

Région  
des Sources



# Welcome guide for new residents

2022

# Multilingual microsite

## Overview of the project:

The idea of creating a multilingual microsite (English, Spanish, Arabic and Swahili) came from the *Fédération des Communautés Culturelles de l'Estrie* (FCCE) as part of the sectoral agreement on gender equality in the Estrie region, which is supported by the MRC des Sources.

This multilingual microsite is specially designed to allow you to better understand the attractions of the MRC des Sources and all the structures and resources in place to help immigrant in their integration and settlement in the MRC.

## Introduction to the Region of des Sources

### THE REGION OF DES SOURCES

It is a distinct place where seven municipalities, both unique and tightly woven, meet.

It is a land of encounters where we recognize each other and where we reconnect. It is a place of sincere exchange where powerful and lasting bonds are created.

It is a place to live and work differently. A region where you can dream, breathe and express your creativity.

It's a place with a human dimension where everyday life is transformed into festive moments. A place where we put down roots to cultivate a meaningful way of life.

It is a place that brings us back to the essential, to what really matters.

It is here, in the heart of Quebec,

vibrating to the rhythm of the Eastern Townships.

The Region of des Sources

The world is here!

# Our values

## **THE SENSE OF COMMUNITY**

Mutual aid / Collaboration / Solidarity / Cooperation

In the Region of des Sources, we believe in the collective spirit within the community. We have the will to act together, to gather for the common good and well-being and for the future of the territory. Our projects promote personal and collective development. We are supportive of each other. We are generous with our time. Together we know that we will accomplish great things.

## **GOODWILL**

Caring for people and the Earth

In the region of des Sources, we believe that our residents, entrepreneurs, elders and our youth are our wealth, and we take care of them. Within our communities, we are attentive to others, we make sure to listen to them, to let them be as they are, to accept them without trying to change them.

We also believe that it is our duty to take care of our earth. We believe that every small gesture counts and that the combined action of all has an enduring impact on the environment.

## **BALANCE**

Less of a surplus. More of the best

In the region of des Sources, we believe in the balance of everything. We seek and defend it. We are looking for a healthy lifestyle, full of serenity and exuberance, solitude and encounters, tradition and modernity, the right balance between work and personal life, between individual and collective interests, with the goal of being happy, healthy and fulfilled. We are always looking to do better, without necessarily obtaining more.

## **INTEGRITY**

Moral and physical

In the region of des Sources, we believe in absolute integrity. We are driven by honesty and transparency. We are assertive and whole. We say what we have to say with an open heart and courage. We do not shape our words to fit people, class or interests. We express our opinions with the goal of making a difference, driven by our good will. We share our ideas openly, without censorship, but we do not remain entrenched in our positions.

## **OUR PROMISE TO THE PEOPLE WHO COME TO LIVE IN THE REGION OF DES SOURCES**

An experience full of encounters, where human contact counts. A region that brings you back to basics.

To move forward, to live, to think, to act: together.

### **9 THINGS THAT DISTINGUISH US FROM OTHER TERRITORIES**

- 1- Innovation: a way of doing and thinking
- 2- A diversified culture: shared by all
- 3- Sustainable agriculture
- 4- Accessibility: to the territory and to people
- 5- Space: to live, to undertake and to meet others.
- 6- Nature
- 7- Heritage: cultural and built
- 8- Sustainable development: looking to the future
- 9- A strong social fabric: our personal and collective wealth

## Welcome service

Whether it is before your arrival or during your first year of settlement in the region of des Sources, a welcome service exists to help you discover the area and its attractions. The Welcome Squad is made up of the MRC des Sources' welcome and integration agent and the *Place aux jeunes* agent from the *Carrefour jeunesse-emploi des comtés de Richmond-Drummond-Bois-Francs*.

### **KARINE PINARD**

Reception and Integration Officer of the MRC des Sources  
309 Chassé Street, Val-des-Sources  
873 500-2452  
[kpinard@mrcdessources.com](mailto:kpinard@mrcdessources.com)

### **AUDREY ARCHAMBAULT**

Migration Officer of Place aux jeunes des Sources  
557 1st Avenue, Val-des-Sources  
819 879-7667  
[paj@cjerichmond.qc.ca](mailto:paj@cjerichmond.qc.ca)

## THE FOLLOWING IS THE MUNICIPALITIES' PRESENTATION

### Danville

A little piece of paradise located in between Sherbrooke, Victoriaville and Drummondville. It is considered one of the most picturesque villages in all of the Eastern Townships. Danville invites you on a surprising journey through its history, with its architecture and its dynamic vision for a promising future. With its industrial park, daycare center, elementary schools, wide range of recreational activities and numerous services, Danville offers an exceptional living and working environment.

#### HIGHLIGHTS:

- Le Centre d'interprétation de l'Étang Burbank for bird watching or wandering in nature;
  - The Symposium des arts de Danville and its many art galleries;
  - La Mante du Carré which is both a public market and a restaurant;
  - The architectural heritage of the houses, a mixture of French and English culture;
  - For cycling enthusiasts, a 14 km section of La Route verte crosses the MRC des Sources from Saint-Cyr to Kingsey Station, passing through Danville, where you will find the tourist information office.
- 

### Ham-Sud

Ham-Sud is a charming municipality dedicated to tourism, agriculture and forestry located on the borders of the Eastern Townships in the MRC des Sources and the Bois-Francs. A magnificent place to watch the sunsets and wander in nature, Ham-Sud is in full expansion to revitalize its environment and meet the needs of its citizens, from the youngest to the oldest.

#### HIGHLIGHTS:

- A true paradise for nature lovers, the Mont Ham Regional Park with its 713 meters of altitude reveals a breathtaking view of the surroundings;
- The Camping du Mont Ham-Sud, located on the shores of Lac à la Truite, offers several activities, including a perfect environment for fishing enthusiasts;
- The eco-residential project: Au pied du Mont-Ham, which carries out innovative projects of a sustainable nature, in order to build a

community with ecological values and implement an efficient management model for the members of the cooperative.

- The parks: The Recreation Park with numerous play modules for children and the Senior's Park with picnic areas surrounded by fruit trees and shrubs.
- The peaceful accommodations: the [l'Auberge-restaurant la Mara](#), the Chambre d'hôtes La Grande Dame, the cottage rental Au pied du mont Ham or at Miel et terre.

---

## Saint-Adrien

The charm of Saint-Adrien lies in the people who live there and work for its development and quality of life. It is a haven of tranquility, charm, fresh air and vitality, the ideal living environment for young families. It is home to friendly and welcoming people who are proud of their roots and their environment. The adriennais community is vibrant with initiative and creativity. All it takes is one visit to persuade!

### HIGHLIGHTS:

- The multifunctional performance hall, [La Meunerie](#), which thrives in large part thanks to the volunteer involvement of the people of the village;
- The company [Projet 1606](#), which has converted the church into a community gathering place and is the head office of BEAM (Bureau Estrien de l'Audiovisuel et du Multimédia);
- [BEAM](#) is an organization that brings people together and promotes the development of creative businesses. It offers equipment and recording studio rentals, as well as support services for national and international audiovisual productions;
- [Comptoir St-Vrac](#), a regenerative grocery store that empowers its community.

---

## Saint-Camille

In a magnificent hilly landscape, at the head of the Nicolet River watershed, Saint-Camille is one of the most flourishing villages in Quebec. The municipality is full of ideas and team spirit. It is a place that constantly renews itself, driven by a community that is vibrant, innovative and always looking forward.

### **HIGHLIGHTS:**

- The family trail, which offers 6 kilometers of walking paths dotted with interpretation panels;
  - Located in the old general store, Le P'tit Bonheur shines with its performance hall, café, art gallery, rural interpretation center and Friday pizza;
  - The Centre Le Camillois, managed by Destination Saint-Camille, is a convention center located in the heart of the village, a former church which is now converted into a multifunctional center;
  - The Saint-Antoine Sanctuary is an important heritage building for the community. It is a place to discover!
- 

## **Saint-Georges-de-Windsor**

Saint-Georges-de-Windsor has the family at its core as well as the desire to cultivate its land and its traditions. Located in the heights of the region of des Sources, this municipality provides breathtaking scenery and a safe and warm living environment. The village church protects an exceptionally rich cultural heritage, as does the legend of the dragons of Saint-Georges, which is believed to be the origin of the village's foundation.

### **HIGHLIGHTS:**

- The Sport and Leisure Committee along with citizen involvement facilitates all kinds of activities throughout the seasons in the village;
  - The excellent cheese of La Fromagerie Proulx which, at the beginning of the 40's, sent cheddar wheels to England to feed the troops who were fighting in the Second World War;
  - La halte des Horizons, a roadside rest area, which includes a unique observatory and a small tourist kiosk.
- 

## **Val-des-Sources**

Val-des-Sources is the city at the center of the region of des Sources. A place where the population has access to government, administrative, commercial, health and recreational services. Founded in 1899, Val-des-Sources (formerly Asbestos) is shaped by a rich mining history, one of the vestiges of which is a huge open pit mine, today overlooked by an observatory accessible to the general public, creating a unique place in Quebec. An ideal place for families.



### **HIGHLIGHTS:**

- The Moulin 7 Microbrewery to explore new flavors in an atmosphere influenced by our mining roots;
  - The Centre O3 and its music camp which is among the most recognized in Quebec;
  - The Royal Estrie Golf Club with its remarkably beautiful site and a reception hall that can accommodate up to 500 people.
- 

## **Wotton**

With its curious and talented community, Wotton has more than one string to its bow. Surrounded by rolling hills and farmland, the village is a tight knit community that never hesitates to help each other excel. Wotton is a prosperous agricultural municipality, proud of its French-Canadian origins and of its pioneers, the first owners freed from the lordships of Lower Canada. Its artisanal productions and its tasty gastronomy make it a pleasant place to live, based on family values and the protection of our nourishing land.

### **HIGHLIGHTS:**

- The Camping de la rivière Nicolet offers activities for the whole family, such as the Enchanted Forest adventure game or tubing down the river;
  - La Maison Grise Cheese Factory where you can visit the goats, buy cheese (they even have cheese curds!) and find products from local producers and artists;
  - Les Miels Lambert, a honey factory that started nearly 50 years ago and is now one of the largest honey producers in Quebec;
  - The maple park with its forest trails accessible all year long.
-

# Family

In the Region of des Sources, family life is a priority. Several actions are taken to help reconcile family-work-study-caregiving. In this region, these include:

- A safe living environment with a community spirit;
- Educational methods based on non-violence and a human approach;
- The proximity to nature which makes it an ideal place for the young and old to blossom;
- Health services for the whole family.

## DAYCARE CENTERS

The Region of des Sources has three daycare centers, an ecological daycare center in Saint-Georges-de-Windsor, a multitude of private settings as well as two drop-in daycare centers through La Maison des Familles FamillAction.

## SCHOOLS

Registration for public elementary and secondary schools

Registration is done at the *Centre de services scolaires des Sommets*:

[www.csdessommets.qc.ca](http://www.csdessommets.qc.ca)

- Primary school
- Secondary
- The Centre of Excellence in Vocational Training.

- There is no CEGEP (college level) or university in the Region of des Sources, but some DEC courses can be taken at the Centre de formation des adultes de Val-des-Sources thanks to a partnership between the Cégep de Sherbrooke and the Centre de services scolaires des Sommets.

For more details, follow this link:

<https://www.cegepsherbrooke.qc.ca/fr/asbestos>

For more details, consult the appendix

---

## **WOMEN'S SERVICES**

With a feminist approach that respects diversity and aims to improve women's well-being, the Centre des femmes Le point d'ancrage works with women in the Val Saint-François and Sources MRCs to:

- Support them in their efforts to regain individual and collective power over their lives;
- Improve their living conditions;
- Defend their rights and reduce the inequalities they experience.  
(Appendix)

## **YOUTH SERVICES**

In collaboration with the CDC des Sources, a Table enfance-jeunesse des Sources was formed in 2018 to implement joint projects and improve the issues affecting 0-30 year olds. These reflections led to the launch of the 2019-2024 Stratégie jeunesse des Sources in 2019.

## **SENIORS' SERVICES**

Some of our municipalities are part of the Senior Friendly Municipalities (MADA) program which aims to encourage active aging of seniors within their community. Thus, initiatives are taken in our communities to improve the quality of life of seniors.

We also have the Culture aux aînés, project, led by the *P'tit bonheur* de Saint-Camille, which aims at the social participation of seniors through artistic and social activities to improve their well-being.

# Habitation

The Region of des Sources is a great place to settle down. Whether you want to live in an apartment or buy a house, in town or in the country, you will find a diversified offer with an excellent quality/price ratio. In fact, the price of houses and apartments are more affordable than in the major centers.

## **ACCESS TO HOME OWNERSHIP**

### **Sustainable housing program**

"This program aims to encourage eco-responsible and environmentally friendly construction by promoting energy efficiency, the use of sustainable materials and the improvement of air quality in homes. By participating in this project, the MRC des Sources is betting on the sustainable development of its community.

## **RENTAL UNITS**

Classified ads, word of mouth and social media, especially local Facebook groups, are still good tools for finding rentals. You will find a list of sites to consult in the appendix.

## **THE OMH**

The Office municipal d'habitation des Sources provides low-cost housing for low-income households.

## Recreation

The Region of des Sources offers a multitude of leisure activities on its territory:

agrotourism, arts, culture, heritage, attractions, outdoors, sports, hunting and fishing. Participating in these activities is an excellent way to integrate into your new environment and meet your neighbors more quickly! Look for the Recreation tab on the municipal web pages. (Appendix)

Certain recreational and tourism facilities are also the subject of an agreement between the municipalities and the MRC, which contributes to the accessibility of the infrastructures and the preservation of the recreational and tourism offer on the territory. These include the following:

- Mount Ham Regional Park
- The Route Verte
- The Musical Camp
- Burbank Pond
- Le P'tit Bonheur
- La Meunerie
- The Asbestos Recreation Center

## Culture

A truly collective treasure, culture plays a major role in affirming the distinctive character of our region. It is a vector of identity specific to our territory that is enriched by the achievements of our citizens, artists, craftsmen, cultural workers, and by the inspiration of daring local entrepreneurs. The region of des Sources offers various cultural activities: indoor shows, festivals, original events, recordings, filming; there is something for everyone.

Discover the programs of our performance halls:

- [Le P'tit Bonheur de Saint-Camille](#)
- [La Meunerie](#) in Saint-Adrien
- [Le Camp musical](#) in Val-des-Sources

Here are some of our festivals:

- [Festival des Gourmands](#) in Val-des-Sources
- [Danville Arts Symposium](#)
- [Masq'ailleurs!](#) Festival in Saint-Camille
- [Festival des oiseaux migrants at Étang Burbank](#)
- [Slackfest](#) in Val-des-Sources
- [Festival country](#) in Wotton

## Food

Many options are available to you in terms of food in the MRC des Sources. Whether you want to find local meat, cheeses, organic vegetables, more specialized products to cook at home or share a good meal in a restaurant, our producers and merchants have what it takes to satisfy you.

### OUR LOCAL SPECIALTIES

- A Region of des Sources tradition can be found on Fridays at P'tit Bonheur in Saint-Camille. Try their home-baked pizzas; happiness in your oven! Psst! There is also a pick-up station in Val-des-Sources at 309 Chassé Street.
- The Holy Grail of the Fromagerie Proulx is without a doubt their p'tit lait cheese. First step of the production, this young and ephemeral cheese is available at the counter only and, be on time, because there will be none left!

### WORLD CUISINE

- Alba and Francisco, owners of Arbolandia, offer Latin American specialties of all kinds. Catering service and country table available upon reservation.
- Les Fromages Latino's mission is to introduce different Latin American cheeses to a varied clientele of all ages.
- You will also find South American products at the Marché du Carré convenience store in Danville.
- The Coop Métro Plus grocery store offers some specialized products from different cultures.

### PUBLIC MARKETS

These are usually held during the summer. You can find a variety of local products, including food and artisan products.

- Val-des-Sources Public Market: every Saturday from 10 a.m. to 2 p.m.
- La Mante du Carré in Danville: every Saturday from 10 am to 2 pm. (open all year round)
- Le Marché de Saint-Adrien: every Saturday from 10 a.m. to 1 p.m.
- St-Georges Local Market: every Sunday from 10 am to 1 pm.
- La Clé des Champs in St-Camille: every Thursday from 3:30 pm to 6:30 pm.

## Tourism

On the Tourisme des Sources website, you will find suggested tours to do in a few days to discover the most beautiful attractions in the Region of des Sources.

To know where to sleep during your stay: Temporary accommodations

## Public services

### HEALTH CARE AND EMERGENCY SERVICES

Val-des-Sources Hospital, CLSC and Residential Centre (CIUSSS de l'Estrie CHUS)

Many other health care services are available throughout the territory such as massage therapy, physiotherapy, optometry, relaxation care, mental health resources, pharmacies, etc.

### TRANSPORTATION SERVICES

A public transportation service is offered throughout the MRC des Sources territory for as little as \$3.50 per trip. This service is free for children under 12 years of age, accompanied by an adult. However, it is important to reserve your trip no later than 2:00 p.m. on the business day before your trip.

For full details on the services offered, visit [stcdessources.com](http://stcdessources.com) or call 819 879-7107.

There is also a cab service in Val-des-Sources, available Monday to Friday from 6 a.m. to 6 p.m. and Saturday from 8 a.m. to 6 p.m. (closed on Sunday).  
Asbestos taxi service  
819-879-5455

### FINANCIAL INSTITUTIONS

We have various financial services that can guide you in your efforts: Caisse Desjardins des Sources, National Bank, CIBC Banking Center.

### PHONE, INTERNET, TELEVISION

Here are some of the main companies offering their services in the region:

Cooptel: [www.cooptel.ca](http://www.cooptel.ca)

Cogeco: [www.cogeco.ca](http://www.cogeco.ca)

Videotron: [www.videotron.com](http://www.videotron.com)

Bell: [www.bell.ca](http://www.bell.ca)

Axion: [www.axion.ca](http://www.axion.ca)

Distributel: [www.distributel.ca](http://www.distributel.ca)

# Working in the Region of des Sources

## MAIN ACTIVITY SECTORS:

- Metal processing
- Environmental technologies
- Multimedia and digital technologies
- Agri-food processing
- Specialized agricultural production
- Tourism and culture
- Untapped natural resources

## JOB SEARCH

Carrefour jeunesse-emploi des comtés de Richmond et Drummond-Bois-Francis

Gateway to job seekers between the ages of 16 and 35, the CJE can help you plan a job search, obtain a resume that will make you stand out, prepare for an interview, and obtain information on student jobs.

557, 1st Avenue, Val-des-Sources

819 879-7667

[cjerichmond.qc.ca](http://cjerichmond.qc.ca)

ADN emploi

ADN emploi's mission is to provide professional employment and reintegration services to a clientele aged 16 and over with special difficulties and offers human resources consulting services to businesses in its territory.

561, 1st Avenue, Val-des-Sources

819 879-4080

[info@adnemploi.com](mailto:info@adnemploi.com)

L'ARTERRE

L'ARTERRE is a networking service focused on guiding and matching aspiring farmers with owners. It promotes the succession of farmers by taking over farms (which have no identified successors), acquiring or leasing assets, and setting up partnerships to ensure the sustainability of businesses and agricultural heritage in Quebec.

819 879-6661, ext. 233

[elapointe@mrcdessources.com](mailto:elapointe@mrcdessources.com)

[arterre.ca](http://arterre.ca)



#### Services Québec of Val-des-Sources

Services Québec's mission is to offer simplified access to government services for citizens and businesses throughout the territory (information on government programs and services, assistance with administrative procedures, employment assistance, social assistance and more).

<https://www.quebec.ca/services-quebec>

597 Simoneau Boulevard, Val-des-Sources

819 879-7141

#### Service Canada Centre

Service Canada offers Canadians a single point of access to a wide range of services and benefits provided by the Canadian government (Employment Insurance, Social Insurance Number, passport, GST/HST credit, Canada Pension Plan and Old Age Security pension and others).

All Service Canada services

309 Chassé Street, Val-des-Sources

1 800-622-6232

# Appendix

## LA MRC DES SOURCES

Services administratifs de la MRC des Sources  
309, rue Chassé, Val-des-Sources (Québec) J1T 2B4  
819 879-6661  
Courriel: [mrc.info@mrcdessources.com](mailto:mrc.info@mrcdessources.com)  
Site web: [mrcdessources.com](http://mrcdessources.com)

## Family

### DAYCARES

CPE La Sourcière  
Bureau coordonnateur et installation Agrigarde  
394, Mgr L'Heureux  
Wotton J0A 1N0  
[819 828-2927](tel:8198282927)

Installation Les Poussinelles  
280, rue Manville O, Val-des-Sources  
[819 828-2927](tel:8198282927)  
[gw.micro-acces.com/cpelasourciere](http://gw.micro-acces.com/cpelasourciere)

CPE Les Petits Soleils de Danville  
70, rue du Carmel, Danville  
[819 839-3072](tel:8198393072)  
[cpe-estrie.org/service-de-garde/cpe/cpe-les-petits-soleils-de-danville](http://cpe-estrie.org/service-de-garde/cpe/cpe-les-petits-soleils-de-danville)

Garderie Les p'tits Pouces Verts (garderie verte)  
134, rue Marcotte, Saint-Georges-de-Windsor  
819 828-0003  
[lespitspoucesverts@hotmail.com](mailto:lespitspoucesverts@hotmail.com)

La Maison des Familles FamillAction – Halte-garderie  
454, rue Binette, Val-des-Sources  
819 879-0902  
[famillaction.org](http://famillaction.org)

Liste de plusieurs services de garde subventionnés ou non  
[www.laplace0-5.com](http://www.laplace0-5.com) / [www.magarderie.com](http://www.magarderie.com)

### SCHOOLS

École primaire de la Passerelle  
410, 1<sup>re</sup> Avenue, Val-des-Sources  
Téléphone: 819 879-6926  
Site web: [passerelle.cssds.gouv.qc.ca](http://passerelle.cssds.gouv.qc.ca)

École primaire de la Tourelle  
180, rue Genest, Val-des-Sources  
Téléphone : 819 879-6303  
Site web : [tourelle.cssds.gouv.qc.ca](http://tourelle.cssds.gouv.qc.ca)

École primaire du Christ-Roi  
149, rue Miquelon, Saint-Camille  
Téléphone: 819 828-2404

Site web: [christroi.cssds.gouv.qc.ca](http://christroi.cssds.gouv.qc.ca)

École primaire Hamelin  
405, Mgr-L'Heureux, Wotton  
Téléphone: 819 828-2682  
Site web: [hamelin.cssds.gouv.qc.ca](http://hamelin.cssds.gouv.qc.ca)

École primaire Masson  
30, rue du Collège, Danville  
Téléphone: 819 839-2930  
Site web: [masson.cssds.gouv.qc.ca](http://masson.cssds.gouv.qc.ca)

École primaire Notre-Dame-de-l'Assomption  
483, rue Principale, St-Georges-de-Windsor  
Téléphone: 819 828-2565  
Site web: [nda.cssds.gouv.qc.ca](http://nda.cssds.gouv.qc.ca)

École primaire Notre-Dame-de-Lourdes  
1598, rue Principale, St-Adrien  
Téléphone: 819 828-2733  
Website: [ndl.cssds.gouv.qc.ca](http://ndl.cssds.gouv.qc.ca)

École primaire anglophone \* specific eligibility criteria  
It is a public English-language school offering French immersion. 40% of its program is taught in French.  
217 Water Street, Danville  
819 839-2352  
<http://www.etsb.qc.ca>

École secondaire L'Escale  
819 879-5413  
[lescale.csdessommets.qc.ca](http://lescale.csdessommets.qc.ca)  
[facebook.com/escale.val.des.sources](https://facebook.com/escale.val.des.sources)

Centre d'excellence en formation professionnelle  
819 879-0769  
[cfpasbesterie.csdessommets.qc.ca](http://cfpasbesterie.csdessommets.qc.ca)

Centre d'éducation des adultes des Sommets – Val-des-Sources  
819 879-7191  
[cea.csdessommets.qc.ca/asbestos](http://cea.csdessommets.qc.ca/asbestos)

## **YOUTH SERVICES**

Maison des jeunes de l'Or Blanc  
530, 1<sup>re</sup> avenue, Val-des-Sources  
819 879-5522  
[www.facebook.com/majdelorblanc](http://www.facebook.com/majdelorblanc)

Maison des jeunes Au Point  
51, rue Cleveland, Danville  
819 839-2110  
[www.facebook.com/majdanville](http://www.facebook.com/majdanville)

Maison des jeunes de Wotton  
400, Mgr L'Heureux, Wotton  
819 828-3288

Mouvement jeunesse de Saint-Georges-de-Windsor  
485, rue Principale  
819 828-0360  
[www.facebook.com/groups/114306631985438](http://www.facebook.com/groups/114306631985438)

Maison des jeunes Action Jeunesse  
1598, rue Principale, Saint-Adrien  
819 828-0137  
[www.facebook.com/groups/159954480770603](http://www.facebook.com/groups/159954480770603)

Maison des jeunes d'Ham-Sud  
21, chemin Gosford Nord  
[www.facebook.com/groups/264781540298218](http://www.facebook.com/groups/264781540298218)

Maison des jeunes de Saint-Camille  
[www.facebook.com/groups/172396926513253](http://www.facebook.com/groups/172396926513253)

## Habitation

Websites for rental accommodation or for properties in sale.

[www.louer.ca](http://www.louer.ca)  
[www.kijiji.ca](http://www.kijiji.ca)  
[www.logisquebec.com](http://www.logisquebec.com)  
[www.lespac.com](http://www.lespac.com)  
[www.duproprio.com](http://www.duproprio.com)  
[www.publismaison.ca](http://www.publismaison.ca)  
[www.centris.ca/fr](http://www.centris.ca/fr)  
[www.remax-quebec.com/fr/index.rmx](http://www.remax-quebec.com/fr/index.rmx)

## Culture and leisure

- Ville de Val-des-Sources  
[valdessources.ca/culture-et-loisirs/tourisme-val-des-sources/tourisme-quoi-faire-a-valdessources](http://valdessources.ca/culture-et-loisirs/tourisme-val-des-sources/tourisme-quoi-faire-a-valdessources)
- Ville de Danville  
[danville.ca/decouvrir/tourisme](http://danville.ca/decouvrir/tourisme)
- Municipalité de Ham-Sud  
<https://www.ham-sud.ca/decouvrir/tourisme>
- Municipalité de Saint-Adrien  
[www.st-adrien.com](http://www.st-adrien.com)
- Municipalité de Saint-Camille  
[saint-camille.ca/decouvrir-saint-camille/nos-attraits](http://saint-camille.ca/decouvrir-saint-camille/nos-attraits)
- Municipalité de Saint-Georges-de-Windsor  
[www.st-georges-de-windsor.org](http://www.st-georges-de-windsor.org)
- Municipalité de Wotton  
[wotton.ca/loisirs](http://wotton.ca/loisirs)

## Municipal libraries

Bibliothèque municipale de Val-des-Sources  
351, boulevard St Luc, Val-des-Sources  
819 879-7171  
[valdessources.ca/culture-et-loisirs/bibliotheque](http://valdessources.ca/culture-et-loisirs/bibliotheque)

Bibliothèque municipale de Danville  
52, rue Daniel Johnson, Danville  
819 839-3236  
[danville.ca/bottin/services/bibliotheque](http://danville.ca/bottin/services/bibliotheque)

Bibliothèque municipale de Ham-Sud  
9, chemin Gosford Sud  
819 877-3258, poste 103

[ham-sud.ca/vivre-a-ham-sud/regard-sur-ham-sud/repertoire-des-organismes-de-la-region](http://ham-sud.ca/vivre-a-ham-sud/regard-sur-ham-sud/repertoire-des-organismes-de-la-region)

Bibliothèque municipale de Saint-Adrien  
1598, principale, Saint-Adrien  
819 828-0137

[www.st-adrien.com/notre-milieu-de-vie/bottin/bibliotheque-municipale](http://www.st-adrien.com/notre-milieu-de-vie/bottin/bibliotheque-municipale)

Bibliothèque municipale de Saint-Camille  
93, rue Des Rivières, Saint-Camille  
819-286-8282

[saint-camille.ca/decouvrir-saint-camille/attraits/bibliotheque-municipale](http://saint-camille.ca/decouvrir-saint-camille/attraits/bibliotheque-municipale)

Bibliothèque municipale de Saint-Georges-de-Windsor  
527, rue Principale, Saint-Georges-de-Windsor  
819 828-2716, poste 105

[st-georges-de-windsor.org/citoyens-bibliotheque.php](http://st-georges-de-windsor.org/citoyens-bibliotheque.php)

Bibliothèque municipale de Wotton  
398, rue Monseigneur l'Heureux, Wotton  
819 828-0693

[www.reseaubiblioestrie.qc.ca/fr/bibliotheques-horaire-et-localisation/b36/wotton](http://www.reseaubiblioestrie.qc.ca/fr/bibliotheques-horaire-et-localisation/b36/wotton)

## Public services

### HEALTH CARE AND EMERGENCY SERVICES

Hôpital  
475 3<sup>e</sup> av, Val-des-Sources  
819 879-7151

Info-Santé CLSC  
819-879-7181 ou 811

GMF des Sources  
Groupe de médecine de famille (GMF) basé au CSSS des Sources.  
475 3<sup>e</sup> av, Val-des-Sources  
819 879-7151

Régie de l'assurance maladie du Québec  
[www.rama.gouv.qc.ca](http://www.rama.gouv.qc.ca)  
1-800-561-9749

Other professional services:

Croisée Des Sentiers - Mental Health Resource Center  
241, boulevard Morin, Val-des-Sources  
819 879-4886

Mc Kenty Carole - Psychotherapist  
312 Boul Morin, Val-des-Sources  
819-828-3476

Clinique de Santé dentaire, Dr. Marie-Christine Tremblay inc.  
339, 1<sup>re</sup> Avenue, Val-des-Sources  
819 879-4979

Clinique physiothérapie Val-des-Sources  
439, rue Binette, Val-des-Sources  
819-879-2629

Physiothérapie St-François – Asbestos clinic  
290 Boulevard St Luc, Val-des-Sources  
819 716-0667

Chiro-Clinique Martin Proulx Et Charles Roy - Chiropractor  
270 1<sup>re</sup> av, Val-des-Sources  
819 879-6107

Paul-André Picard - Masso-Kinesiotherapy  
312, Boulevard Morin, Val-des-Sources  
819 828-0249

Carrier et Associés - OPTOPLUS Optometrist  
525 1<sup>re</sup> av, Val-des-Sources  
819-879-5669

Clinique Énergie Globale Raymond Houde – Acupuncture Center  
312 Boulevard Morin, Val-des-Sources  
866 361-4448

Maison Nouvelle Vie – Drug and alcohol therapy center.  
15, Chemin Gosford Nord, Ham-Sud  
819 877-2216

#### **PHARMACIES**

Pharmacie Jean-Coutu Josée Fréchette  
525, 1<sup>re</sup> avenue, Val-des-Sources  
819 879-6969

Pharmacie Familiprix Habib Néji (pharmacie affiliée)  
431, 1<sup>re</sup> avenue, Val-des-Sources - 819 879-4022  
5, rue Grove, Danville - 819 839-2779

#### **FINANCIAL INSTITUTIONS**

- Caisse Desjardins des Sources  
Head office in Val-des-Sources and 2 service centers located in Danville and Wotton.
  - Caisse Desjardins des Sources  
535, 1<sup>re</sup> Avenue, Val-des-Sources  
819 879-7167
  - Centre de services de Danville  
39, rue Daniel-Johnson, Danville  
819 879-7167
  - Centre de services de Wotton  
560, rue St-Jean, Wotton  
819 828-2626
  
- Banque Nationale  
277, 1<sup>re</sup> avenue, Val-des-Sources  
819 879-5471
  
- Centre bancaire CIBC  
290, 1<sup>re</sup> Avenue, Val-des-Sources  
819 879-5469

#### **POST OFFICES**

Val-des-Sources  
285, Boul. Olivier, Val-des-Sources, QC, J1T 3A0



86, Rue Daniel Johnson, Danville, QC, J0A 1A0

Saint-Adrien  
1589, Rue Principale, Saint-Adrien, QC, J0A 1C0

Saint-Camille  
87, Rue Desrivières, Saint-Camille, QC, J0A 1G0

Saint-Georges-de-Windsor  
581, Rue Principale, Saint-Georges-de-Windsor, QC, J0A 1J0

Wotton  
445, Rue Gosselin, Wotton, QC, J0A 1N0

### **COMMUNITY RESOURCES**

Comptoir familial  
312, boulevard Morin, Val-des-Sources  
819 879-6333

Cuisine Amitié de la MRC des Sources  
412, boulevard Simoneau, Val-des-Sources  
819 879-4499  
[www.rccq.org/fr/cuisine-amitie-de-la-mrc-des-sources](http://www.rccq.org/fr/cuisine-amitie-de-la-mrc-des-sources)

Défi handicap des Sources  
599, boulevard Simoneau, Val-des-Sources  
819 300-6130

Maison des familles FamillAction  
454, rue Binette, Val-des-Sources  
819 879-0902  
[famillaction.org](http://famillaction.org)

Popote roulante  
312, boulevard Morin, Val-des-Sources  
819 879-6333  
[cabdessources.org/fr/services-aux-individus.html](http://cabdessources.org/fr/services-aux-individus.html)

Centre des femmes du Val-Saint-François (et des Sources) Le point d'ancrage  
Siège social : 75, rue Allen, Windsor  
819 845-7937 Sans frais: 800 909-7937  
[cfvsf.com/accueil](http://cfvsf.com/accueil)  
Sur rendez-vous seulement

### **FOR STARTING A BUSINESS**

MRC des Sources, Développement économique  
309, rue Chassé, Val-des-Sources  
819 879-6661  
[mrcdessources.com](http://mrcdessources.com)

SADC des Sources  
309, rue Chassé, Val-des-Sources  
819 879-7147  
[sadcdessources.com](http://sadcdessources.com)

Gym A21  
309, rue Chassé, Val-des-Sources

### **NETWORKING BETWEEN ENTREPRENEURS**

Chambre de commerce et d'entrepreneuriat des Sources  
Région des Sources Dépôt, Danville



819 300-1484  
[ccedessources.com](http://ccedessources.com)