



## Are you a caregiver?

Do you **support** an adult or a senior who is ill, has a disability, or is losing autonomy?

Do you **help** with daily tasks (housework, cooking, appointments, medication, transportation)

Are you **carrying** a lot on your shoulders – responsibilities, worry, mental load?

Are you trying to **juggle** everything, not always knowing where or how to find support?



Nearly 30%

of Quebecers are caregivers. It's a shared reality, a profoundly human act, an essential role.



You are not alone.



Listens to and supports you without judgment.

Provides information and guidance toward accessible, local resources.

Helps you develop knowledge and skills to adapt to daily challenges.

Offers tools and encourages the creation of a support network.



### Contact Us

579-888-0211

[ligne.daccueil@lantraidant.com](mailto:ligne.daccueil@lantraidant.com)



#### Head Office

205 Principale Street  
Saint-Sauveur  
Quebec J0R 1R0



#### Our Rooted Locations

By appointment:

##### MRC Rivière-du-Nord

850 du Bourg Avenue  
Saint-Jérôme

##### MRC Thérèse-De Blainville

24 Saint-Joseph Street  
Sainte-Thérèse

##### MRC des Laurentides

1 Saint-Vincent Street  
Sainte-Agathe-des-Monts

[www.lantraidant.com](http://www.lantraidant.com)

### Together, let's grow a garden of solidarity.

Become a member of L'Antr'Aidant or make a donation to help build a social safety net that recognizes caregivers in our community.



# L'Antr'Aidant

Sow • Unite • Humanize

#### Our Mission


Improving living conditions for caregivers of adults who are ill, in vulnerable situations and/or seniors living with a loss of physical and/or cognitive autonomy across the Laurentians territory.




# L'Antr' Aidant



is here for you





 **Support and information line**  
7 days a week,  
from 8:30 a.m. to 4:30 p.m.


 **Psychosocial support**  
Individual and personalized

 **Caregiver coaching**  
to build strategies together

 **Support groups**  
offered in person or virtually 


 **Training sessions/workshops**  
to boost your skills  
and understanding

 **Awareness activities**

 **Tools and videos**  
[outilsprocheaidant.com/en](https://outilsprocheaidant.com/en)

**Our services are free for caregivers throughout the Laurentians territory.**



The **support and information line**  is your anchor point to speak with a psychosocial worker:

- assess your needs
- provide non-judgmental listening
- offer guidance and referrals
- help register for activities

Speaking is planting seeds of well-being.



How can **psychosocial support** help you?

It offers a safe space through everyday changes and challenges:



- to recognize your needs and emotions
- to clarify your direction
- to learn to set boundaries
- to not stay alone with your doubts, concerns, and decisions

Find renewed purpose in your role while nurturing long-term balance.

**Coaching** — why not!  A targeted boost to help you move forward with more confidence.

It's hands-on support to empower you with practical tools and co-create strategies adapted to your reality.

## Cultivating humanity

In person or online,  **training and workshops** offering a valuable diversity of knowledge. 

Here are some of the topics covered:

- communicating differently with my loved one
- better understanding guilt
- supporting aging in a new way
- taxes and caregiving
- demystifying and transforming compassion fatigue
- supporting a person living with dementia
- caregiving and intimacy.



Sharing is part of our culture. 

Our accessible **awareness activities** are intended for caregivers, professionals, and volunteers.



**Tools and video capsules**

#SolidarityCaregiver

A series of practical, accessible videos and tools. Created for caregivers, this initiative covers diverse, concrete topics to:

- better understand your role
- get equipped for everyday challenges
- improve your quality of life.

