



List of Legal Resources for Individuals and Community-Based Organizations of the Outaouais Region

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On top of this listing of legal resources, you can contact the Connexions Resource Centre for additional help navigating and finding what you need. The Centre offers services and information especially for the English-speaking population of the Outaouais. On their website, you will find the “Explaining the law” section, which also contains a variety of legal resources. Go take a look :

<https://centreconnexions.org/community-services/explaining-the-law/>

A. Legal information services

Most services are offered in English. Details will be given in case of exceptions.

Free services

1. Clinique de droit notarial

Mission	<ul style="list-style-type: none"> To offer free legal information services in notarial law.
Services	<ul style="list-style-type: none"> Customized conferences to help organizations understand the legal environment Legal information on a variety of themes: cohabitation contract, marriage contract, civil union, will, protection order, succession, guardianship, contracts, real estate law, housing, immigration, divorce, small claims, consumer protection <p>*Services are offered in English according to the abilities of the students</p>
How to access the services?	<ul style="list-style-type: none"> By phone or by email In person, with or without an appointment (appointment booking available on the website)
Who does it target?	<ul style="list-style-type: none"> General public Community-based organization
Cost	<ul style="list-style-type: none"> Free
What is not offered?	<ul style="list-style-type: none"> Any request not related to notarial law (ex: criminal law) Legal representation services Notarial services
Website	<p>http://www.cliniquedroitnotarial.ca/</p>

2. Outaouais Community Justice Centre (Centre de justice de proximité)

Mission	<ul style="list-style-type: none">• To promote an equal access to justice by offering legal information, support and referral services.
Services	<ul style="list-style-type: none">• Information about the law and its application in everyday life situation• Support and assistance in establishing legal needs and available options• Referral to other legal resources• Help with the choice of an appropriate legal form and information about how to fill it out properly
How to access the services?	<ul style="list-style-type: none">• In person• By phone or email
Who does it target?	<ul style="list-style-type: none">• General public
Cost	<ul style="list-style-type: none">• Free
What is not offered?	<ul style="list-style-type: none">• Legal advice or opinions on your specific situation• Legal representation services
Website	https://www.justicedeproximite.qc.ca/en/a-propos/organismes/#services_organismes

3. Éducaloi

Mission	<ul style="list-style-type: none"> • To explain to Quebecers the law, their rights and their responsibilities.
Services	<ul style="list-style-type: none"> • Three areas of focus : <ul style="list-style-type: none"> ○ Legal information ○ Legal education (teaching materials and activities that allow educators to provide legal education for youth and adults) ○ Clear legal communication (plain language, providing easy to understand legal information) • Help with the creation and simplification of legal communications • Presentations and workshops on clear legal communication • Creation of legal education tools and activities • Free access to publications on laws and rights
How to access the services?	<ul style="list-style-type: none"> • No information given over the phone • Most Information and publications are on the website • Possibility to contact them by email • Workshop registration online
Who does it target?	<ul style="list-style-type: none"> • Community-based organizations • General public
Cost	<ul style="list-style-type: none"> • Free
What is not offered?	<ul style="list-style-type: none"> • Legal advice or opinions on your specific situation • Legal representation services
Website	<p>https://educaloi.qc.ca/en/about/ & https://www.educationjuridique.ca/en/</p>

4. Centre d'assistance et d'accompagnement aux plaintes de l'Outaouais (CAAP-Outaouais)

Mission	<ul style="list-style-type: none"> To assist citizens in filing complaints regarding health and social services offered by a public institution
Services	<ul style="list-style-type: none"> Legal information Support and advice (they will provide you with information regarding what is available to you) Assistance in filing a complaint
How to access the services?	<ul style="list-style-type: none"> In person By phone or email (you can fill out the complaint directly on the website)
Who does it target?	<ul style="list-style-type: none"> General public Community-based organizations
Cost	<ul style="list-style-type: none"> Free
What is not offered?	<ul style="list-style-type: none"> Legal representation services Legal advice and opinions Judicial proceedings and compensation Complaint against an establishment that is not on this list : https://caap-outaouais.ca/complaint/institutions-and-organizations/
Website	https://caap-outaouais.ca/home/

5. The Young Bar of Montréal

Mission	<ul style="list-style-type: none"> To improve access to justice by providing free legal services to the public
Services	<ul style="list-style-type: none"> Access to free legal information on their website Preparation services for a hearing Corporate services: legal advices about a business start-up Consultations on any legal subject (drugs, family, housing, work) Free consultation with a volunteer lawyer Call-In Legal Clinic Help with finding a lawyer Small Claims Court mediation service
How to access the service?	<ul style="list-style-type: none"> It depends on the service you seek, mostly in person or by phone Most services require an online request ** In person services are only offered in Montreal and at the Montreal Court House
Who does it target?	<ul style="list-style-type: none"> General public
Cost	<ul style="list-style-type: none"> Free
What is not offered?	<ul style="list-style-type: none"> Legal representation services
Website	https://ajbm.qc.ca/en/the-ybm/mission/

Paying services (affordable)

1. ACEF Outaouais

Mission	<ul style="list-style-type: none"> To defend the rights of consumers in the Outaouais region and provide them with budget mentoring services
Services	<ul style="list-style-type: none"> Trainings and workshops on personal finances, budgeting and consumption Budget consultation Interest-free loan program (for low income earners) Free access to publications <p>*Consultations are offered in English, but workshops and trainings are in French</p>
How to access the services?	<ul style="list-style-type: none"> Request online (you may need to fill out or provide certain documents) Appointment in person
Who does it target?	<ul style="list-style-type: none"> Consumers of the Outaouais
Cost	<ul style="list-style-type: none"> Lifetime membership fee of 5\$ Budget consultation = free Trainings = 0-45\$ Workshop = the price depends on your needs
What is not offered?	<ul style="list-style-type: none"> Any questions about something not related to consumer rights, finances and budgeting
Website	https://acefo.org/votre-acef/a-propos/

2. Option consommateur

Mission	<ul style="list-style-type: none"> To promote and defend the interests of consumers.
Services	<ul style="list-style-type: none"> Legal information services on : <ul style="list-style-type: none"> Budgeting Financial Institutions Expensive credit The Consumer Protection Act (LPC in French) Budget consultations** Mediation between consumers and retailers** Information sessions Small loans
How to access the services?	<ul style="list-style-type: none"> By phone or email Budget consultations are in person (under some circumstances, you must attend a free group information session before having access to an individual budget consultation)**
Who does it target?	<ul style="list-style-type: none"> Quebec consumers
Cost	<ul style="list-style-type: none"> Membership = 2\$ Yearly contribution = 20\$ Some fees may be charged for information sessions
What is not offered?	<ul style="list-style-type: none"> Any questions about something not related to consumption, budgeting and the Consumer Protection Act (LPC) Legal representation services
Website	https://option-consommateurs.org/en/services/legal-information-services/

** Consultations are offered for those who live in Option consommateur sector, which is in Montreal. However, Option consommateur offers services by phone and workshops in other regions.

B. Legal support and assistance services

Most services are offered in English. Details will be given in case of exceptions.

1. Droit-Accès de l'Outaouais

Mission	<ul style="list-style-type: none">To provide assistance, support and rights advocacy for vulnerable individuals suffering from a mental health problem
Services	<ul style="list-style-type: none">Trainings and workshopsAccess to other legal resourcesIndividual support with legal proceedingsIndividual assistance throughout the legal process (presence during meetings with a third party)Proactive interventions (preventive actions with individuals who could potentially have difficulty defending their rights)Collective action (actions carried out with and for the benefit of a group of isolated people)Systemic action (claims, challenges to regulations, policies or practices that infringe on the rights of individuals)Promotion and awareness (through activities and tools) <p>** All services are offered in English, but workshops and trainings are only in French</p>
How to access the services?	<ul style="list-style-type: none">In personBy phone or email
Who does it target?	<ul style="list-style-type: none">Individuals or groups suffering from a mental health problem
Cost	<ul style="list-style-type: none">Free
What is not offered?	<ul style="list-style-type: none">Legal representation services
Website	http://droitsacces.com/en/organization/mission/

2. Alternative Outaouais

Mission	<ul style="list-style-type: none"> • To promote alternative justice and restorative justice in the community. • To offer services to youth and victims of crimes.
Services	<ul style="list-style-type: none"> • Ensure the completion of extrajudicial measures and extrajudicial and judicial sanctions (groups, community work, donations, mediation, compensation) • Support and assistance in the fulfillment of sanctions • Placement in host organization • Mediation and conflict resolution (interpersonal, neighborhood, between citizens and organizations) • Prevention workshops in schools • Consultations with victims
How to access the services?	<ul style="list-style-type: none"> • By phone or email for information • For youth, Alternative will automatically receive your file (which is sent by Youth Centres) and will contact you to make an appointment
Who does it target?	<ul style="list-style-type: none"> • Victims • Youth • Organizations • Parents
Cost	<ul style="list-style-type: none"> • Free
What is not offered?	<ul style="list-style-type: none"> • Legal representation services • Legal advice or opinions
Website	http://www.laltou.com/fr/servicesofferts.php

3. Criminal Victims Assistance Centres (CAVACS)

Mission	<ul style="list-style-type: none"> To offer front-line services to crime victims or witnesses and their family.
Services	<ul style="list-style-type: none"> Accompaniment (with the police, with different available resources, throughout the judicial process and with testimony in court) Information on your rights and remedies Legal information Technical assistance to help you file applications or produce documents Post-traumatic and psychosocial intervention Referral to specialized resources (legal, medical, social...)
How to access the services?	<ul style="list-style-type: none"> By phone In person (you must make an appointment before)
Who does it target?	<ul style="list-style-type: none"> Any crime victim or witness and her/his family
Cost	<ul style="list-style-type: none"> Free
What is not offered?	<ul style="list-style-type: none"> Monetary compensations Legal representation services Legal advice or opinions on your specific situation
Website	https://cavac.qc.ca/en/

4. Centre d'aide et de luttes contre les agressions à caractère sexuel de l'Outaouais (CALAS)
(et CALACS Vallée-de-la-Gatineau)

Mission	<ul style="list-style-type: none"> • To help women who have been sexually assaulted • To fight sexual violence and oppression experienced by women
Services	<ul style="list-style-type: none"> • Support and information by phone • Individual follow-up (a dozen of 1-hour individual meetings) • Support group (16 meetings, 2h30 per week) • Accompaniment in the judicial system or the health and social services system • Emergency accompaniment • Trainings and facilitation of prevention and awareness workshops
How to access the services?	<ul style="list-style-type: none"> • By phone • In person (with an appointment) • For emergencies, you have to go to the Centre Hospitalier des femmes de 13 ans et plus ayant vécu une agression sexuelle récente
Who does it target?	<ul style="list-style-type: none"> • General public • Women aged 12 years and older who have experienced sexual assault
Cost	<ul style="list-style-type: none"> • Free
What is not offered?	<ul style="list-style-type: none"> • Legal representation services • Legal advice or opinions on your specific situation
Website	http://www.calas.ca

5. DPCP phone line

Mission	<ul style="list-style-type: none"> To give free information and advice to victims of sexual assault who are considering filing a complaint to the police.
Services	<ul style="list-style-type: none"> Telephone line that provides information on how police complaints are handled and how prosecutions for sexual abuse are authorized
How to access services?	<ul style="list-style-type: none"> Call 1 877 547-DPCP (3727) *You can call this number for services in English as well. You need to leave a message and a bilingual lawyer will call you back.
Who does it target?	<ul style="list-style-type: none"> Anyone who has been victim of a sexual assault and is considering filling a complaint to the police Aid agencies/organizations
Cost	<ul style="list-style-type: none"> Free
What is not offered?	<ul style="list-style-type: none"> Legal representation services
Website	http://www.dpcp.gouv.qc.ca/nous-joindre.aspx

Shelters for women who are victims of violence

Some shelters for women who are victims of violence also offer support and accompaniment throughout the legal process! Although they do not provide legal representation or legal information, they can accompany you or inform you about the different steps of the legal process and refer you to other specialized resources. Here is a list of shelters in the Outaouais region:

- Maison d'hébergement pour Elles des Deux Vallées (Buckingham)
- Halte-Femme Haute-Gatineau (Haute-Gatineau)
- Le Centre Mechtilde (Hull)
- L'Autre Chez-Soi (Aylmer)
- Maison Libère-Elles (Chelsea)
- Maison Unies Vers Femmes (Gatineau)
- L'Entourelle (Pontiac)

C. Legal representation services

Most services are offered in English. Details will be given in case of exceptions.

Free

1. Legal Aid (Aide juridique)

Mission	<ul style="list-style-type: none">To enforce the Legal Aid Act by ensuring that everyone has access to legal aid regardless of income
Services	<ul style="list-style-type: none">Legal representationAssistance from a lawyerLegal consultation with a lawyer (by phone)Legal informationSome notary services4 main areas of expertise: family law, civil law, criminal law, juvenile law
How to access the services?	<ul style="list-style-type: none">To apply for legal aid, you must first make an appointment by phoneAt the first meeting, the applicant must provide the necessary documents to prove his or her eligibility
Who does it target?	<ul style="list-style-type: none">Financially admissible citizens under the Legal Aid Law *depends on gross annual incomeAn inmate may also be admissible to legal aid
Cost	<ul style="list-style-type: none">Free component: Be eligible under the Legal Aid Act and Legal Aid Regulation OR receive a social assistance or social solidarity benefitContributory Component: If a person is ineligible, but still fits within an allowable income range, he or she can receive legal aid by making a contribution ranging from \$100 to \$800.
What is not offered?	<ul style="list-style-type: none">Any request that does not fall under the areas of expertise, which also include family law, matrimonial law, youth protection, youth criminal justice, criminal law, prison, administrative law, social law, civil law and immigration law
Website	http://www.aidejuridiqueoutaouais.ca

2. Commission des droits de la personne et de la jeunesse (Human Rights and Youth Commission)

Mission	<ul style="list-style-type: none"> To ensure the enforcement of human rights and youth rights
Services	<ul style="list-style-type: none"> Investigation and follow-up of complaints related to human rights or youth rights Mediation Legal representation Trainings Advisory service on reasonable accommodation Support for development and implementation of equal access to employment programs
How to access the services?	<ul style="list-style-type: none"> By phone or email for information To file a complaint or to access the mediation/representation services, you need to fill out the request on the website and wait for it to be assessed (the Commission will contact you) You can't show up at their office without making an appointment
Who does it target?	<ul style="list-style-type: none"> General public Youth Organizations, private businesses Managers and human resource managers, union representatives
Cost	<ul style="list-style-type: none"> Free
What is not offered?	<ul style="list-style-type: none"> Any request not related to human rights and youth rights
Website	https://www.cdpcj.qc.ca/en/commission/services/Pages/default.aspx

Paying (variable)

1. Juripop

Mission	<ul style="list-style-type: none"> To promote better access to justice by providing low-cost legal information and legal services
Services	<ul style="list-style-type: none"> Legal assistance and information about what options are available to you Court representation Drafting documents Accompaniment in negotiation and mediation Legal services for anyone who is an ally or has experienced or witnessed sexual or psychological harassment in the workplace or violence of a sexual nature <p>*The free legal service for people who have experienced or witnessed sexual harassment is bilingual</p> <p>* Other services can be offered in English, depending on the availability of bilingual lawyers</p>
How to access the services?	<ul style="list-style-type: none"> Make a request online or by phone and wait for Juripop to contact you If you need a lawyer, make the request online and a list of potential lawyers will be sent to you
Who does it target?	<ul style="list-style-type: none"> NPO's, but not institutional organizations Small companies Anyone who is : <ul style="list-style-type: none"> Not eligible for legal aid In a precarious financial situation (see scale on the website)
Cost	<ul style="list-style-type: none"> File opening : 55\$ Hourly rates for NPO's and companies: 80\$ Hourly rates for individuals: 60\$ Free for anyone who is an ally or has experienced or witnessed sexual or psychological harassment in the workplace or violence of a sexual nature
What is not offered?	<ul style="list-style-type: none"> Labour law Immigration law Tax law Juripop does not directly offer the legal services, but matches you with a lawyer in your area
Website	https://juripop.org/en/i-need-a-lawyer-eligibility/

2. Justice Pro-Bono

Mission	<ul style="list-style-type: none"> • Provide a free access to legal services by mobilizing the expertise of the legal community
Services	<ul style="list-style-type: none"> • Legal services offered by volunteer lawyers (representation and advice) • Services offered in hospitals <ul style="list-style-type: none"> ○ To hospital patients and their families: information, legal counsel, referrals to other resources ○ Hospital staff: Legal workshops and training • Legal clinic in immigration • Legal clinic in family law (were offered in Family organizations, but are now online due to Covid19)
How to access the services?	<ul style="list-style-type: none"> • Fill the application online • Your application is examined by a committee and if you are eligible, your request is sent to a lawyer or a firm
Who does it target?	<ul style="list-style-type: none"> • General public and NPO's that do not have access to legal aid
Cost	<ul style="list-style-type: none"> • 20\$ fee for processing your application • Legal services are free of charge, but you need to pay any other costs related to your file
What is not offered?	<ul style="list-style-type: none"> • Justice Pro-Bono does not directly offer the legal services, but matches you with a lawyer in your area
Website	https://justiceprobono.ca/en/aboutus/our-mission/

La Boussole Juridique

Didn't find what you need? Use [LA BOUSSOLE JURIDIQUE](#) to find the appropriate resource for your particular case.

- La Boussole juridique is a free and entirely online research tool that allows you to find free or low-cost legal resources anywhere in Quebec.
- Simply enter the type of resource and the desired region to obtain a list of resources at your disposal.