

INVESTING FOR THE FUTURE

2015 Annual Report





OUR MISSION

To be a leader in finding a cure for multiple sclerosis and enabling people affected by MS to enhance their quality of life.

Multiple sclerosis (MS) is thought to be an autoimmune disease of the central nervous system (brain, spinal cord). The disease attacks myelin, the protective covering of the nerves, causing inflammation and often damaging the myelin. Myelin is necessary for the transmission of nerve impulses through nerve fibres. If damage to myelin is slight, nerve impulses travel with minor interruptions; however, if damage is heavy and if scar tissue replaces the myelin, nerve impulses may be completely disrupted, and the nerve fibres themselves can be damaged. MS can cause symptoms such as extreme fatigue, lack of coordination, weakness, tingling, impaired sensation, vision problems, bladder problems, cognitive impairment and mood changes. People who have MS spend the rest of their lives dealing with the unpredictable effects of this disease, which can cause irreversible disabilities. Treatments that modulate the immune system can slow down the progress of the relapsing-remitting form of the disease but cannot cure it. And there is still no approved treatment for the progressive forms of MS. The disease is generally diagnosed in people aged 15 to 40 years old, but children can have it as well. Women are three times as likely as men to get MS. In Canada, we have more people with MS per capita than any other country. In Quebec alone, some 20,000 people are living with MS.



INVESTING FOR THE FUTURE



me.
Louis Adam
Executive Director



FC
François Coupal
Chairman of the
Board of Directors

In 2015, as it has done for the last 67 years, the Quebec Division of the Multiple Sclerosis Society of Canada and the 18 chapters continued to invest in research on this disease. And in fact, Quebec has some of the best specialist MS researchers in the world. In 2015, \$1,001,100 was invested in 31 studies being conducted in high-calibre Quebec institutions. In the last few decades, research has led to some remarkable advances that have made it possible to speed up the diagnosis of MS and improve its management. But although 2015 marked the 20th anniversary of the licensing for use in Canada of the first drug able to change the course of the relapsing-remitting form of multiple sclerosis, there is still a lot to be done. For example, researchers are seeking to identify the risk factors and triggers for the disease so they can develop innovative, effective drugs for both the relapsing-remitting and progressive forms of the disease. Thus, it is crucial to continue to invest in clinical trials and basic research, which will allow us to eradicate MS one day.

At the same time, the Quebec Division and the 18 chapters have supported people affected by MS. A wide range of existing programs help people with this disease and their families to cope better with MS and face the future positively. In addition to offering support services, it is also important for us to invest in advocacy on behalf of

people with MS. In 2015, we therefore continued our efforts to raise the awareness of elected officials at different levels of government. In this regard, we should mention the alliance we formed this year with three other organizations with similar goals. Together, this group advocates for the needs of approximately 60,000 Quebecers who are dealing with a disabling illness.

In closing, we must mention the essential contributions of everyone – individuals and corporate citizens alike – who supports us with their donations, the partnerships they form with us or the time they dedicate to our cause. The same is true of the hundreds of volunteers, without whom it would be impossible to offer our services to people with MS or to carry out our fundraising events. We thank them sincerely for their generosity and their unceasing investment of themselves. We also salute the exceptional support and commitment provided by the honorary presidents and organizing committee members for our various fundraising activities. Finally, we thank the public personalities who back the Quebec Division unreservedly as spokespersons. All of the people who promote our cause have a positive impact. It is thanks to their commitment that we are able to invest in research with the hope of eliminating MS, while offering people affected by the disease the support they need now.



INVESTING IN RESEARCH

For a future without MS

In 2015, the Multiple Sclerosis Society of Canada funded 31 Quebec-based studies, through operating grants to scientists working in universities or health care institutions and research grants awarded to doctoral and postdoctoral researchers. The amount allocated to these studies totalled \$1,001,100. The studies cover the following major themes: causes and risk factors for MS, disease progression and treatments, and neuronal degeneration and regeneration.

During the year, researchers at McGill University published convincing evidence for the hypothesis that a vitamin D deficiency is one of the triggers for MS. In another research stream, a clinical trial, financed by the MS Society, that aims to evaluate the potential of mesenchymal stem cells in the treatment of all forms of multiple sclerosis was announced at the beginning of 2015.

Other clinical trials have provided promising results. For example, a team headed up by Dr. Xavier Montalban (which includes Dr. Amit Bar-Or, of McGill University, and Dr. Anthony Traboulsee, of the University of British Columbia, both of whom are responsible for clinical trial sites in Canada) announced the positive results of a phase III clinical trial of ocrelizumab, a drug that targets certain white blood cells. This medication is thought to reduce the progression of disabilities in people with primary-progressive MS, for which no treatment has yet been approved. In another study, ocrelizumab generated substantial benefits for people with relapsing-remitting MS, as it lowered the frequency of attacks, slowed the development of disabilities and reduced the number of brain lesions.

In addition, a phase III clinical trial showed that, compared to a placebo, MD1003 appeared to reduce disabilities in certain participants with primary- or secondary-progressive MS, and was well tolerated.

Overall, there has been an increase in investments in research into progressive MS internationally. This growth is attributable to the involvement of the International Progressive MS Alliance, of which the MS Society of Canada and other MS organizations worldwide are members. In 2015, the Alliance awarded 11 grants to seasoned researchers around the world, including in Canada.



INVESTING IN SERVICES FOR PEOPLE AFFECTED BY MS

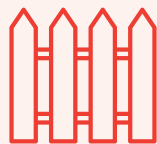
In addition to funding research, the Division and the 18 chapters have the common goal of helping to improve the quality of life of people with MS and their families. These people have access to support groups, information tools, training sessions, referrals, physical activity and social programs, and a telephone consultation service.

The activities provided in 2015 included the 24th Espoir famille Convention, which was held in the Bois-Francs region. It was attended by 251 people, including 41 youngsters aged 6 to 17 years old who have a parent with MS. Participants attended lectures and workshops focusing on coping with MS in daily life. The talk by Dr. Marie-Ève Arsenault, neurologist, titled “Maintaining hope: From research to treatment,” gave the participants up-to-date information on the most recent scientific advances related to multiple sclerosis.

Once again, the summer camp for adults with MS was booked solid: 24 people took part in the session at Camp Papillon. The session was free of charge for campers, who were able to take part in activities adapted to their abilities in a safe environment. Since demand outstripped availability, priority was given to people with low income who had major functional limitations, who were living in a long-term care facility or receiving many hours of support at home. We should also point out that this camp allows family caregivers to benefit from some respite time.

Similarly, two summer camps were offered free of charge to children and teens aged 7 to 17 years old who have a parent with multiple sclerosis. The 60 participants engaged in recreational activities and attended information sessions on MS. The youth camps gave them a chance to better understand their parents’ disease while having fun and talking about their experiences with other young people living through similar situations.

As for information, the Quebec Division made four new videos available, three of which are intended for young people who have MS or who have a parent with the disease. The posting of the fourth video, concerning treatments, was followed by an online chat session with Dr. Marc Girard, neurologist, who answered 35 questions. In addition, we should note that the 18 chapters and the Division responded to close to 20,000 requests of all kinds from people with MS and their families and friends.



ADVOCATING FOR PEOPLE AFFECTED BY MS

Advocacy for the rights and interests of people affected by MS and government relations are the focus of a variety of actors who are determined to promote the full social integration of people with MS. In addition to the Quebec Division and the 18 chapters, representatives of the community and the medical professions and generous volunteers get involved in these files. As a whole, their actions target the improvement of laws, government policies and employers' practices.

There are many concerns related to MS, and elected representatives must be made aware of them so they can understand them better. Since 2010, a delegation from the Quebec Division has visited the National Assembly every year to hold an MS awareness day there. This event has the purpose of raising the profile of issues specific to MS and formulating recommendations that could enhance the quality of life of people with the disease.

Today, as governments cut expenditures, it is more important than ever for organizations with common goals to work together. That is why the Quebec Division invited Muscular Dystrophy Canada, which represents 15,000 people, Parkinson Québec, which acts on behalf of 25,000 people, and the Amyotrophic Lateral Sclerosis Society of Quebec, which works for 600 people, to join it on its annual visit to Quebec's parliament. Counting the 20,000 people in Quebec who have multiple sclerosis, this group of organizations speaks for more than 60,000 Quebecers. The joint brief the four organizations submitted covers three interrelated subjects: establishment of a network of housing facilities that would meet the needs of people with a degenerative neurological disease, facilitation of access to drugs, and support for family caregivers. The objective is to contribute to improving these people's quality of life and optimizing their autonomy.



FUNDRAISING ACTIVITIES

The funding of research on multiple sclerosis and the support programs offered to people affected by MS are largely made possible by various fundraising activities. In 2015, the events organized by the Quebec Division and the 18 chapters raised \$4,327,280. The Quebec Division organizes the activities described below:

MS Carnation Campaign – May 7 to 9

- › Theme: Use the power of the flower to end multiple sclerosis
- › Raised: \$289,400
- › Spokesperson: Sophie Thibault, anchorperson, TVA

MS Walk, presented by Sanofi Genzyme – May 25 – in cooperation with the chapters

- › 5,000 walkers
- › 20 municipalities
- › Raised: \$1,136,500
- › Spokesperson: Debbie Lynch-White, actor

Women Against Multiple Sclerosis (WAMS) – May 29

- › Gala luncheon to honour Anne-Marie Hubert, Managing Partner, Quebec, EY Canada
- › Raised: \$185,900
- › MC: Anick Lemay, actor

Tournée de l'espoir – May 30

- › 100 motorcyclists
- › 306-km route on motorbikes in Lanaudière
- › Raised: \$123,000
- › Spokesperson: Sophie Thibault, anchorperson, TVA

20th RBC Golf Challenge for MS – June 28 and 29

- › 74 golfers
- › Château Bromont, Royal Bromont and Parcours du Vieux Village
- › Raised: \$360,000
- › Spokespersons: Dominic and Martin, humourists

26th Medavie Blue Cross MS Bike – August 29 and 30

- › 900 cyclists
- › Route in the Lower Laurentians
- › Raised: \$1,168,200
- › Spokespersons: Patricia Paquin, actor and host, and Valérie Chevalier, host and columnist

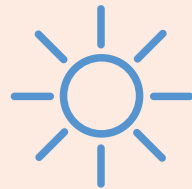
A&W Cruisin' to End MS – August 27

- › A&W franchises across Canada
- › Raised: \$163,600 in Quebec alone

MS Adventure Challenges

In 2015, thirteen adventurers engaged in challenges that tested their endurance. To end MS, participants in the *Machu Picchu MS Challenge* and *Acotango MS Challenge*, as well as the intrepid souls who trekked to *Everest base camp*, literally went above and beyond and raised a total of \$143,000.

The chapters also organize fundraising activities that are occasions for people with MS, their families and everyone who supports the cause to get together. As well, third parties organize fundraising events for the benefit of the chapters. In 2015, the chapters raised more than \$1,811,000. Here are a few of the events they organized: *Muck MS* in Quebec City, the special *Elements* evening in Montérégie, the *Fashion show* in Chaudière-Appalaches, the *Humour gala* in Outaouais, the *Dinner theatre* in Lanaudière, the *Wine and cheese* in Abitibi, and the *Adrenalin* activity in Lac-Saint-Jean, Mauricie and the Laurentians.



HONOURING OUR VOLUNTEERS

Without the involvement of its volunteers, the Multiple Sclerosis Society of Canada could not achieve its mission. That is why the Quebec Division makes a point of saluting the exceptional contributions of extraordinary volunteers by presenting them with awards. In 2015, the following people won awards:

President's Award

Sonia Carrière

Ms. Carrière, who is a professional translator, is the chair of the Outaouais Chapter and a member of the Quebec Division's board of directors. In recent years, she has also served on a number of divisional and national committees, including the committees on the Knowledge network and on the affiliation agreement between the Quebec Division and the chapters.

Although heights give her vertigo, she took part in the *Deepelling* fundraising activity, which involves descending a vertical wall while keeping one's body parallel to the ground. In July 2016, she will take up the *MS Greenland Challenge*, an adventurous hike along the steep coastline of the largest non-continental island in the world, for the benefit of the cause.

Paulette and Richard Lemire Award

Charles Gref

He's a passionate motorcyclist and the president of Moto Internationale Montréal but, most of all, Mr. Gref is a big-hearted, amazingly generous man. In 2011, his imagination was fired by Sophie Thibault's dream of doing a motorcycle tour to raise money for the Quebec Division of the MS Society of Canada. For five years in a row, he has thrown himself into making the *Tournée de l'espoir* a huge success. Each time, he took part in meetings, provided training for team leaders and passed on to participants his conviction of the importance of following safety rules, as well as providing them with mechanical services en route.

Opal Award for Caregivers

Cécilia Gaudet

Ms. Gaudet has been caring for her husband, Jacques, for more than ten years. Almost every day, she has had to fight for him to get the care he needs to stay at home. She has a generous nature and willingly shares the resources she tracks down and the tips and tricks she finds useful. She helps other people equip themselves to handle various situations, especially in the support group. She has been a member of the Montreal Chapter's board of directors for six years, where she always speaks for the caregivers' point of view, despite her very full schedule. Her untiring efforts to defend her husband's rights have benefited the entire MS community.

Division Award of Merit – Member

Jacques Pronovost

Mr. Pronovost was diagnosed with MS in 2003. The following year, he decided to participate in the *MS Walk*. To reach potential donors, he contacts more than 300 people a year: family and friends, former co-workers, acquaintances from the union movement, etc. When there's money to be raised, he's always ready and willing. Since 2004, Mr. Pronovost has raised more than \$65,000 for the cause, making him a champion fundraiser. He believes that the *MS Walk* gives people the hope of discovering the causes of the disease and finding a cure. In addition to getting actively involved in the *MS Walk*, Mr. Pronovost takes part in the activities offered by the Mauricie Chapter.

Division Award of Merit – Non-member

Sophie Thibault

Since 2003, Ms. Thibault has generously used her high profile to advance research on MS and raise public awareness of this cause, which is very important to her. She is all too familiar with the consequences of MS since her mother lived with this disease for more than 50 years. She first served as honorary president of a major gift campaign, then became spokesperson for *MS Awareness Month*. In 2007, she capitalized on her professional, social and family network to support *WAMS*, a movement that calls on the generosity of businesswomen, for which she hosted the annual gala luncheon for five years. In 2011, she started up the *Tournée de l'espoir*, a friendly, inclusive motorcycle tour. Ms. Thibault has graciously offered the MS Society of Canada a portion of the revenues from the sale of the novel she co-wrote with her mother, titled *Telle mère, quelle fille ?*



MAJOR GIFTS AND PLANNED GIVING

*The Quebec Division is very grateful to its donors
and partners for the exceptional generosity they have shown
in the battle against MS.*

From \$1,000 to \$4,999

Anonymous – Agence Continuum – Azrieli Foundation – Claude and Louise Chamberland – Corporation de développement touristique des Bois-Francs – Cyclo Vac – Daniel Larouche – Estate of Jeannine Lefrançois – Estate of June Balzamo Lamb – Estate of Yvette Landry – Five B Family Foundation – Fondation communautaire du St-Maurice par le fonds Paul-Désaulniers – Fonds des œuvres communautaires des employés de Télébec – Gérard Huot – Honda Sherbrooke – Immex Société Immobilière – Leo Marchand – Montreal Saobentonense Association – Ordre des infirmières et infirmiers auxiliaires du Québec – Ordre Honorable de L'Oie Bleue International-Étang du Québec – Pierre-Luc Dusseault – Réjean Guèvremont – TELUS – The Jewish Community Foundation of Montreal – Union Lighting & Home – Vartan & Lise Toroussian Foundation – Woods s.e.n.c.r.l. – Zeller's Family Foundation – 9163-6936 Québec Inc.

From \$5,000 to \$9,999

Anonymous (2) – CN's Employees' and Pensioners' Community Fund – EMD Serono Canada inc. – André Gauthier Foundation – Jacques-F. Gougoux Foundation – Jean-Dupéré Foundation – Hoffmann-La Roche Ltd – Estate of Thérèse Archambault – Teva Canada

From \$10,000 to \$49,999

Anonymous (2) – AG Natural Health – Aubainerie Foundation – Bergeron-Jetté Foundation – Biogen – Estate of Andrew Francis Higgins – Estate of Eva McBrearty – Estate of Huguette Bourke – Estate of Laurette Langelier-Lachapelle – Estate of Lucille Francoeur – Estate of Simonne Dextraze Fortier – Fondation de la Fédération des médecins spécialistes du Québec – HB Group Insurance Management Ltd. – Hydro-Québec – Novartis Pharmaceuticals Canada Inc. – Prémoulé – Richelieu Foundation – Sanofi Genzyme

\$50,000 and more

Estate of Denise Lefavre – Estate of Lucille Girard

Provincial partners

AG Natural Health – Attraction – Biogen – Brink's Canada Ltd – CIBC – EY – Louis Garneau – Medavie Blue Cross – Moto Internationale Montréal – Mouvement Desjardins – Novartis Pharma Canada – Pedal – Peintres Étudiants – Quebecor Media – Raymond Chabot Grant Thornton – RBC Wealth Management – RNC Media – Sanofi Genzyme – Scotia Bank – TD Bank Group – Teva Canada Ltd – The Jean Coutu Group



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Chair, Client Services and Social Action Committee,
Multiple Sclerosis Society of Canada – Quebec Division

2015 FINANCIAL STATEMENTS

Division and Quebec Chapters

BALANCE SHEET

	As at December 31, 2015				As at December 31, 2014
	Quebec Division	Quebec Chapters	Intersociety balances	Total	Total
ASSETS					
Current assets					
Cash and cash equivalents	490,460	1,492,565	–	1,983,025	1,802,680
Accounts receivable	1,065,867	154,216	(698,742)	521,341	679,989
Inventory	29,550	6,547	–	36,097	40,710
Prepaid expenses	67,566	49,068	–	116,634	142,261
Current portion of investments	24,849	71,146	–	95,995	121,139
	1,678,292	1,773,542	(698,742)	2,753,092	2,786,779
Investments	–	53,422	–	53,422	148,271
Capital assets	21,291	28,119	–	49,410	71,449
	1,699,583	1,855,083	(698,742)	2,855,924	3,006,499
LIABILITIES					
Current liabilities					
Accounts payable and accrued liabilities	1,260,085	755,885	(698,742)	1,317,228	1,475,404
Deferred revenue	140,639	101,446	–	242,085	254,642
	1,400,724	857,331	(698,742)	1,559,313	1,730,046
Obligation under capital lease	7,875	5,064	–	12,939	17,070
Deferred lease inducement	61,032	–	–	61,032	83,920
	1,469,631	862,395	(698,742)	1,633,284	1,831,036
NET ASSETS					
Invested in capital assets	21,291	28,119	–	49,410	71,449
Restricted for endowment purposes	25,324	–	–	25,324	29,849
Restricted by the Board of Directors	–	84,223	–	84,223	100,737
Unrestricted	183,337	880,346	–	1,063,683	973,428
	229,952	992,688	–	1,222,640	1,175,463
	1,699,583	1,855,083	(698,742)	2,855,924	3,006,499

STATEMENT OF REVENUE AND EXPENDITURES

	Quebec Division	Quebec Chapters	Intersociety balances	For the year ended December 31, 2015	For the year ended December 31, 2014
	\$	\$	\$	\$	\$
REVENUE					
Revenue from donations and grants					
EndMS Campaign	190,699	–	–	190,699	126,429
Individual giving	63,058	419,351	–	482,409	509,492
Corporate giving and major donors	251,375	38,914	–	290,289	278,928
Bequests	754,112	57,156	–	811,268	490,960
Government grants	74,525	671,236	–	745,761	729,999
Grants from pharmaceutical partners	77,682	28,500	–	106,182	172,550
Other grant revenue	–	7,818	–	7,818	4,618
Total revenue from donations and grants	1,411,451	1,222,975	–	2,634,426	2,312,976
Pledge-based and other fundraising events	2,250,881	1,235,021	(486,367)	2,999,535	3,329,531
Gala dinners, tournaments and third party events	751,714	544,613	–	1,296,327	1,717,139
Public awareness activities	145,232	289,146	(136,815)	297,563	346,465
Transfer from Chapters for research	191,500	–	(191,500)	–	–
Sale of goods	–	29,258	–	29,258	39,270
HealthPartners	152,040	114,047	–	266,087	257,568
Bingos and lotteries	–	31,418	–	31,418	42,098
Registration fees – Activities provided to clients	43,851	65,792	–	109,643	140,916
Investment revenue	6,476	11,840	–	18,316	21,362
Division contribution	–	285,403	(285,403)	–	–
Membership revenue	160	2,545	–	2,705	2,628
Miscellaneous revenue	24,541	9,491	–	34,032	4,716
TOTAL REVENUE	4,977,846	3,841,549	(1,100,085)	7,719,310	8,214,669
FUNDRAISING EXPENDITURES					
Donations and grants	184,112	182,957	–	367,069	390,896
Pledge-based and other fundraising events	1,043,646	757,056	–	1,800,702	1,913,347
Gala dinners, tournaments and third party events	341,268	192,381	–	533,649	653,125
Cost of goods sold	–	23,815	–	23,815	31,932
Indirect fundraising expenditures	300,270	50,127	–	350,397	303,919
Total fundraising expenditures	1,869,296	1,206,336	–	3,075,632	3,293,219
PROGRAM AND ADMINISTRATIVE SPENDING					
Client services	680,654	882,533	–	1,563,187	1,675,767
Research	810,401	191,500	(191,500)	810,401	1,082,429
Research – EndMS Campaign	190,699	–	–	190,699	126,429
Contribution to provincial programs	–	623,182	(623,182)	–	–
Public education and awareness	356,378	435,730	–	792,108	773,032
Chapter and volunteer support and development	756,917	133,640	(285,403)	605,154	612,954
Government and community relations	83,376	65,475	–	148,851	134,829
MS clinics	–	–	–	–	55,000
Administration	230,058	251,518	–	481,576	475,269
Total program and administrative spending	3,108,483	2,583,578	(1,100,085)	4,591,976	4,935,709
TOTAL EXPENDITURES	4,977,779	3,789,914	(1,100,085)	7,667,608	8,228,928
EXCESS OF REVENUE OVER EXPENDITURES (EXPENDITURES OVER REVENUE)	67	51,635	–	51,702	(14,259)

THE MULTIPLE SCLEROSIS SOCIETY OF CANADA CHAPTERS – QUEBEC

Employees and volunteers across Quebec invest themselves each day to support about 20 000 people in our province with MS and their families. They organize local fundraising events to help subsidize services for people affected by multiple sclerosis as well as research on this disease.

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To obtain more information about MS, participate in fundraising events or donate to the Quebec Division of the Multiple Sclerosis Society of Canada, visit mssociety.ca or call 514 849-7591 or 1 800 268-7582 (toll-free).

The Quebec Division of the Multiple Sclerosis Society of Canada is a member of HealthPartners Quebec, a group of health charities whose mission is to raise funds in the workplace.

The Executive Director of the Quebec Division, Louis Adam, is chairman of that organization's board. healthpartners.quebec

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