



Resources for parents/guardians of 4-5 year olds in the Pontiac

Pontiac Family Center - **(819) 683-1337**
Support, activities and other services for families

Quyón Family Center - **(819) 458-2808**
Support, activities and other services for families

Connexions Resource Centre - **(819) 557-0615**
Family programs and activities and referral service
(For English families)



The Patro - **(819) 683-3347**
Recreation and Educational Services, Back to School Program



The CISSSO - **811 option #2**
Integrated perinatal and early childhood services,
speech therapy, psychoeducation, occupational
therapy, child development program (Agir tôt), referral
for other types of care

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- Quyón CLSC - **(819) 458-2848**
 - Chapeau CLSC - **(819) 689-5080**
 - Mansfield CLSC - **(819) 683-3000**
 - Otter Lake CLSC - **(819) 453-7392**
 - Shawville CLSC - **(819) 647-3553**
 - Rapides-des-Joachims CLSC - **(613) 586-2357**