

CONSULTATION

INFORMAL CAREGIVERS WANTED

LA MONTÉRÉGIE EN
ACTION POUR LA
PROCHE AIDANCE

ARE YOU CURRENTLY HELPING, OR HAVE YOU HELPED,
A LOVED ONE WHO IS LIVING WITH AN INCAPACITY,
ILLNESS, OR LOSS OF AUTONOMY?
EVERY GESTURE COUNTS!

**2 ways to share your experience to help
improve recognition and support of
informal caregivers!**



1. Discussion groups

(About 90 minutes)

Between May 12 and June 18, 2026

- Châteauguay • Huntingdon • Longueuil
 - Salaberry-de-Valleyfield • Sorel-Tracy
 - St-Hubert • St-Hyacinthe
 - St-Jean-sur-Richelieu • Vaudreuil-Dorion
- + 3 online sessions!**

*Sessions will be held in French, but our team can
communicate in English if you prefer.*

**Full details and
registration here!**



2. Online survey

(About 30 minutes - French and English)

Don't have time to attend a session but
still want to weigh in?
Take our online survey!

Until June 30, 2026

**Survey available
online here!**



**No matter what type of support you provide,
we want to hear from you!**

An invitation from *La Montérégie en action pour la proche aide*:

Appui
proches aidants

TRO
MONTEGIE
TABLE RÉGIONALE
DES ORGANISMES
COMMUNAUTAIRES ET
BÉNÉVOLES DE LA MONTEGIE

GAPHRY
Groupement des Associations
de Personnes Handicapées
du Richelieu-Yamaska

**RÉSEAU
AIDANCE
MONTEGIE**

ESPACE
Proche Aide

ROCSMM
Regroupement des organismes
communautaires en santé mentale
de la Montérégie
s'informer - oser dire - s'engager

GAPHRSM
GROUPEMENT DES ASSOCIATIONS DE PERSONNES
HANDICAPÉES DE LA RIVIERE-SUD DE MONTEGIE INC.

Québec