have access to a monthly support group.

CIVAS Estrie (Centre d'intervention en violence et agressions sexuelles)

F only

Phone: 819-564-5127

Email: chantal.huot@bellnet.ca

Web: www.civas.ca

CIVAS offers support to anyone who has committed or is concerned they may commit an act of sexual aggression. Services include individual counselling and group therapy. They also offer support to individuals who feel they have a problem with cybersex, pornography, or internet addiction.

Le Seuil de l'Estrie

E & F

Phone: 819-821-2420

Email: leseuil@abacom.com

Web: leseuil.qc.ca/en

Le Seuil provides professional services and support for those seeking help for their own abusive and violent behaviour in close relationships. Counselling is offered by psychologists and social workers to individuals, couples, children, and families.

Centre d'aide aux victimes d'actes criminels (CAVAC) Estrie

E & F

230 King St. W., office 300, Sherbrooke

Phone: 819-820-2822 or 1-877-822-2822

Email: info@cavacestrie.com

Web: www.cavac.qc.ca/regions/estrie/accueil.html

CAVAC Estrie provides support services to victims and witnesses of crimes, including sexual assault. CAVAC staff members help individuals overcome the physical, psychological and social consequences of victimization, and assist in obtaining compensation for harm.

Fondation Rose-Bleu

Phone: 819-578-0566

Email: Fondationrosebleu@gmail.com

Facebook: www.facebook.com/Fondation-Rose-Bleu-285100225227355

Rose-Bleu Foundation facilitates access to civil liability for persons who have been sexually abused.

Aide juridique Sherbrooke (section criminelle et jeunesse)

225 King St. W. suite 201, Sherbrooke

Phone: 819-563-4721 or 1-866-558-9222

Web: www.ccje.qc.ca

E & F

Legal Aid offers affordable legal services for low-income individuals. Information is available 24 hours a day, 7 days a week through the phone line. Some lawyers work in English.

L'Escale Estrie

Phone: 819 569-3611

Web: www.escaleestrie.com

F, some English

L'Escale offers assistance with shelter for women and children victims of domestic violence. Services available include a 24h/7days a week telephone chat line, counselling, secure and confidential housing, and accompaniment in appointments. They also offer workshops and lectures to women in the community.

Séjour la bonne œuvre

Phone: 819-835-9272

Email: info@sejourbonneoeuvre.org

Web: fede.qc.ca/maison/sejour-bonne-oeuvre

E only

This women's shelter is open to victims of violence with or without children, women facing serious difficulties, and women struggling with their role as parents. In addition to lodging, it offers counselling services, help finding a new home, and help finding work, among others.

SOS Violence conjugale

Phone: 1-800-363-9010

Email: sos@sosviolenceconjugale.ca

E & F

SOS provides confidential and anonymous services to victims of domestic violence, including crisis intervention, support, referrals, and assessment. The telephone support line is available 24 hours a day, 7 days a week.

PREGNANCY AND FAMILY PLANNING

S.O.S. Grossesse Estrie

E & F

Phone: 819-822-1181

1-877-822-1181

Email: info@sosgrossesseestrie.qc.ca

Web: www.sosgrossesseestrie.qc.ca

S.O.S. Grossesse Estrie has more than 30 years of expertise helping people who are worried that they might be pregnant or who are living with an unplanned pregnancy in the Eastern Townships. This choice-based organization offers free and confidential counselling in person, by phone, and by email, as well as pregnancy tests, information and referrals to women and those who are close to them. The organization's approach is to respect the values, the life experiences, the beliefs, and the uncertainties of the individual. No health card required.

Lennoxville Options Pregnancy Centre / Centre Options Grossesse

E & F

104-1B Queen St., Lennoxville

Phone and text: 819-346-6025

Web: www.optionslennox.com

Options is a non-profit organization that offers a range of free prenatal and postnatal services, including pregnancy testing, referrals, information, one-on-one counselling, and second-hand baby clothing. Though the centre does not give referrals to abortion services, its volunteers respect the mother's right to choose and they also offer post-abortion counselling. No health card required.

Clinique de planning, santé sexuelle, et planification familiale

E & F

1095 Belvédère S., Sherbrooke

Phone: 819-565-0767

Web: www.sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=636069

This family planning clinic offers STI testing, contraception, safe abortion services, and infertility monitoring and counselling. Contact the clinic for opening hours.

Centre de maternité de l'Estrie

E & F

65 De la Croix St., Sherbrooke (Brompton)

Phone: 819-780-2220

Email: cme.csss-iugs@ssss.gouv.qc.ca

Web: www.sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=1439

The centre offers a range of prenatal and postnatal services. Health card required.

La Maison de naissance de l'Estrie (midwives)

E & F

65 De la Croix St., Sherbrooke (Brompton)

Phone: 819-780-2222 (ask for La Maison de naissance)

Web: www.osfq.org/

Complete and personalized services for pregnant women and recent mothers. Fees only apply without a Quebec health card.

Naissance renaissance Estrie

F only

15 J.-A. Bombardier St., Suite A-150, Sherbrooke

Phone: 819-822-2688 or 1-833-774-2688

Email: prenatal@bedonboutchou.ca ; postnatal@bedonboutchou.ca ; info@bedonboutchou.ca

Web: bedonboutchou.ca

Range of prenatal and postnatal services, including classes on prenatal health and breastfeeding. Costs vary.

National Abortion Federation Canada Hotline

(E & F + Spanish)

Phone: 1-800-772-9100

Web: www.nafcanada.org/hotline.html

This toll-free hotline is based in the USA, but it also serves Canada. It offers information about pregnancy options, financial resources, and referrals to trusted abortion providers.

LGBTQ SUPPORT NETWORKS AND ADVOCACY

Bishop's University Pride Alliance (BUPA)

E & F

Email: mbernard17@ubishops.ca; bsimard16@ubishops.ca

Facebook: www.facebook.com/groups/248031108606751/?fref=ts

This student-run organization unites the LGBTQ+ student community in Lennoxville through weekly meetings and special events, including movie nights, potlucks, outings in Sherbrooke, and parties at Bishop's.

IRIS Estrie

F only

505 Wellington S., Sherbrooke

Phone: 819-823-6704

Web: irisestrie.org

IRIS Estrie offers several services of interest to LGBTQ+ community and those exploring their sexual identities. These include projects focussed on trans people, youth, and homosexual men and women. They are listed below. The phone number and address for all these projects remains the main number above.

• Le Groupe Caméléon

F only

Phone: 819-823-6704

Web: irisestrie.org/population-rejointe/personnes-trans

Facebook: www.facebook.com/profile.php?id=1447915755

This initiative of IRIS Estrie serves local transgender, transvestite, and transsexual individuals. The organization offers personal support, regular discussion groups, and a meeting place for members of the trans community. It offers information on the transitioning process and referrals to local, trans-friendly resources, such as health care. It also aims to combat transphobia and raise awareness through trainings and promotional campaigns. A discussion group is held the first and third Wednesdays of each month from 18h30 to 20h30. Before joining this discussion group, please contact the facilitator to make an appointment.

• Projet de Parrainage

F only

Phone: 819-823-6704

Web: irisestrie.org/population-rejointe/homme-gais-bisexuels

This initiative of IRIS Estrie offers mentoring-based support and social venues for men who are questioning their sexual orientation.

• Groupe Entre-Nous

F only

Phone: 819-823-6704

This is a French language discussion group for gay and bisexual men, considering coming out or having recently come out. Discussions take place the second and fourth Thursday of each month at the IRIS Estrie headquarters. This is a place where men can express themselves freely and without judgment; confidentiality is expected of participants and facilitators.

Comité identités et orientation sexuelles et amoureuses libres du Cégep de Sherbrooke (Le CIOSAL)

F only

Web: www.aecs.info/html/comite.php?id=35

Facebook: www.facebook.com/groups/291006210911086/?fref=ts

CÉGEP de Sherbrooke's LGBTQ student association.

Association des gais, lesbiennes, bisexuel(le)s et alliés de l'UdeS (L'AGLEBUS)

F only

Email: secretaire.aglebus@usherbrooke.ca

Web: aglebus.association.usherbrooke.ca

Facebook: (LGBTQ+ UdeS) www.facebook.com/groups/17002430399

University of Sherbrooke's association for LGBTQ+ students and their allies.

Le Groupe d'action trans de l'Université de Sherbrooke (GATUS)

F only

Email: gatus@USherbrooke.ca

Web: gatus.association.usherbrooke.ca/services/rdaag

Facebook: www.facebook.com/pg/groupeactiontransudes/posts

This student-led organization provides information, organizes events, and promotes trans issues on the U de S campus. It also provides gender confirming items at cost through IRIS Estrie, including binders, packers, tuckers, and prosthetic breast forms. Email for information.

Interligne (formerly Gai Écoute)

E & F

Listening line: 1-888-505-1010 (toll free)

By Text: 1-888-505-1010 (toll free)

Online counselling and chat: interligne.co/en/helpline (in English); interligne.co/aide-renseignements (in French)

This is a free and confidential phone and internet counselling service for anybody with questions or concerns regarding sexual orientation and gender identity. Professional counsellors are available to help. It is free, confidential and available 24h a day, 7 days a week. The website also includes an anonymous “Act of Homophobia Registry”.

GRIS Estrie

E & F

165 Moore St., Sherbrooke

Phone: 819 434-6413

Email: info@grisestrie.org

Web: grisestrie.org

GRIS (Le Groupe régional d'intervention sociale) is an advocacy group that fights homophobia and raises awareness about the realities of sexual minorities. Dynamic volunteers offer interactive workshops, mostly in educational institutions, on the theme of demystifying homosexuality and bisexuality.

Project 10 / Projet Dix

E & F

Listening line: 514-989-4585

Email: questions@p10.qc.ca

Drop in: 2075 rue Plessis, Montreal

Web: p10.qc.ca

This group provides free and confidential counseling and support for individuals with questions or concerns regarding their sexual orientation and gender identity, and for the local LGBTQ+ community. The anonymous listening line is available Tuesday through Wednesday from 12 to 6 pm and Thursday 1:30-6pm. You can make an appointment to visit with a counsellor or drop in to discuss pertinent topics in a group setting on Thursday evenings from 6:30 to 8:30pm. Social Hangouts take place on Tuesdays and Thursdays from 2-5pm. They also offer a summer camp for youth ages 14-25, and accompaniment services for those accessing doctors' appointments, housing interviews, shelters, court dates, etc.

Aide aux Trans du Québec (ATQ)

F only

Listening and Intervention Line: 1-855-909-9038 #1

Web: www.atq1980.org

Courriel: admin@atq1980.org

The main goals of ATQ are to support people with trans identities and help break social isolation, as well as demystify trans identities for the larger public. Their listening line is available 24h a day. In Montreal and Quebec, they also offer monthly meetings, including

meetings for family, friends, and allies. Additionally, in Quebec and Montreal intervenors are available to assist you in person with medical, social and personal issues.

The “It Gets Better” Project

E (+ multilingual section)

Web: www.itgetsbetter.org

A worldwide movement to unite and inspire young people coming to terms with their sexual orientation and identity.

GENDER-SPECIFIC SUPPORT: FOR WOMEN, FOR MEN

Bishop’s Gender Equity Centre

E only

Phone: 819-347-8475

Email: bishopsgec@gmail.com

Facebook and Messenger: @bishopsgec

This student-run group at Bishop’s coordinates campaigns on campus to raise awareness related to women’s rights and gender issues, including sexual violence and discrimination.

Lennoxville and District Women’s Centre

E only

175 Queen St., suite 203, Lennoxville

Phone: 819-564-6626

Email: info@ldwc.ca

Web: ldwc.ca

This community organization provides a range of services to women throughout the Estrie region. The group offers sexual assault services, special events, activities, and workshops aimed at women, and parents with young children. They also lobby the provincial government to improve conditions for women. Hours change throughout the year; check the website.

MomentHom - Centre d'entraide pour hommes de l'Estrie

F only

337, rue Dufferin, suite 100, Sherbrooke J1H 4M6

Phone: 819 563-0303

Email: info@momenthom.com

Web: momenthom.com

Facebook: www.facebook.com/momenthom

This organization works with men seeking assistance for a variety of issues, including family problems, relationship troubles, abuse, sexual assault, job loss, bereavement, and financial difficulties. Male counsellors are available in person for ongoing psychological and social support and are also available by phone from 9 a.m. to 9 p.m. seven days a week.

Centre des femmes La Parolière

F only

217 Belvédère St. N., Sherbrooke

Phone: 819-569-0140

Email: info@laparoliere.org

Web: laparoliere.org

This centre provides support and counselling for women wishing to develop their strengths and overcome any kind of personal challenge. The organization offers individual counselling, art therapy, social events, and information.

Le Seuil de l'Estrie

Phone: 819-821-2420

Email: leseuil@abacom.com

Web: www.leseuil.qc.ca

F only

This organization has two missions: first, helping men with relationship problems, including or not including violent behaviour, and second, helping men, women and adolescents as individuals, or in couples, with management of anger or violent behaviour.

Centre pour femmes immigrantes de Sherbrooke

942 Belvédère S., Sherbrooke

Phone: 819-822-2259

Email: cfimmig@cooptel.qc.ca

Web:

www.arrondissement.com/bottin/centrepourfemmesimmigrantesdesherbrooke?audience=3&division=92

F & E (multilingual)

Facebook: www.facebook.com/centre.pourfemmesimmigrantes

The center offers assistance with finding employment, clothing and household items, a drop-in daycare, literacy skills, sexual assault, legal aid, as well as social activities like dance classes and exercise.

Maison Oxygène

Phone: 819-679-8191

Web: www.maisonoxygene.com/approche.asp

Facebook: @MOEmaisonoxygeneestrie

Maison Oxygène offers services for fathers and their children facing situations of distress, including a shelter service and regular meetings with a support worker.

BODY IMAGE AND EATING DISORDERS

Arrimage Estrie

6 Wellington St. S., Suite 204, Sherbrooke

Phone: 819-564-7885

Email: info@arrimageestrie.com

Web: arrimageestrie.com

Facebook: @arrimageestrie1

F (sometimes E)

This organization promotes the development of a positive body image for all genders and offers support for individuals struggling with a wide range of disorders, including anorexia, bulimia, binge eating, excessive exercising, and others. Among the services available are one-on-one counselling, support groups, referrals, and an information centre.

Anorexie et boulimie Québec (ANEB Québec)

E & F

Phone: 1-800-630-0907

Web: anebquebec.com

This Montreal-based group with a toll-free hotline provides support for teens and adults--women and men--regarding eating disorders such as anorexia and bulimia.

Clinique Muula

F (sometimes E)

Phone: 1-866-888-3208 (toll free)

Email: info@muula.ca

Web: muula.ca

This organization offers psychological and nutritional counselling related to body image, eating disorders, and weight loss for men, women, and youth. Contact Muula to set up an evaluation appointment with counsellors in Sherbrooke. These services are subject to fees not covered by provincial health insurance but usually covered by private insurance.

Centre hospitalier universitaire de Sherbrooke (CHUS)

F (sometimes E)

Phone: 819-346-1110

1-866 638-2601 (toll free)

CHUS – Fleurimont

3001 12th Avenue North, Sherbrooke

CHUS – Hôtel-Dieu

580 South Bowen Street, Sherbrooke

Web: www.chus.qc.ca/en/patients-visitors/i-need-documentation-for/sujets/mental-health

The CHUS hospital has a wing and beds dedicated to eating disorder patients. It also offers free counselling sessions.

Alegría

E & F

Facebook: www.facebook.com/groups/616481831714626

Founded by a former Champlain student, this Facebook group connects survivors of eating disorders within a supportive online community focused on recovery and caring.