<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Child, Youth and Family</strong></td>
<td></td>
</tr>
<tr>
<td>Child welfare</td>
<td>2</td>
</tr>
<tr>
<td>Daycare and respite</td>
<td>4</td>
</tr>
<tr>
<td>Family Support</td>
<td>9</td>
</tr>
<tr>
<td>Juvenile Delinquency</td>
<td>16</td>
</tr>
<tr>
<td>Maternity support and adoption</td>
<td>17</td>
</tr>
<tr>
<td>Parenting Education</td>
<td>20</td>
</tr>
<tr>
<td>Recreational Activities</td>
<td>26</td>
</tr>
<tr>
<td>Youth Centres and Support</td>
<td>36</td>
</tr>
<tr>
<td>Youth Employment</td>
<td>41</td>
</tr>
<tr>
<td>Youth Shelters and Support</td>
<td>42</td>
</tr>
<tr>
<td><strong>Community Action</strong></td>
<td></td>
</tr>
<tr>
<td>Advisory and citizen action organizations</td>
<td>47</td>
</tr>
<tr>
<td>Charity Organizations</td>
<td>52</td>
</tr>
<tr>
<td>Community centres</td>
<td>52</td>
</tr>
<tr>
<td>Community development</td>
<td>55</td>
</tr>
<tr>
<td>Information and referral</td>
<td>58</td>
</tr>
<tr>
<td>Skills Exchanges</td>
<td>63</td>
</tr>
<tr>
<td>Volunteering and volunteer centres</td>
<td>63</td>
</tr>
<tr>
<td><strong>Disability</strong></td>
<td></td>
</tr>
<tr>
<td>Adapted work and employability support</td>
<td>70</td>
</tr>
<tr>
<td>Advocacy for people with a physical disability</td>
<td>73</td>
</tr>
<tr>
<td>Advocacy for people with an intellectual disability</td>
<td>76</td>
</tr>
<tr>
<td>Deaf and hearing impaired</td>
<td>78</td>
</tr>
<tr>
<td>Language disorders</td>
<td>82</td>
</tr>
<tr>
<td>Mobility aids</td>
<td>83</td>
</tr>
<tr>
<td>Paratransit</td>
<td>85</td>
</tr>
<tr>
<td>Recreation and camps</td>
<td>85</td>
</tr>
<tr>
<td>Respite services and housing</td>
<td>92</td>
</tr>
<tr>
<td>Support Associations</td>
<td>95</td>
</tr>
<tr>
<td>Support and integration organizations</td>
<td>103</td>
</tr>
<tr>
<td>The Blind</td>
<td>106</td>
</tr>
<tr>
<td>Therapy and rehabilitation centres</td>
<td>109</td>
</tr>
<tr>
<td><strong>Education and Literacy</strong></td>
<td></td>
</tr>
<tr>
<td>Academic and vocational guidance</td>
<td>113</td>
</tr>
<tr>
<td>Computer workshops</td>
<td>113</td>
</tr>
<tr>
<td>Difficulties and learning disabilities</td>
<td>120</td>
</tr>
<tr>
<td>Homework assistance and tutoring</td>
<td>121</td>
</tr>
<tr>
<td>Language courses</td>
<td>125</td>
</tr>
<tr>
<td>Literacy</td>
<td>129</td>
</tr>
<tr>
<td>Public education</td>
<td>132</td>
</tr>
<tr>
<td>School perseverance</td>
<td>134</td>
</tr>
<tr>
<td>School service centers</td>
<td>135</td>
</tr>
<tr>
<td><strong>Employment and Income Support</strong></td>
<td></td>
</tr>
<tr>
<td>Advocacy for workers and unemployed</td>
<td>138</td>
</tr>
<tr>
<td>Budget management and consumption</td>
<td>139</td>
</tr>
<tr>
<td>Business development</td>
<td>141</td>
</tr>
<tr>
<td>Employment support and training</td>
<td>143</td>
</tr>
<tr>
<td>Employment support for immigrants</td>
<td>148</td>
</tr>
<tr>
<td>Employment support for seniors</td>
<td>150</td>
</tr>
<tr>
<td>Employment support for women</td>
<td>151</td>
</tr>
</tbody>
</table>
Summary

Employment support for youth 152
Tax clinics 153
Vocational rehabilitation and disability-related employment 154

Food 162
Christmas basket 163
Collective kitchens and cooking workshops 169
Community gardens and markets 173
Food Assistance 175
Food assistance coordination 188
Food assistance in schools 196
Low cost or free meals 197
Prepared meals and Meals-on-wheels 203

Government services 207
Federal services 208
Income statements 208
Municipal services 210
Official documents 215
Provincial services 219

Health 223
Dental care 224
Eye care 224
Family planning 225
Funeral cooperatives 228
Home care 228
Palliative care 228
Patient support associations 229
Public Health 235

Homelessness 241
Advocacy 242
Day and evening centres 242
Health care 245
Mobile units and street work 245
Shelters 248
Supportive housing 249
Transitional housing 249
Youth shelters 250

Housing 252
Advocacy for housing 253
Emergency 254
Housing cooperatives and corporations 255
Housing search assistance 257
Social housing and housing cooperatives 258

Immigration and cultural communities 261
French courses 262
Immigration and sponsorship 265
Interpretation and translation 265
Multicultural organizations 267
Recognition of prior learning and diplomas 269
Settlement services for newcomers 269

Indigenous Peoples 276
Employment 277
Government services 277
## Summary

### Justice and Advocacy
- Advocacy groups
- Consumer protection and complaints
- Correctional services
- Courthouses and tribunals
- Legal assistance and information
- Professional orders and associations
- Support for offenders

### Mental Health and Addictions
- Addiction prevention
- Addiction treatment
- Community support in mental health
- Crisis centres and suicide prevention
- Helplines
- Mental health advocacy groups
- Self-help groups for addiction issues
- Self-help groups for mental health issues

### Seniors
- Caregivers
- Community and Recreation Centres
- Day centres and respite
- Friendly visits and safety calls
- Home support
- Housing for seniors
- Intergenerational activities
- Intervention with seniors subjected to abuse
- Meals on Wheels
- Seniors' Advocacy and Assistance Associations
- Volunteer Transportation

### Sex and Gender
- LGBTQ associations
- Men's associations
- Women's centres
- Women's associations

### Sports, Recreation and Culture
- Arts and culture
- Clubs and social events
- Community recreation centres
- Day camps and specialized camps
- Hobbies
- Libraries
- Municipal sports and recreation services
- Sport
- Sports and recreation for people with a disability

### Thrift Store and Material Aid
- Clothing
- Donation pick-ups
- School supplies
- Thrift Stores

### Transportation
- Accompanied transport
- Accompanied transport for medical reasons
Violence and abuse

Domestic violence: shelters and support
Elder abuse
Help lines related to violence and abuse
Prevention of violence and crime
Sexual assault and incest
Support for perpetrators of violence and their families
Support for victims and their families
Therapy and counselling
Child, Youth and Family

CHILD WELFARE

DAYCARE AND RESPITE

FAMILY SUPPORT

JUVENILE DELINQUENCY

MATERNITY SUPPORT AND ADOPTION

PARENTING EDUCATION

RECREATIONAL ACTIVITIES

YOUTH CENTRES AND SUPPORT

YOUTH EMPLOYMENT

YOUTH SHELTERS AND SUPPORT
Child welfare

CENTRE DE PROTECTION DE L'ENFANCE ET DE LA JEUNESSE AVENUE LAVAL
189 Laval Avenue, Laval-des-Rapides, Laval, QC, H7N 3V8
450 975-4150 ext. 5118
Website: www.lavalensante.com
Eligibility: children and teenagers in difficulty, young offenders, parents, guardians, counsellors, youth qualification program: youth 16 to 19 years old
Coverage area: Laval
Financing: provincial
Legal status: parapublic organization

CENTRE DE PROTECTION DE L'ENFANCE ET DE LA JEUNESSE DE LAVAL
308 Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7N 2J2
450 975-4150
Website: www.lavalensante.com
Services: Management of youth centres. * Reception and assessment of reports of acts of neglect, violence or abuse according to the Loi sur la protection de la jeunesse. * Adaptation, rehabilitation and social integration in boarding or group homes. * Outreach and crisis intervention, educational support for families. * Psychosocial services for young offenders when necessary (under the Youth Criminal Justice Act). * Adoption, biological background research and expertise related to custody.
Eligibility: youth in difficulty 0 to 18 years old, young offenders, parents, guardians, counsellors
Coverage area: Laval
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: parapublic organization

CENTRE DE RÉADAPTATION POUR LES JEUNES EN DIFFICULTÉS D'ADAPTATION CARTIER
306 Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7N 2J2
450 975-4150 ext. 2060
Website: www.lavalensante.com
Services: Rehabilitation centre for boys.
Eligibility: boys in difficulty
Coverage area: Laval
Financing: provincial
Legal status: parapublic organization

CENTRE DE RÉADAPTATION POUR LES JEUNES EN DIFFICULTÉS D'ADAPTATION DE LAVAL
310 Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7N 2J2
450 975-4150 ext. 2110
Website: www.lavalensante.com/en
Services: Rehabilitation centre for girls.
Eligibility: girls in difficulty
Coverage area: Laval
Financing: provincial
Legal status: parapublic organization
LEGAL AID OFFICE - MULTI-SECTOR OFFICE - LAVAL
1717 Saint-Martin Boulevard West, Suite 200, Chomedey, Laval, QC, H7S 1N2
450 680-6210     Fax: 450 680-6084
Website: www.aidejuridiquedemontreal.ca/en/points_services/laval-legal-aid-bureau
Email: baj.laval@ccjm.qc.ca
Services: Legal aid office in family law, criminal and penal law, right of youth, civil law, administrative (social assistance, SAAQ, CSST), housing law, bankruptcy, carceral. * Telephone consultation with a lawyer, available 24/7, for people who have been arrested or are being held in custody.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Laval
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, telephone consultation service: 24 hours / 7 days
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Financing: provincial
Legal status: provincial government agency

REGROUPEMENT DES FAMILLES MONOPARENTALES ET RECOMPOSÉES DE LAVAL
140 Nadon Street, Sainte-Rose, Laval, QC, H7L 1T5
450 622-0524
Website: www.rfmrl.org
Email: info@rfmrl.org
Eligibility: single parents or blended families with adaptation difficulties, women, men and children
Capacity: 12 people per group
Coverage area: Laval, Lanaudière, Laurentides, Montréal Island
Hours: Monday to Thursday 9h00 to 20h00, Saturday 9h00 to 15h00
Fees: annual membership: $20, other services: variable
Financing: provincial
Legal status: non-profit organization

REVENU QUÉBEC - SUPPORT - PAYMENT COLLECTION PROGRAM
5 Place-Laval, Suite 147, Chomedey, Laval, QC, H7N 5Y3
1 800 488-2323     TTY: 1 800 361-3795
Website: www.revenuquebec.ca/en/support-payments/support-payment-collection-program
Services: Amount paid periodically, pursuant to a judgment generally handed down in Québec, to cover the essential needs of children or of the creditor of support.
Eligibility: people having to collect or remit a support payment
Coverage area: Province of Québec
Hours: Monday to Friday 10h00 to 16h30, phone services: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: provincial government agency
Daycare and respite

BUREAU D’AIDE ET D’ASSISTANCE FAMILIALE PLACE SAINT-MARTIN
1885 Dumouchel Avenue, Suite 202, Chomedey, Laval, QC, H7S 1J7
450 681-9979  Fax: 450 681-2835
Website: baaf.ca
Email: baaf@videotron.ca


Eligibility: families with children 0 to 5 years old, people on a low income

Coverage area: Laval
Hours: Monday to Friday 8h00 to 16h00
Fees: minimal fees depending on the activity
Financing: grants, donations
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE VAL-MARTIN - MAISON DE LA FAMILLE
828 79th Avenue, Chomedey, Laval, QC, H7V 3J1
450 973-8787 ext. 202  Fax: 450 973-8414
Website: www.ccvm.org
Email: intermdf@ccvm.org


Eligibility: parents and children

Coverage area: Chomedey East
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial, federal, Centraide of Greater Montréal
Legal status: non-profit organization

CENTRE DE PÉDIATRIE SOCIALE LAVAL
1880 Dumouchel Avenue, Apartment 1, Chomedey, Laval, QC, H7S 1J8
450 682-0277  Fax: 450 682-0242
Website: www.cpslaval.org/fr
Email: info@cpslaval.org


Eligibility: vulnerable children 0 to 14 years old and their family living in the Place St-Martin HLM

Coverage area: Laval: postal codes beginning with H7S, H7M or H7G
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: donations
Legal status: non-profit organization
CENTRE DE PÉDIATRIE SOCIALE LAVAL - POINT DE SERVICE CHOMEDEY
280 92nd Avenue, Chomedey, Laval, QC, H7W 3N3
450 688-4666
Website: www.cpslaval.org/fr
Email: info@cpslaval.org
Eligibility: residents: vulnerable children 0 to 14 years old and their family
Coverage area: Laval: postal codes beginning with H7W
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: donations
Legal status: non-profit organization

CENTRE DE PÉDIATRIE SOCIALE LAVAL - POINT DE SERVICE PONT-VIAU
200 de la Concorde Boulevard East, Pont-Viau, Laval, QC, H7G 2C8
450 662-0273
Website: www.cpslaval.org/fr
Email: info@cpslaval.org
Eligibility: residents: vulnerable children 0 to 14 years old and their family
Coverage area: Laval: postal codes beginning with H7G
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: donations
Legal status: non-profit organization

CENTRE DES FEMMES DE LAVAL
69 8th Street, Laval-des-Rapides, Laval, QC, H7N 2C5
450 629-1991     Fax: 450 629-7433
Website: www.cflaval.org
Email: info@cflaval.org
Eligibility: women
Coverage area: Laval
Hours: Tuesday 13h00 to 17h00, Wednesday 12h00 to 17h00, Friday 13h00 to 21h00
Fees: clothing: free
Financing: provincial, Centraide of Greater Montréal, self-financing
Legal status: non-profit organization

CENTRE DU SABLON
755 du Sablon Road, Chomedey, Laval, QC, H7W 4H5
450 688-8961     Fax: 450 688-8969
Website: centredusablon.ca/en
Email: info@centredusablon.com
Child, Youth and Family


Eligibility: general population, Special needs program: children with mild to moderate special needs (anxiety, autism spectrum disorder, down syndrome/trisomy, etc.)

Coverage area: Laval

Hours: Monday to Friday 7h00 to 22h00, Saturday and Sunday 8h00 to 20h00

Fees: variable

Financing: self-financing, provincial, federal, municipal, donations

Legal status: non-profit organization

ENTRAIDE (PONT-VIAU ET LAVAL DES RAPIDES) INC. (L')

664 Saint-André Street, Pont-Viau, Laval, QC, H7G 3A5
450 663-8039 ext. 0 Fax: 450 663-9796
Website: www.entraidelaval.org
Email: coqlicorne@gmail.com


Eligibility: children, adults, newcomers, families, LGBTQIA2+ people

Coverage area: Laval

Hours: Monday, Wednesday and Friday 9h00 to 16h00, Tuesday and Thursday 9h00 to 18h30

Fees: annual membership: $25, services: variable

Financing: federal, provincial, foundations

Legal status: non-profit organization

MAISON DE LA FAMILLE DE SAINT-FRANÇOIS

8190 Lévesque Boulevard East, Saint-François, Laval, QC, H7A 1V4
450 665-6510 Fax: 450 665-9987
Website: maisonfamillesaintfrancois.com
Email: info@maisonfamillesaintfrancois.com


Eligibility: families

Coverage area: Laval East

Hours: administration: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, activities: variable hours

Fees: member: $5, daycare: $3 per child per block or $5 per family per block, collective kitchen: $5 per person, activities for 5 to 12 year olds: $5 per child, family outings: low cost

Financing: self-financing, Centraide of Greater Montréal, provincial, federal, municipal

Legal status: non-profit organization

MAISON DE QUARTIER DE FABREVILLE

3031 Dagenais Boulevard, Fabreville, Laval, QC, H7P 1T4
450 625-5453 Fax: 450 625-4140
Website: www.mqfabreville.org
Email: info@mqfabreville.org
Child, Youth and Family


**Eligibility:** children, teenagers, adults, families

**Capacity:** 25

**Coverage area:** Fabreville, Sainte-Rose

**Hours:** Monday to Friday 8h30 to 16h30

**Fees:** voluntary contribution

**Financing:** Centraide of Greater Montréal, donations, provincial, federal, municipal, self-financing

**Legal status:** non-profit organization

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**MAISON DE QUARTIER VIMONT**

1747 Lavoie Street, Vimont, Laval, QC, H7M 2N1

450 662-0580     Fax: 450 662-0500

Website: www.maisonquartiervimont.com

Email: maisonquartiervimont@videotron.ca


**Eligibility:** families and teenagers

**Capacity:** 60 people

**Coverage area:** Vimont, Auteuil

**Hours:** families: Monday to Friday 9h00 to 17h00, teenagers' room: Wednesday to Friday 16h00 to 21h00

**Fees:** annual membership

**Financing:** grants, foundations

**Legal status:** non-profit organization

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**MAISON DES ENFANTS LE DAUPHIN DE LAVAL**

799 Loranger Street, Chomedey, Laval, QC, H7V 1Z5

450 978-2664

Website: www.maisondesenfants.qc.ca

Email: dauphin@maisondesenfants.qc.ca


**Eligibility:** most activities: children 0 to 5 years old, their parents, flexible activities and homework assistance: children 6 to 12 years old

**Coverage area:** Laval

**Hours:** Monday to Thursday 9h00 to 18h00, Friday 9h00 to 16h00, summer: Monday to Thursday 9h00 to 16h30, Friday 9h00 to 16h00

**Financing:** provincial, federal, municipal, self-financing

**Legal status:** non-profit organization
MAISON DES FAMILLES DE SAINT-VINCENT-DE-PAUL
4899 Saint-Joseph Street, Saint-Vincent-de-Paul, Laval, QC, H7C 1H6
450 664-4711
Website: www.rqsvp.com
Email: froustan@rqsvp.com


Eligibility: families

Coverage area: Saint-Vincent-de-Paul, Duvernay and Saint-François neighbourhoods
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, food bank: Thursday 11h15, summer: Monday to Thursday 8h30 to 16h30

Fees: food bank: $5, after 4 times beneficiaries must participate to a collective kitchen and the amount spent on the food bank will go towards it

Financing: self-financing, donations, grants

Legal status: non-profit organization

MIEUX-NAÎTRE À LAVAL
3534 de la Concorde Boulevard East, Duvernay, Laval, QC, H7E 2C5
438 830-4323
Website: mieuxnaitre.org
Email: info@mieuxnaitre.org


Eligibility: families, particularly mothers

Coverage area: Laval

Hours: Monday to Friday 9h00 to 17h00, reservations are possible at nights or on weekends

Fees: free, variable depending on family income

Financing: grants, contributions, fundraising campaigns, donations

Legal status: non-profit organization

PARENTÈLE DE LAVAL (LA)
196 7th Avenue, Laval-des-Rapides, Laval, QC, H7N 4J6
450 662-9835
Website: laparenteledelaval.com
Email: info@laparenteledelaval.com


Eligibility: families with children under 12 years old

Coverage area: Laval

Hours: Monday 9h00 to 16h00, Tuesday to Thursday 9h00 to 16h00 and 18h00 to 20h00, Friday 18h00 to 20h00

Fees: variable

Financing: Centraide of Greater Montréal, provincial, federal, self-financing, foundations

Legal status: non-profit organization
**RELAYS FAMILIALS D'AUTEUIL (LE)**

6135 des Laurentides Boulevard, Suite 1, Auteuil, Laval, QC, H7H 2V3

**450 628-3246 Fax: 450 628-0885**

**Website:** relais-familial-auteuil.org  
**Email:** info@relais-familial-auteuil.org


**Eligibility:** families, HLM: single-parent families on a low income

**Coverage area:** Laval

**Hours:** Monday to Thursday 8h30 to 16h30

**Fees:** annual membership: $5, contribution for some activities

**Financing:** grants, donations

**Legal status:** non-profit organization

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**BUREAU D'AIDE ET D'ASSISTANCE FAMILIALE PLACE SAINT-MARTIN**

1885 Dumouchel Avenue, Suite 202, Chomedey, Laval, QC, H7S 1J7

**450 681-9979 Fax: 450 681-2835**

**Website:** baaf.ca  
**Email:** baaf@videotron.ca


**Eligibility:** families with children 0 to 5 years old, people on a low income

**Coverage area:** Laval

**Hours:** Monday to Friday 8h00 to 16h00

**Fees:** minimal fees depending on the activity

**Financing:** grants, donations

**Legal status:** non-profit organization

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**CENTRE COMMUNAUTAIRE VAL-MARTIN - MAISON DE LA FAMILLE**

828 79th Avenue, Chomedey, Laval, QC, H7V 3J1

**450 973-8787 ext. 202 Fax: 450 973-8414**

**Website:** www.ccvm.org  
**Email:** intermdf@ccvm.org


**Eligibility:** parents and children

**Coverage area:** Chomedey East

**Hours:** Monday to Friday 8h30 to 16h30

**Financing:** provincial, federal, Centraide of Greater Montréal

**Legal status:** non-profit organization
CENTRE DE PÉDIATRIE SOCIALE LAVAL
1880 Dumouchel Avenue, Apartment 1, Chomedey, Laval, QC, H7S 1J8
450 682-0277 Fax: 450 682-0242
Website: www.cpslaval.org/fr
Email: info@cpslaval.org
Eligibility: vulnerable children 0 to 14 years old and their family living in the Place St-Martin HLM
Coverage area: Laval: postal codes beginning with H7S, H7M or H7G
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: donations
Legal status: non-profit organization

CENTRE DE PÉDIATRIE SOCIALE LAVAL - POINT DE SERVICE CHOMEDEY
280 92nd Avenue, Chomedey, Laval, QC, H7W 3N3
450 688-4666
Website: www.cpslaval.org/fr
Email: info@cpslaval.org
Eligibility: residents: vulnerable children 0 to 14 years old and their family
Coverage area: Laval: postal codes beginning with H7W
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: donations
Legal status: non-profit organization

CENTRE DE PÉDIATRIE SOCIALE LAVAL - POINT DE SERVICE PONT-VIAU
200 de la Concorde Boulevard East, Pont-Viau, Laval, QC, H7G 2C8
450 662-0273
Website: www.cpslaval.org/fr
Email: info@cpslaval.org
Eligibility: residents: vulnerable children 0 to 14 years old and their family
Coverage area: Laval: postal codes beginning with H7G
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: donations
Legal status: non-profit organization

CENTRE DU SABLON
755 du Sablon Road, Chomedey, Laval, QC, H7W 4H5
450 688-8961 Fax: 450 688-8969
Website: centredusablon.ca/en
Email: info@centredusablon.com

Eligibility: general population, Special needs program: children with mild to moderate special needs (anxiety, autism spectrum disorder, down syndrome/trisomy, etc.)

Coverage area: Laval
Hours: Monday to Friday 7h00 to 22h00, Saturday and Sunday 8h00 to 20h00
Feas: variable
Financing: self-financing, provincial, federal, municipal, donations
Legal status: non-profit organization

ENTRAIDE (PONT-VIAU ET LAVAL DES RAPIDES) INC. (L')
664 Saint-André Street, Pont-Viau, Laval, QC, H7G 3A5
450 663-8039 ext. 0 Fax: 450 663-9796
Website: www.entraidelaval.org
Email: coqlicorne@gmail.com


Eligibility: children, adults, newcomers, families, LGBTQIA2+ people

Coverage area: Laval
Hours: Monday, Wednesday and Friday 9h00 to 16h00, Tuesday and Thursday 9h00 to 18h30
Feas: annual membership: $25, services: variable
Financing: federal, provincial, foundations
Legal status: non-profit organization

INSTITUT DES TROUBLES D'APPRENTISSAGE - SECTION LAVAL
100 Tourangeau Street East, Pont-Viau, Laval, QC, H7G 1L1
450 668-0123
Website: www.institutta.com
Email: section.laval@instituta.com


Eligibility: children and adults with learning or attention difficulties, including ADHD, their parents

Coverage area: Laval
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00
Feas: membership: $10
Financing: grants, contributions, fundraising campaigns
Legal status: non-profit organization

LIS AVEC MOI
397 des Prairies Boulevard, Suite 309, Laval-des-Rapides, Laval, QC, H7N 2W6
450 978-2565
Website: lisavecmoi.com
Email: projet@lisavecmoi.com

Eligibility: families, children 0 to 12 years old
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h30 and 13h00 to 16h00
Fees: none, occasional workshops and workshop kit: variable
Financing: grants, donations, self-financing
Legal status: non-profit organization

LUMI-VIE
1850 Le Corbusier Boulevard, Suite 303, Chomedey, Laval, QC, H7S 2K1
450 687-8311
Website: www.lumivie.com/?lang=en
Email: info@lumivie.com
Eligibility: bereaved adults, adolescents and children, caregivers, people at the end of life
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 17h00, summer schedule: Monday to Thursday 8h30 to 17h00, Friday 8h30 to 12h00
Fees: variable
Financing: provincial
Legal status: non-profit organization

MAISON DE LA FAMILLE DE LAVAL-OUEST
7190 21st Avenue, Laval-Ouest, Laval, QC, H7R 3G8
450 962-3367
Website: www.mfl-o.org
Email: mfl@videotron.ca
Eligibility: families with young children
Coverage area: Laval-West, Sainte-Dorothée, Fabreville-West
Hours: Monday to Friday 9h00 to 16h00, summer: closed from mid-June to mid-August, except for the walking club and the community garden
Fees: annual membership: $5 per family
Financing: provincial, federal
Legal status: non-profit organization

MAISON DE LA FAMILLE DE SAINT-FRANÇOIS
8190 Lévesque Boulevard East, Saint-François, Laval, QC, H7A 1V4
450 665-6510 Fax: 450 665-9987
Website: maisonfamillestfrancois.com
Email: info@maisonfamillestfrancois.com
Eligibility: families
Coverage area: Laval East
Hours: administration: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, activities: variable hours
Child, Youth and Family

**Fees:** member: $5, daycare: $3 per child per block or $5 per family per block, collective kitchen: $5 per person, activities for 5 to 12 year olds: $5 per child, family outings: low cost

**Financing:** self-financing, Centraide of Greater Montréal, provincial, federal, municipal

**Legal status:** non-profit organization

**MAISON DE QUARTIER DE FABREVILLE**

3031 Dagenais Boulevard, Fabreville, Laval, QC, H7P 1T4

450 625-5453  Fax: 450 625-4140

Website: www.mqfabreville.org

Email: info@mqfabreville.org


**Eligibility:** children, teenagers, adults, families

**Capacity:** 25

**Coverage area:** Fabreville, Sainte-Rose

**Hours:** Monday to Friday 8h30 to 16h30

**Fees:** voluntary contribution

**Financing:** Centraide of Greater Montréal, donations, provincial, federal, municipal, self-financing

**Legal status:** non-profit organization

**MAISON DE QUARTIER VIMONT**

1747 Lavoie Street, Vimont, Laval, QC, H7M 2N1

450 662-0580  Fax: 450 662-0500

Website: www.maisonquartiervimont.com

Email: maisonquartiervimont@videotron.ca


**Eligibility:** families and teenagers

**Capacity:** 60 people

**Coverage area:** Vimont, Auteuil

**Hours:** families: Monday to Friday 9h00 to 17h00, teenagers' room: Wednesday to Friday 16h00 to 21h00

**Fees:** annual membership

**Financing:** grants, foundations

**Legal status:** non-profit organization

**MAISON DES ENFANTS LE DAUPHIN DE LAVAL**

799 Loranger Street, Chomedey, Laval, QC, H7V 1Z5

450 978-2664

Website: www.maisondesenfants.qc.ca

Email: dauphin@maisondesenfants.qc.ca

Eligibility: most activities: children 0 to 5 years old, their parents, flexible activities and homework assistance: children 6 to 12 years old
Coverage area: Laval
Hours: Monday to Thursday 9h00 to 18h00, Friday 9h00 to 16h00, summer: Monday to Thursday 9h00 to 16h30, Friday 9h00 to 16h00
Financing: provincial, federal, municipal, self-financing
Legal status: non-profit organization

MAISON DES FAMILLES DE SAINT-VINCENT-DE-PAUL
4899 Saint-Joseph Street, Saint-Vincent-de-Paul, Laval, QC, H7C 1H6
450 664-4711
Website: www.rqsyp.com
Email: froustan@rqsyp.com
Eligibility: families
Coverage area: Saint-Vincent-de-Paul, Duvernay and Saint-François neighbourhoods
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, food bank: Thursday 11h15, summer: Monday to Thursday 8h30 to 16h30
Fees: food bank: $5, after 4 times beneficiaries must participate to a collective kitchen and the amount spent on the food bank will go towards it
Financing: self-financing, donations, grants
Legal status: non-profit organization

MIEUX-NAÎTRE À LAVAL
3534 de la Concorde Boulevard East, Duvernay, Laval, QC, H7E 2C5
438 830-4323
Website: mieuxnaitre.org
Email: info@mieuxnaitre.org
Eligibility: families, particularly mothers
Coverage area: Laval
Hours: Monday to Friday 9h00 to 17h00, reservations are possible at nights or on weekends
Fees: free, variable depending on family income
Financing: grants, contributions, fundraising campaigns, donations
Legal status: non-profit organization

PARENTÈLE DE LAVAL (LA)
196 7th Avenue, Laval-des-Rapides, Laval, QC, H7N 4J6
450 662-9835
Website: laparenteledelaval.com
Email: info@laparenteledelaval.com

Eligibility: families with children under 12 years old

Coverage area: Laval

Hours: Monday 9h00 to 16h00, Tuesday to Thursday 9h00 to 16h00 and 18h00 to 20h00, Friday 18h00 to 20h00

Fees: variable

Financing: Centraide of Greater Montréal, provincial, federal, self-financing, foundations

Legal status: non-profit organization

REGROUPEMENT DES FAMILLES MONOPARENTALES ET RECOMPOSÉES DE LAVAL

140 Nadon Street, Sainte-Rose, Laval, QC, H7L 1T5

450 622-0524

Website: www.rfmrl.org

Email: info@rfmrl.org


Eligibility: single parents or blended families with adaptation difficulties, women, men and children

Capacity: 12 people per group

Coverage area: Laval, Lanaudière, Laurentides, Montréal Island

Hours: Monday to Thursday 9h00 to 20h00, Saturday 9h00 to 15h00

Fees: annual membership: $20, other services: variable

Financing: provincial

Legal status: non-profit organization

RELAIS FAMILIAL D’AUTEUIL (LE)

6135 des Laurentides Boulevard, Suite 1, Auteuil, Laval, QC, H7H 2V3

450 628-3246    Fax: 450 628-0885

Website: relais-familial-auteuil.org

Email: info@relais-familial-auteuil.org


Eligibility: families, HLM: single-parent families on a low income

Coverage area: Laval

Hours: Monday to Thursday 8h30 to 16h30

Fees: annual membership: $5, contribution for some activities

Financing: grants, donations

Legal status: non-profit organization

SERVICE DE MÉDIATION CITOYENNE DE LAVAL

234 des Laurentides Boulevard, Laval-des-Rapides, Laval, QC, H7G 2T6

450 663-7674 ext. 221

Website: smclaval.org

Email: info@smclaval.org
Child, Youth and Family

**Services:** Conflict resolution accompaniment. * Citizen mediation accompaniment: neighbourhood conflicts, apartment sharing, work, bullying, family (divorce and child custody excluded). * Coaching on conflict resolution and communication. * Communication and coexistence workshops. * Intercultural communication.

**Eligibility:** citizens, organizations, corporations

**Coverage area:** Laval

**Hours:** Monday to Friday

**Fees:** none

**Financing:** grants, donations

**Legal status:** non-profit organization

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**SOCIÉTÉ DE L’AUTISME ET DES TED - LAVAL**

2285 Francis Hughes Avenue, Suite 200, Chomedey, Laval, QC, H7S 1N5

450 663-5551 Fax: 450 663-0694

**Website:** autismelaval.org

**Email:** info@autismelaval.org


**Eligibility:** people with an autism spectrum disorder or a pervasive developmental disorder, their families

**Coverage area:** Laval

**Hours:** Monday to Friday 8h30 to 16h00

**Fees:** $30 per year

**Financing:** provincial, federal, municipal, membership fees

**Legal status:** non-profit organization

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**Juvenile Delinquency**

**CENTRE COMMUNAUTAIRE VAL-MARTIN - MAISON DES JEUNES**

824 79th Avenue, Chomedey, Laval, QC, H7V 3J1

450 973-8787 ext. 301

**Website:** www.ccvm.org

**Email:** intermdj@ccvm.org

**Services:** Living environment for youth 11 to 17 years old. * Activities to prevent drug addiction, bad sexual behavior, delinquency and dropping out of school. * Recreational and sports activities. * Orientation and referrals.

**Eligibility:** youth 11 to 17 years old

**Coverage area:** Chomedey East

**Hours:** Sunday to Thursday 16h00 to 21h00

**Financing:** provincial, federal, Centraide of Greater Montréal

**Legal status:** non-profit organization

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**MESURES ALTERNATIVES JEUNESSE DE LAVAL**

234 des Laurentides Boulevard, Laval-des-Rapides, Laval, QC, H7G 2T6

450 663-7674 Fax: 450 663-3529

**Website:** www.majl.org

**Email:** info@majl.org


**Eligibility:** teenagers, parents, counsellors, school staff

**Coverage area:** Laval

**Hours:** Monday, Thursday and Friday 9h00 to 17h00, Tuesday and Wednesday 9h00 to 20h00

**Financing:** provincial, grants

**Legal status:** non-profit organization
SERVICES AUX JEUNES IMPLIQUÉS OU À RISQUE D’IMPLICATION DANS LES RÉSEAUX CRIMINALISÉS
Confidential Address
450 543-0413
Website: saj-laval.com
Email: projetsaj.laval@gmail.com
Services: Individualized support for youth trying to operate a change in their life. * Multidisciplinary and personalized accompaniment.
Eligibility: volunteer youth between 12 and 24 years old
Coverage area: Laval
Fees: free
Financing: provincial
Legal status: non-profit organization

Maternity support and adoption

CENTRE COMMUNAUTAIRE VAL-MARTIN - MAISON DE LA FAMILLE
828 79th Avenue, Chomedey, Laval, QC, H7V 3J1
450 973-8787 ext. 202 Fax: 450 973-8414
Website: www.ccvm.org
Email: intermdf@ccvm.org
Eligibility: parents and children
Coverage area: Chomedey East
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial, federal, Centraide of Greater Montréal
Legal status: non-profit organization

CENTRE DE PROTECTION DE L’ENFANCE ET DE LA JEUNESSE DE LAVAL
308 Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7N 2J2
450 975-4150
Website: www.lavalensante.com
Services: Management of youth centres. * Reception and assessment of reports of acts of neglect, violence or abuse according to the Loi sur la protection de la jeunesse. * Adaptation, rehabilitation and social integration in boarding or group homes. * Outreach and crisis intervention, educational support for families. * Psychosocial services for young offenders when necessary (under the Youth Criminal Justice Act). * Adoption, biological background research and expertise related to custody.
Eligibility: youth in difficulty 0 to 18 years old, young offenders, parents, guardians, counsellors
Coverage area: Laval
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: parapublic organization
CLSC DES MILLE-ÎLES
775 Montrose Street, Duvernay, Laval, QC, H7E 3M3
450 661-2572
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nolch=1012905&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H7E3M3
Coverage area: Laval
Hours: Monday to Friday 7h00 to 20h00, Saturday and Sunday 9h00 to 17h00, tests centre: Monday to Friday 7h00 to 12h00 and 13h15 to 15h00
Financing: provincial
Legal status: parapublic organization

CLSC DU MARIGOT - BOULEVARD DES LAURENTIDES
1351 des Laurentides Boulevard, Vimont, Laval, QC, H7M 2Y2
450 668-1803 ext. 45000
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nolch=57183&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H7M2Y2
Coverage area: Laval
Hours: Monday to Friday 7h00 to 20h00, Saturday and Sunday 7h30 to 12h00, tests centre: Monday to Friday 7h00 to 12h00 and 13h15 to 15h00
Financing: provincial
Legal status: parapublic organization

COURT OF QUÉBEC - YOUTH DIVISION - LAVAL
2800 Saint-Martin Boulevard West, Chomedey, Laval, QC, H7T 2S9
450 686-5910
Website: www.jusice.gouv.qc.ca/en/just-us/find-a-courthouse/laval-courthouse
Services: Court constituting the judicial system of Québec. * Hearing all cases involving a minor. * Hearing cases of adoption.
Coverage area: Laval judicial district
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: provincial government agency

LAVAL - CITY
1333 Chomedey Boulevard, Chomedey, Laval, QC, H7V 3Z4
311
Website: www.laval.ca/Pages/En/home.aspx

Coverage area: Laval

Hours: by phone: Monday to Friday 7h00 to 21h00, Saturday and Sunday 8h00 to 17h00, on site: Monday to Friday 8h30 to 16h30, by appointment

Financing: municipal

Legal status: municipal agency

LEGAL AID OFFICE - MULTI-SECTOR OFFICE - LAVAL

1717 Saint-Martin Boulevard West, Suite 200, Chomedey, Laval, QC, H7S 1N2
450 680-6210   Fax: 450 680-6084
Website: www.aidejuridiquedemontreal.ca/en/points_services/laval-legal-aid-bureau
Email: baj.laval@ccjm.qc.ca

Services: Legal aid office in family law, criminal and penal law, right of youth, civil law, administrative (social assistance, SAAQ, CSST), housing law, bankruptcy, carceral. * Telephone consultation with a lawyer, available 24/7, for people who have been arrested or are being held in custody.

Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law

Coverage area: Laval

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, telephone consultation service: 24 hours / 7 days

Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website

Financing: provincial

Legal status: provincial government agency

MIEUX-NAÎTRE À LAVAL

3534 de la Concorde Boulevard East, Duvernay, Laval, QC, H7E 2C5
438 830-4323
Website: mieuxnaitre.org
Email: info@mieuxnaitre.org


Eligibility: families, particularly mothers

Coverage area: Laval

Hours: Monday to Friday 9h00 to 17h00, reservations are possible at nights or on weekends

Fees: free, variable depending on family income

Financing: grants, contributions, fundraising campaigns, donations

Legal status: non-profit organization

NOURRI-SOURCE - LAVAL

Confidential Address
450 233-2116
Website: nourri-source.org/en/nourri-source-laval
Email: laval@nourri-source.org
Child, Youth and Family

Services: * Telephone pairing between breastfeeding mothers and breastfeeding trained and experienced volunteer mothers. * Breastfeeding clinics 4 to 5 times a week. * 9 hour-training to become a volunteer as a breastfeeding support mother. * Activities, public appearances and continuous trainings to promote breastfeeding.

Eligibility: mothers, fathers and family members of breastfed babies

Coverage area: Laval

Hours: depending on each sector

Fees: none

Financing: donations, grants

Legal status: non-profit organization

RELAIS FAMILIAL D’AUTEUIL (LE)
6135 des Laurentides Boulevard, Suite 1, Auteuil, Laval, QC, H7H 2V3
450 628-3246  Fax: 450 628-0885

Website: relais-familial-auteuil.org

Email: info@relais-familial-auteuil.org


Eligibility: families, HLM: single-parent families on a low income

Coverage area: Laval

Hours: Monday to Thursday 8h30 to 16h30

Fees: annual membership: $5, contribution for some activities

Financing: grants, donations

Legal status: non-profit organization

SERVICE DE POLICE DE LAVAL - HEADQUARTERS
2911 Chomedey Boulevard, Chomedey, Laval, QC, H7V 3Z4
450 662-4242  Fax: 450 662-7282  TTY: 911

Website: www.laval.ca/police/Pages/Fr/accueil.aspx

Email: spl@laval.ca


Coverage area: Laval

Financing: municipal

Legal status: municipal agency

Parenting Education

ASSOCIATION DYSPHASIE +
3235 Saint-Martin Boulevard East, Suite 216, Duvernay, Laval, QC, H7E 5G8
450 937-3670

Website: www.dysphasieplus.com

Email: info@dysphasieplus.com

Eligibility: children, teenagers and adults with dysphasia, their parents or close ones
Coverage area: Laval, Montréal Island
Hours: variable
Fees: phone listening and referral: free, services: membership fees
Financing: self-financing, provincial
Legal status: non-profit organization

CARREFOUR D'INTERCULTURES DE LAVAL
1536 Curé-Labelle Boulevard, Suite 226, Chomedey, Laval, QC, H7V 2W2
450 686-0554
Website: www.carrefourintercultures.com
Email: info@carrefourintercultures.com
Eligibility: immigrants and newcomers
Coverage area: Laval
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: variable, French courses: none
Financing: grants, self-financing, provincial, municipal, federal
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE VAL-MARTIN - MAISON DE LA FAMILLE
828 79th Avenue, Chomedey, Laval, QC, H7V 3J1
450 973-8787 ext. 202     Fax: 450 973-8414
Website: www.ccvm.org
Email: intermdf@ccvm.org
Eligibility: parents and children
Coverage area: Chomedey East
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial, federal, Centraide of Greater Montréal
Legal status: non-profit organization

CENTRE DE PÉDIATRIE SOCIALE LAVAL
1880 Dumouchel Avenue, Apartment 1, Chomedey, Laval, QC, H7S 1J8
450 682-0277     Fax: 450 682-0242
Website: www.cpslaval.org/fr
Email: info@cpslaval.org
Eligibility: vulnerable children 0 to 14 years old and their family living in the Place St-Martin HLM
Coverage area: Laval: postal codes beginning with H7S, H7M or H7G
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: donations  
Legal status: non-profit organization  

CENTRE DE PÉDIATRIE SOCIALE LAVAL - POINT DE SERVICE CHOMEDEY  
280 92nd Avenue, Chomedey, Laval, QC, H7W 3N3  
450 688-4666  
Website: www.cpslaval.org/fr  
Email: info@cpslaval.org  
Eligibility: residents: vulnerable children 0 to 14 years old and their family  
Coverage area: Laval: postal codes beginning with H7W  
Hours: Monday to Friday 9h00 to 17h00  
Fees: none  
Financing: donations  
Legal status: non-profit organization  

CENTRE DE PÉDIATRIE SOCIALE LAVAL - POINT DE SERVICE PONT-VIAU  
200 de la Concorde Boulevard East, Pont-Viau, Laval, QC, H7G 2C8  
450 662-0273  
Website: www.cpslaval.org/fr  
Email: info@cpslaval.org  
Eligibility: residents: vulnerable children 0 to 14 years old and their family  
Coverage area: Laval: postal codes beginning with H7G  
Hours: Monday to Friday 9h00 to 17h00  
Fees: none  
Financing: donations  
Legal status: non-profit organization  

ENTRAIDE (PONT-VIAU ET LAVAL DES RAPIDES) INC. (L')  
664 Saint-André Street, Pont-Viau, Laval, QC, H7G 3A5  
450 663-8039 ext. 0     Fax: 450 663-9796  
Website: www.entraidelaval.org  
Email: coqlicorne@gmail.com  
Eligibility: children, adults, newcomers, families, LGBTQIA2+ people  
Coverage area: Laval  
Hours: Monday, Wednesday and Friday 9h00 to 16h00, Tuesday and Thursday 9h00 to 18h30  
Fees: annual membership: $25, services: variable  
Financing: federal, provincial, foundations  
Legal status: non-profit organization
GYMNO LAVAL
2465 Honoré-Mercier Street, Sainte-Rose, Laval, QC, H7L 2S9
450 625-2674
Website: www.gymno.org/article/257-gymno-laval.html
Email: laval@gymno.org
Eligibility: children 3 to 17 years old with learning difficulties, day camp: 5 to 17 years old, parent-child activities: 3 to 4 years old, their parents
Coverage area: Laval
Hours: office: Monday to Friday 8h00 to 16h00, activities: Friday evening, Saturday and Sunday morning, summer day camp: 7h15 to 17h30
Fees: variable
Financing: provincial, municipal, donations
Legal status: non-profit organization

INSTITUT DES TROUBLES D’APPRENTISSAGE - SECTION LAVAL
100 Tourangeau Street East, Pont-Viau, Laval, QC, H7G 1L1
450 668-0123
Website: www.institutta.com
Email: section.laval@institutta.com
Eligibility: children and adults with learning or attention difficulties, including ADHD, their parents
Coverage area: Laval
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00
Fees: membership: $10
Financing: grants, contributions, fundraising campaigns
Legal status: non-profit organization

MAISON DE LA FAMILLE DE LAVAL-OUEST
7190 21st Avenue, Laval-Ouest, Laval, QC, H7R 3G8
450 962-3367
Website: www.mfl-o.org
Email: mflo@videotron.ca
Eligibility: families with young children
Coverage area: Laval-West, Sainte-Dorothée, Fabreville-West
Hours: Monday to Friday 9h00 to 16h00, summer: closed from mid-June to mid-August, except for the walking club and the community garden
Fees: annual membership: $5 per family
Financing: provincial, federal
Legal status: non-profit organization
MAISON DE QUARTIER DE FABREVILLE
3031 Dagenais Boulevard, Fabreville, Laval, QC, H7P 1T4
450 625-5453 Fax: 450 625-4140
Website: www.mqfabreville.org
Email: info@mqfabreville.org
Eligibility: children, teenagers, adults, families
Capacity: 25
Coverage area: Fabreville, Sainte-Rose
Hours: Monday to Friday 8h30 to 16h30
Fees: voluntary contribution
Financing: Centraide of Greater Montréal, donations, provincial, federal, municipal, self-financing
Legal status: non-profit organization

MAISON DE QUARTIER VIMONT
1747 Lavoie Street, Vimont, Laval, QC, H7M 2N1
450 662-0580 Fax: 450 662-0500
Website: www.maisonquartiervimont.com
Email: maisonquartiervimont@videotron.ca
Eligibility: families and teenagers
Capacity: 60 people
Coverage area: Vimont, Auteuil
Hours: families: Monday to Friday 9h00 to 17h00, teenagers' room: Wednesday to Friday 16h00 to 21h00
Fees: annual membership
Financing: grants, foundations
Legal status: non-profit organization

MAISON DES ENFANTS LE DAUPHIN DE LAVAL
799 Loranger Street, Chomedey, Laval, QC, H7V 1Z5
450 978-2664
Website: www.maisondesenfants.qc.ca
Email: dauphin@maisondesenfants.qc.ca
Eligibility: most activities: children 0 to 5 years old, their parents, flexible activities and homework assistance: children 6 to 12 years old
Coverage area: Laval
Hours: Monday to Thursday 9h00 to 18h00, Friday 9h00 to 16h00, summer: Monday to Thursday 9h00 to 16h30, Friday 9h00 to 16h00
Financing: provincial, federal, municipal, self-financing  
Legal status: non-profit organization

MIEUX-NAÎTRE À LAVAL
3534 de la Concorde Boulevard East, Duvernay, Laval, QC, H7E 2C5  
438 830-4323
Website: mieuxnaitre.org
Email: info@mieuxnaitre.org


Eligibility: families, particularly mothers

Coverage area: Laval
Hours: Monday to Friday 9h00 to 17h00, reservations are possible at nights or on weekends

Fees: free, variable depending on family income

Financing: grants, contributions, fundraising campaigns, donations

Legal status: non-profit organization

PARENTÈLE DE LAVAL (LA)
196 7th Avenue, Laval-des-Rapides, Laval, QC, H7N 4J6  
450 662-9835
Website: laparenteledelaval.com
Email: info@laparenteledelaval.com


Eligibility: families with children under 12 years old

Coverage area: Laval
Hours: Monday 9h00 to 16h00, Tuesday to Thursday 9h00 to 16h00 and 18h00 to 20h00, Friday 18h00 to 20h00

Fees: variable

Financing: Centraide of Greater Montréal, provincial, federal, self-financing, foundations

Legal status: non-profit organization

REGROUPEMENT DES FAMILLES MONOPARENTALES ET RECOMPOSÉES DE LAVAL
140 Nadon Street, Sainte-Rose, Laval, QC, H7L 1T5  
450 622-0524
Website: www.rfmrl.org
Email: info@rfmrl.org


Eligibility: single parents or blended families with adaptation difficulties, women, men and children

Capacity: 12 people per group

Coverage area: Laval, Lanaudière, Laurentides, Montréal Island
Hours: Monday to Thursday 9h00 to 20h00, Saturday 9h00 to 15h00

Fees: annual membership: $20, other services: variable
Financing: provincial  
Legal status: non-profit organization

TSA SANS FRONTIÈRES  
2285 Francis Hughes Avenue, Suite 200, Chomedey, Laval, QC, H7S 1N5  
450 663-5551  Fax: 450 663-0694  
Website: autismelaval.org  
Email: info@autismelaval.org  
Eligibility: parents of people with an autism spectrum disorder, counsellors, researchers  
Coverage area: Laval  
Hours: Monday to Friday 8h30 to 16h00  
Financing: fundraising campaigns, donations, provincial  
Legal status: non-profit organization

Recreational Activities

ASSOCIATION DES RÉSIDENTS DE CHAMPFLEURY  
2585 des Oiseaux Boulevard, Sainte-Rose, Laval, QC, H7L 4M4  
450 963-0676  
Website: champfleury.qc.ca  
Email: info@champfleury.qc.ca  
Eligibility: general population  
Capacity: up to 115 people  
Coverage area: Laval  
Hours: Champfleury community centre: Monday to Friday 9h00 to 23h00, Saturday and Sunday 8h30 to 18h00, customer service: Monday to Thursday 9h00 to 20h30, Friday 9h00 to 16h00, Saturday 9h00 to 13h00  
Fees: optional membership card: family: $30, adult individual: $20, kid individual: $10, activities and room rentals: variables  
Financing: self-financing, membership, grants  
Legal status: non-profit organization

BUREAU D'AIDE ET D'ASSISTANCE FAMILIALE PLACE SAINT-MARTIN  
1885 Dumouchel Avenue, Suite 202, Chomedey, Laval, QC, H7S 1J7  
450 681-9979  Fax: 450 681-2835  
Website: baaaf.ca  
Email: baaaf@videotron.ca  
Eligibility: families with children 0 to 5 years old, people on a low income  
Coverage area: Laval  
Hours: Monday to Friday 8h00 to 16h00  
Fees: minimal fees depending on the activity  
Financing: grants, donations  
Legal status: non-profit organization
CENTRE COMMUNAUTAIRE VAL-MARTIN - MAISON DE LA FAMILLE
828 79th Avenue, Chomedey, Laval, QC, H7V 3J1
450 973-8787 ext. 202  Fax: 450 973-8414
Website: www.ccvm.org
Email: intermdf@ccvm.org


Eligibility: parents and children

Coverage area: Chomedey East

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial, federal, Centraide of Greater Montréal

Legal status: non-profit organization

CENTRE DE LA NATURE DE LAVAL
901 du Parc Avenue, Duvernay, Laval, QC, H7E 2T7
450 662-4942  Fax: 450 662-5279
Website: www.laval.ca/centredelanature/Pages/Fr/accueil.aspx
Email: centrenature@ville.laval.qc.ca


Coverage area: Laval

Hours: 7 days, 8h00 to 22h00, administration: Monday to Friday 8h00 to 12h00 and 13h00 to 16h30, Saturday and Sunday 10h00 to 12h00 and 13h00 to 18h00

Fees: access: free, rental and activities: variable

Financing: municipal

Legal status: non-profit organization

CENTRE DE PÉDIATRIE SOCIALE LAVAL
1880 Dumouchel Avenue, Apartment 1, Chomedey, Laval, QC, H7S 1J8
450 682-0277  Fax: 450 682-0242
Website: www.cpslaval.org/fr
Email: info@cpslaval.org


Eligibility: vulnerable children 0 to 14 years old and their family living in the Place St-Martin HLM

Coverage area: Laval: postal codes beginning with H7S, H7M or H7G

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: donations

Legal status: non-profit organization

CENTRE DE PÉDIATRIE SOCIALE LAVAL - POINT DE SERVICE CHOMEDEY
280 92nd Avenue, Chomedey, Laval, QC, H7W 3N3
450 688-4666
Website: www.cpslaval.org/fr
Email: info@cpslaval.org

**Eligibility:** residents: vulnerable children 0 to 14 years old and their family

**Coverage area:** Laval: postal codes beginning with H7W

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

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**CENTRE DE PÉDIAtrie SOCIAle LAVAL - POInt DE SERVICE Pont-Viau**

200 de la Concorde Boulevard East, Pont-Viau, Laval, QC, H7G 2C8

450 662-0273

**Website:** www.cpslaval.org/fr

**Email:** info@cpslaval.org


**Eligibility:** residents: vulnerable children 0 to 14 years old and their family

**Coverage area:** Laval: postal codes beginning with H7W

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

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**CENTRE DU SABLON**

755 du Sablon Road, Chomedey, Laval, QC, H7W 4H5

450 688-8961  Fax: 450 688-8969

**Website:** centredusablon.ca/en

**Email:** info@centredusablon.com


**Eligibility:** general population, Special needs program: children with mild to moderate special needs (anxiety, autism spectrum disorder, down syndrome/trisomy, etc.)

**Coverage area:** Laval

**Hours:** Monday to Friday 7h00 to 22h00, Saturday and Sunday 8h00 to 20h00

**Fees:** variable

**Financing:** self-financing, provincial, federal, municipal, donations

**Legal status:** non-profit organization

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**CLUB DE GYMnASTIQUE LAVAL EXCELlENCE**

1555 Saint-Martin Boulevard East, Vimont, Laval, QC, H7G 4R4

450 669-4966

**Website:** www.lavalexcellence.ca

**Email:** info@lavalexcellence.ca

**Services:** Recreational and competitive gymnastics and cheerleading clubs. * Free-time gym. * Parent and child program 1.2.3 Gym! for ages 2 and up. * Bébé-gym program for children aged 3 years old. * Bout chou program for girls 4 to 5 years old. * Recreational groups for girls 6 to 8 years old and 9 years old and up, boys 4 to 6 years old and 7 years old and up.
Eligibility: children 2 years and over.
Coverage area: Laval
Hours: Tuesday, Wednesday and Thursday 16h30 to 20h30, Friday 16h30 to 21h00, Saturday 8h30 to 14h00, Sunday 9h00 to 13h00
Financing: self-financing
Legal status: non-profit organization

ENTRAIDE (PONT-VIAU ET LAVAL DES RAPIDES) INC. (L')
664 Saint-André Street, Pont-Viau, Laval, QC, H7G 3A5
450 663-8039 ext. 0 Fax: 450 663-9796
Website: www.entraidelaval.org
Email: coqlicorne@gmail.com
Eligibility: children, adults, newcomers, families, LGBTQIA2+ people
Coverage area: Laval
Hours: Monday, Wednesday and Friday 9h00 to 16h00, Tuesday and Thursday 9h00 to 18h30
Fees: annual membership: $25, services: variable
Financing: federal, provincial, foundations
Legal status: non-profit organization

GYMNO LAVAL
2465 Honoré-Mercier Street, Sainte-Rose, Laval, QC, H7L 2S9
450 625-2674
Website: www.gymno.org/article/257-gymno-laval.html
Email: laval@gymno.org
Eligibility: children 3 to 17 years old with learning difficulties, day camp: 5 to 17 years old, parent-child activities: 3 to 4 years old, their parents
Coverage area: Laval
Hours: office: Monday to Friday 8h00 to 16h00, activities: Friday evening, Saturday and Sunday morning, summer day camp: 7h15 to 17h30
Fees: variable
Financing: provincial, municipal, donations
Legal status: non-profit organization

LAVAL PUBLIC LIBRARIES NETWORK - ÉMILE-NELLIGAN LIBRARY
325 Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7N 2J5
450 662-4973
Website: www.laval.ca/lieux/Pages/Fr/bibliotheque-emile-nelligan.aspx
Eligibility: general public
Coverage area: Laval
Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00
Fees: membership: none for residents, variable for non-residents
Financing: municipal
Legal status: municipal agency
LAVAL PUBLIC LIBRARIES NETWORK - GABRIELLE-ROY LIBRARY
3505 Dagenais Boulevard West, Fabreville, Laval, QC, H7P 4V9
450 978-8909
Website: www.laval.ca/lieux/Pages/FR/bibliotheque-gabrielle-roy.aspx
Eligibility: general public
Coverage area: Laval
Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal
Legal status: municipal agency

LAVAL PUBLIC LIBRARIES NETWORK - GERMAINE-GUÈVREMONT LIBRARY
2900 de la Concorde Boulevard East, Duvernay, Laval, QC, H7E 2B6
450 662-4002
Website: www.laval.ca/lieux/Pages/FR/bibliotheque-germaine-guevremont.aspx
Eligibility: general public
Coverage area: Laval
Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal
Legal status: municipal agency

LAVAL PUBLIC LIBRARIES NETWORK - LAURE-CONAN LIBRARY
4660 des Laurentides Boulevard, Vimont, Laval, QC, H7K 2J4
450 662-4975
Website: www.laval.ca/lieux/Pages/FR/bibliotheque-laure-conan.aspx
Eligibility: general public
Coverage area: Laval
Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal
Legal status: municipal agency

LAVAL PUBLIC LIBRARIES NETWORK - MARIUS-BARBEAU LIBRARY
1245 Montée du Moulin, Saint-François, Laval, QC, H7A 3V6
450 662-4005
Website: www.laval.ca/lieux/Pages/FR/bibliotheque-marius-barbeau.aspx
Eligibility: general public
Coverage area: Laval
Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal
Legal status: municipal agency

LAVAL PUBLIC LIBRARIES NETWORK - MULTICULTURAL LIBRARY
1535 Chomedey Boulevard, Chomedey, Laval, QC, H7V 3R2
450 978-5995
Website: www.laval.ca/lieux/Pages/Fr/bibliotheque-multiculturelle.aspx
Eligibility: general public
Coverage area: Laval
Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00, Le Studio: Monday to Friday 15h00 to 21h00, Saturday 10h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal
Legal status: municipal agency

LAVAL PUBLIC LIBRARIES NETWORK - PHILIPPE-PANNETON LIBRARY
4747 Arthur-Sauvé Boulevard, Laval-Ouest, Laval, QC, H7R 5P8
450 978-8919
Website: www.laval.ca/lieux/Pages/Fr/bibliotheque-philippe-panneton.aspx
Eligibility: general public
Coverage area: Laval
Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal
Legal status: municipal agency

LAVAL PUBLIC LIBRARIES NETWORK - SYLVAIN-GARNEAU LIBRARY
187 Sainte-Rose Boulevard, Sainte-Rose, Laval, QC, H7L 1L5
450 978-3940
Website: www.laval.ca/lieux/Pages/Fr/bibliotheque-sylvain-garneau.aspx
Eligibility: general public
Coverage area: Laval
Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal
Legal status: municipal agency
LAVAL PUBLIC LIBRARIES NETWORK - YVES-THÉRIAULT LIBRARY
670 de la Place-Publique Street, Sainte-Dorothée, Laval, QC, H7X 1G1
450 978-6599
Website: www.laval.ca/lieux/Pages/Fr/bibliotheque-yves-theriault.aspx
Eligibility: general public
Coverage area: Laval
Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal
Legal status: municipal agency

LIS AVEC MOI
397 des Prairies Boulevard, Suite 309, Laval-des-Rapides, Laval, QC, H7N 2W6
450 978-2565
Website: lisavecmoi.com
Email: projet@lisavecmoi.com
Eligibility: families, children 0 to 12 years old
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h30 and 13h00 to 16h00
Fees: none, occasional workshops and workshop kit: variable
Financing: grants, donations, self-financing
Legal status: non-profit organization

LOISIRS RENAUD/COURSOL
25 Saint-Louis Street, Suite 110, Pont-Viau, Laval, QC, H7G 4W3
450 933-5274
Website: renaudcoursol.com
Email: info@renaudcoursol.com
Coverage area: Laval
Hours: variable
Fees: variable
Financing: self-financing, municipal, donations
Legal status: non-profit organization

MAISON DE LA FAMILLE DE LAVAL-OUEST
7190 21st Avenue, Laval-Ouest, Laval, QC, H7R 3G8
450 962-3367
Website: www.mfl-o.org
Email: mflo@videotron.ca

Eligibility: families with young children

Coverage area: Laval-West, Sainte-Dorothée, Fabreville-West

Hours: Monday to Friday 9h00 to 16h00, summer: closed from mid-June to mid-August, except for the walking club and the community garden

Fees: annual membership: $5 per family

Financing: provincial, federal

Legal status: non-profit organization

MAISON DE LA FAMILLE DE SAINT-FRANÇOIS
8190 Lévesque Boulevard East, Saint-François, Laval, QC, H7A 1V4
450 665-6510   Fax: 450 665-9987
Website: maisonfamillesfrancois.com
Email: info@maisonfamillesfrancois.com


Eligibility: families

Coverage area: Laval East

Hours: administration: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, activities: variable hours

Fees: member: $5, daycare: $3 per child per block or $5 per family per block, collective kitchen: $5 per person, activities for 5 to 12 year olds: $5 per child, family outings: low cost

Financing: self-financing, Centraide of Greater Montréal, provincial, federal, municipal

Legal status: non-profit organization

MAISON DE QUARTIER DE FABREVILLE
3031 Dagenais Boulevard, Fabreville, Laval, QC, H7P 1T4
450 625-5453   Fax: 450 625-4140
Website: www.mqfabreville.org
Email: info@mqfabreville.org


Eligibility: children, teenagers, adults, families

Capacity: 25

Coverage area: Fabreville, Sainte-Rose

Hours: Monday to Friday 8h30 to 16h30

Fees: voluntary contribution

Financing: Centraide of Greater Montréal, donations, provincial, federal, municipal, self-financing

Legal status: non-profit organization
MAISON DE QUARTIER VIMONT
1747 Lavoie Street, Vimont, Laval, QC, H7M 2N1
450 662-0580     Fax: 450 662-0500
Website: www.maisonquartiervimont.com
Email: maisonquartiervimont@videotron.ca


Eligibility: families and teenagers
Capacity: 60 people
Coverage area: Vimont, Auteuil
Hours: families: Monday to Friday 9h00 to 17h00, teenagers’ room: Wednesday to Friday 16h00 to 21h00
Fees: annual membership
Financing: grants, foundations
Legal status: non-profit organization

MAISON DES ENFANTS LE DAUPHIN DE LAVAL
799 Loranger Street, Chomedey, Laval, QC, H7V 1Z5
450 978-2664
Website: www.maisondesenfants.qc.ca
Email: dauphin@maisondesenfants.qc.ca


Eligibility: most activities: children 0 to 5 years old, their parents, flexible activities and homework assistance: children 6 to 12 years old
Coverage area: Laval
Hours: Monday to Thursday 9h00 to 18h00, Friday 9h00 to 16h00, summer: Monday to Thursday 9h00 to 16h30, Friday 9h00 to 16h00
Financing: provincial, federal, municipal, self-financing
Legal status: non-profit organization

MAISON DES FAMILLES DE SAINT-VINCENT-DE-PAUL
4899 Saint-Joseph Street, Saint-Vincent-de-Paul, Laval, QC, H7C 1H6
450 664-4711
Website: www.rqsvp.com
Email: froustan@rqsvp.com


Eligibility: families
Coverage area: Saint-Vincent-de-Paul, Duvernay and Saint-François neighbourhoods
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, food bank: Thursday 11h15, summer: Monday to Thursday 8h30 to 16h30
Fees: food bank: $5, after 4 times beneficiaries must participate to a collective kitchen and the amount spent on the food bank will go towards it
Financing: self-financing, donations, grants
Legal status: non-profit organization
MIEUX-NAÎTRE À LAVAL
3534 de la Concorde Boulevard East, Duvernay, Laval, QC, H7E 2C5
438 830-4323
Website: mieuxnaitre.org
Email: info@mieuxnaitre.org


Eligibility: families, particularly mothers

Coverage area: Laval

Hours: Monday to Friday 9h00 to 17h00, reservations are possible at nights or on weekends

Fees: free, variable depending on family income

Financing: grants, contributions, fundraising campaigns, donations

Legal status: non-profit organization

PARENTELE DE LAVAL (LA)
196 7th Avenue, Laval-des-Rapides, Laval, QC, H7N 4J6
450 662-9835
Website: laparenteledelaval.com
Email: info@laparenteledelaval.com


Eligibility: families with children under 12 years old

Coverage area: Laval

Hours: Monday 9h00 to 16h00, Tuesday to Thursday 9h00 to 16h00 and 18h00 to 20h00, Friday 18h00 to 20h00

Fees: variable

Financing: Centraide of Greater Montréal, provincial, federal, self-financing, foundations

Legal status: non-profit organization

RELAI-FAMILIAL D’AUTEUIL (LE)
6135 des Laurentides Boulevard, Suite 1, Auteuil, Laval, QC, H7H 2V3
450 628-3246 Fax: 450 628-0885
Website: relais-familial-auteuil.org
Email: info@relais-familial-auteuil.org


Eligibility: families, HLM: single-parent families on a low income

Coverage area: Laval

Hours: Monday to Thursday 8h30 to 16h30

Fees: annual membership: $5, contribution for some activities

Financing: grants, donations

Legal status: non-profit organization
Youth Centres and Support

ASSOCIATION DES RÉSIDENTS DE CHAMPFLEURY
2585 des Oiseaux Boulevard, Sainte-Rose, Laval, QC, H7L 4M4
450 963-0676
Website: champfleury.qc.ca
Email: info@champfleury.qc.ca
Eligibility: general population
Capacity: up to 115 people
Coverage area: Laval
Hours: Champfleury community centre: Monday to Friday 9h00 to 23h00, Saturday and Sunday 8h30 to 18h00, customer service: Monday to Thursday 9h00 to 20h30, Friday 9h00 to 16h00, Saturday 9h00 to 13h00
Fees: optional membership card: family: $30, adult individual: $20, kid individual: $10, activities and room rentals: variables
Financing: self-financing, membership, grants
Legal status: non-profit organization

CARREFOUR JEUNESSE DE SAINTE-ROSE
155 Je-Me-Souviens Boulevard, Sainte-Rose, Laval, QC, H7L 1V6
450 622-0879
Email: carrefourjeunesse2003@yahoo.ca
Services: * Meeting place for youth 12 to 17 years old. * Social and recreational activities: improvisation, theatre, etc. * Accompaniment, listening and referral. * Recording studio.
Eligibility: youth 12 to 17 years old
Coverage area: Sainte-Rose
Hours: Tuesday to Friday 15h00 to 21h30
Financing: donations, grants
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE VAL-MARTIN - MAISON DES JEUNES
824 79th Avenue, Chomedey, Laval, QC, H7V 3J1
450 973-8787 ext. 301
Website: www.ccvm.org
Email: intermdj@ccvm.org
Eligibility: youth 11 to 17 years old
Coverage area: Chomedey East
Hours: Sunday to Thursday 16h00 to 21h00
Financing: provincial, federal, Centraide of Greater Montréal
Legal status: non-profit organization

CENTRE DÉFI-JEUNESSE DE ST-FRANÇOIS
455 Montée du Moulin, Saint-François, Laval, QC, H7A 1Z2
450 665-3049 Fax: 450 665-3049
Website: www.centredefijeunesse.com
Email: info@centredefijeunesse.com
Eligibility: youth 11 to 17 years old
Coverage area: Saint-François
Hours: Tuesday to Thursday 17h00 to 21h00, Friday 17h00 to 22h00, homework assistance: Tuesday 15h30 to 16h30
Financing: provincial
Legal status: non-profit organization

CENTRE DU SABLON
755 du Sablon Road, Chomedey, Laval, QC, H7W 4H5
450 688-8961 Fax: 450 688-8969
Website: centredusablon.ca/en
Email: info@centredusablon.com
Eligibility: general population, Special needs program: children with mild to moderate special needs (anxiety, autism spectrum disorder, down syndrome/trisomy, etc.)
Coverage area: Laval
Hours: Monday to Friday 7h00 to 22h00, Saturday and Sunday 8h00 to 20h00
Fees: variable
Financing: self-financing, provincial, federal, municipal, donations
Legal status: non-profit organization

CENTRE LAVALLOIS POUR L'INTÉGRATION ET LA COHÉSION SOCIALE
1876 des Laurentides Boulevard, Suite 205, Chomedey, Laval, QC, H7M 2P9
438 808-9242
Email: clics@laval.ca
Eligibility: immigrants, JEU program: immigrants from 12 to 17 years old
Coverage area: Laval, school supplies: Montréal Island, Laval
Hours: Monday, Wednesday, Friday 9h00 to 16h00, Tuesday and Thursday 12h00 to 20h00
Fees: none
Financing: self-financing
Legal status: non-profit organization

CLUB DE GYMNASTIQUE LAVAL EXCELLENCE
1555 Saint-Martin Boulevard East, Vimont, Laval, QC, H7G 4R4
450 669-4966
Website: www.lavalexcellence.ca
Email: info@lavalexcellence.ca
Services: Recreational and competitive gymnastics and cheerleading clubs. * Free-time gym. * Parent and child program 1.2.3 Gym! for ages 2 and up. * Bébé-gym program for children aged 3 years old. * Bout chou program for girls 4 to 5 years old. * Recreational groups for girls 6 to 8 years old and 9 years old and up, boys 4 to 6 years old and 7 years old and up.
Eligibility: children 2 years and over.
Coverage area: Laval
Hours: Tuesday, Wednesday and Thursday 16h30 to 20h30, Friday 16h30 to 21h00, Saturday 8h30 to 14h00, Sunday 9h00 to 13h00
Financing: self-financing
Legal status: non-profit organization

CLUBS 4-H DU QUÉBEC (LES)
6500 Arthur-Sauvé Boulevard, Suite 202, Laval-Ouest, Laval, QC, H7R 3X7
450 314-1942   Fax: 450 314-1952
Website: www.clubs4h.qc.ca
Email: info@clubs4h.qc.ca
Services: Grouping of 4-H Clubs in the province of Québec. * Development of eco-citizenship to help in the conservation and improvement of environmental quality. * Awakening to nature and to what surrounds it to ensure its preservation. * Awareness to the importance of the tree and the forest.
Eligibility: young people aged 4 to 17 years old
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 17h00
Fees: $100 per club
Financing: fundraising campaigns, grants, membership fees
Legal status: non-profit organization

DIAPASON JEUNESSE
3517 Lévesque Boulevard West, Chomedey, Laval, QC, H7V 1E9
450 668-8839   Fax: 450 668-8789
Website: diapasonjeunesse.ca
Email: info@diapasonjeunesse.ca
Eligibility: youth 12 to 24 years old, their parents
Capacity: about 180 youth per year
Coverage area: Laval
Hours: Monday to Friday 15h00 to 21h00
Fees: none
Financing: provincial, federal, Centraide of Greater Montréal, foundations, donations
Legal status: non-profit organization

ENFANT D'ABORD
3781 Lévesque Boulevard West, Suite 209, Chomedey, Laval, QC, H7V 1G5
450 681-1154
Website: www.enfantdabord.org
Email: info@enfantdabord.org
Eligibility: families on a low income with children under 18 years old, isolated seniors 55 years old and over
Coverage area: Laval, food assistance: Chomedey
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, food assistance: Tuesday and Thursday 12h00 to 15h00
Fees: free
Financing: provincial, self-financing, fundraising campaigns
Legal status: non-profit organization

**LOISIRS RENAUD/COURSOL**
25 Saint-Louis Street, Suite 110, Pont-Viau, Laval, QC, H7G 4W3
450 933-5274
Website: renaudcoursol.com
Email: info@renaudcoursol.com


Coverage area: Laval
Hours: variable
Fees: variable

Financing: self-financing, municipal, donations
Legal status: non-profit organization

**MAISON DE QUARTIER DE FABREVILLE - SECTEUR JEUNESSE**
727 Montée Montrougeau, Fabreville, Laval, QC, H7P 3M1
450 937-1702     Fax: 450 628-3148
Website: www.mqfabreville.org/local-ados
Email: info@mqfabreville.org


Eligibility: youth 12 to 17 years old
Capacity: 25
Coverage area: Fabreville, Sainte-Rose
Hours: Tuesday and Wednesday 15h30 to 20h00, Thursday 15h30 to 21h00, Friday 15h30 to 22h00
Fees: voluntary contribution

Financing: Centraide of Greater Montréal, self-financing, provincial, federal, municipal, donations
Legal status: non-profit organization

**MAISON DES JEUNES DE L'EST DE LAVAL**
3602 de la Concorde Boulevard East, Duvernay, Laval, QC, H7E 2C9
450 664-1009     Fax: 450 936-4419
Website: www.mdjel.com
Email: mdjel@hotmail.com


Eligibility: youth 12 to 17 years old
Capacity: 60
Coverage area: Duvernay, Saint-Vincent-de-Paul
Hours: Tuesday to Friday 14h30 to 20h00
Fees: none

Financing: provincial, self-financing
Legal status: non-profit organization
MAISON DES JEUNES DE LAVAL-OUEST
3850 Sainte-Rose Boulevard, Laval-Ouest, Laval, QC, H7R 1V1
450 962-8973
Website: www.mdjlo.org
Email: mdjval-ouest@hotmail.com
Eligibility: youth 12 to 17 years old
Capacity: 50
Coverage area: Laval-Ouest and west Fabreville
Hours: Tuesday to Thursday 15h00 to 21h30, Friday 15h30 to 22h00
Fees: none
Financing: federal, provincial, municipal, fundraising campaigns, donations
Legal status: non-profit organization

MAISON DES JEUNES DE SAINTE-DOROTHÉE
996 Montée Gravel, Sainte-Dorothée, Laval, QC, H7X 2B8
450 689-8000
Website: www.mdjstedorothee.ca/english
Email: direction@mdjstedorothee.ca
Eligibility: youth 12 to 17 years old
Coverage area: Laval
Hours: Monday to Friday 15h30 to 21h00, September to June: Saturday 11h00 to 17h00
Fees: none
Financing: grants
Legal status: non-profit organization

MAISON DES JEUNES DU MARIGOT
599 Saint-André Street, Pont-Viau, Laval, QC, H7G 3A4
450 668-3939
Email: mjmarigot@gmail.com
Eligibility: youth 12 to 17 years old
Capacity: 30 youth
Coverage area: Laval-des-Rapides, Pont-Viau
Hours: Monday to Friday 16h30 to 21h00
Financing: provincial
Legal status: non-profit organization

PROJET HUMANITAIRE ETHNOCULTUREL MON PREMIER PANIER
976 Curé-Labelle Boulevard, Chomedey, Laval, QC, H7V 2V5
450 687-7715
Website: www.monpremierpanier.sitew.ca
Email: ethnoculturelle@hotmail.com
Eligibility: families on a low income or newly arrived
Coverage area: Chomedey
Hours: Monday to Friday 9h00 to 17h00
Financing: donations, grants  
Legal status: non-profit organization

TRAVAIL DE RUE ÎLE DE LAVAL  
106 de la Concorde Boulevard East, Pont-Viau, Laval, QC, H7G 2B9  
450 662-1031  Fax: 450 662-3727  
Website: www.trilstation.org  
Email: info@letril.ca  
Eligibility: youth and young adults 12 to 21 years old  
Coverage area: Laval  
Hours: administration: Monday to Friday 9h00 à 16h30, Youth station: Monday to Wednesday 12h00 to 18h00, Tuesday and Thursday 18h00 to 22h00, DOPE project: Friday 15h30 à 18h30  
Fees: none  
Financing: provincial, federal, Centraide of Greater Montréal, donations  
Legal status: non-profit organization

Youth Employment

CARREFOUR JEUNESSE-EMPLOI DE LAVAL  
500 Saint-Martin Boulevard West, Suite 150, Chomedey, Laval, QC, H7M 3Y2  
450 967-2535  Fax: 450 967-1061  
Website: www.cjelaval.qc.ca  
Email: accueil@cjelaval.qc.ca  
Eligibility: young adults 15 to 35 years old, PASI: 14 years and over  
Coverage area: Laval  
Hours: Monday, Tuesday and Friday 8h30 to 16h30, Wednesday and Thursday 8h30 to 20h00  
Fees: none  
Financing: provincial  
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE VAL-MARTIN - PROJET ÇA CLIQ  
820 79th Avenue, Chomedey, Laval, QC, H7V 3J1  
450 973-8787 ext. 401  Fax: 450 973-8414  
Website: www.ccvm.org  
Email: cacliq@ccvm.org  
Services: Project aiming personal and social development of youth 15 to 18 years old. * Encourage collaborative development. * Socioprofessional integration project for 18 to 35 years old.  
Eligibility: youth from 15 to 18 years old in a situation of or at risk of dropping out of school or with problems such as absenteeism, lack of attendance and motivation, emotional problems, behavior problems or an identity deficit, people 18 to 35 years old  
Coverage area: Laval  
Financing: provincial, federal, Centraide of Greater Montréal  
Legal status: non-profit organization
JEUNES AU TRAVAIL
2595 Haut-Saint-François Road, Duvernay, Laval, QC, H7E 4P2
450 661-1251  Fax: 450 661-6181
Website: www.jeunesautravail.ca
Email: jeunesautravail@gmail.com

Services: Socio-professional integration. * 6 months or more paid internship on an organic vegetable farm: greenhouse, gardens, seasonal kiosk, organic vegetables, woodworking, carpentry. * Individual and group monitoring and guidance.

Eligibility: youth in difficulties aged 16 to 25 years old
Capacity: 60 young people per year
Coverage area: Laval
Hours: Monday to Friday 8h00 to 16h00
Fees: free
Financing: provincial, federal, foundations, self-financing, donations
Legal status: non-profit organization

RELAIS COMMUNAUTAIRE DE LAVAL
111 des Laurentides Boulevard, Suite 101, Pont-Viau, Laval, QC, H7G 2T2
450 668-8727  Fax: 450 668-9615
Website: relais-communautaire.org
Email: info@relais-communautaire.org


Eligibility: people on a low income
Capacity: 50
Coverage area: Laval
Hours: food bags distribution: Tuesday and Friday 9h30 to 11h30, Écono Bouffe: Wednesday and Thursday 13h00 to 16h00, breakfast: Tuesday and Friday 9h30 to 11h00, lunch: Monday to Friday 12h00 to 13h00, day centre: Monday to Friday 9h30 to 15h30, Carrefour des Aubaines: Monday 13h00 to 19h00, Tuesday 9h30 to 19h00, Wednesday 9h30 to 20h30, Thursday 12h00 to 19h00, Friday 9h30 to 18h00, Saturday 10h00 to 16h00
Fees: membership card: $5 per year, meals: $3 for members, $5 for non-members
Financing: federal, provincial, municipal, Centraide of Greater Montréal, foundations, donations, self-financing
Legal status: non-profit organization

Youth Shelters and Support

AUBERGE DU COEUR L’ENVOLÉE - LOGEMENTS DE TRANSITION
1620 des Patriotes Street, Sainte-Rose, Laval, QC, H7L 2N6
450 628-0907  Fax: 450 238-1129
Website: www.envolee.qc.ca
Email: aubergeducoeur@envolee.qc.ca

Services: Mixed social affiliation place for youth with adaptation issues and who are temporarily without a fixed residence. * Short-term and long-term stay. * Studios for young mothers.
Eligibility: youth 16 to 22 years old, facing difficulties and temporarily without a fixed residence
Capacity: 16 single rooms
Coverage area: Laval
Hours: 24 hours / 7 days
Fees: $10 per day
Financing: provincial, self-financing
Legal status: non-profit organization

AUBERGE DU COEUR L’ENVOLÉE - REFUGE
1620 des Patriotes Street, Sainte-Rose, Laval, QC, H7L 2N6
450 628-0907 Fax: 450 238-1129
Website: www.envolee.qc.ca
Email: aubergeducoeur@envolee.qc.ca
Services: Shelter for youth 16 to 22 years old facing difficulties and temporarily without a fixed residence.
Eligibility: youth 16 to 22 years old, facing difficulties and temporarily without a fixed residence
Capacity: 1 room
Coverage area: Laval
Hours: 24 hours / 7 days
Fees: $10 per day
Financing: provincial, self-financing
Legal status: non-profit organization

CARREFOUR JEUNESSE DE SAINTE-ROSE
155 Je-Me-Souviens Boulevard, Sainte-Rose, Laval, QC, H7L 1V6
450 622-0879
Email: carrefourjeunesse2003@yahoo.ca
Services: * Meeting place for youth 12 to 17 years old. * Social and recreational activities: improvisation, theatre, etc. * Accompaniment, listening and referral. * Recording studio.
Eligibility: youth 12 to 17 years old
Coverage area: Sainte-Rose
Hours: Tuesday to Friday 15h00 to 21h30
Financing: donations, grants
Legal status: non-profit organization

CENTRE DE PROTECTION DE L’ENFANCE ET DE LA JEUNESSE AVENUE LAVAL
189 Laval Avenue, Laval-des-Rapides, Laval, QC, H7N 3V8
450 975-4150 ext. 5118
Website: www.lavalensante.com
Eligibility: children and teenagers in difficulty, young offenders, parents, guardians, counsellors, youth qualification program: youth 16 to 19 years old
Coverage area: Laval
Financing: provincial
Legal status: parapublic organization

CENTRE DÉFI-JEUNESSE DE ST-FRANÇOIS
455 Montée du Moulin, Saint-François, Laval, QC, H7A 1Z2
450 665-3049 Fax: 450 665-3049
Website: www.centredefijeunesse.com
Email: info@centredefijeunesse.com

**Eligibility:** youth 11 to 17 years old

**Coverage area:** Saint-François

**Hours:** Tuesday to Thursday 17h00 to 21h00, Friday 17h00 to 22h00, homework assistance: Tuesday 15h30 to 16h30

**Financing:** provincial

**Legal status:** non-profit organization

**MAISON DE QUARTIER DE FABREVILLE - SECTEUR JEUNESSE**

727 Montée Montrougeau, Fabreville, Laval, QC, H7P 3M1

450 937-1702  Fax: 450 628-3148

Website: [www.mqfabreville.org/local-ados](http://www.mqfabreville.org/local-ados)


**Eligibility:** youth 12 to 17 years old

**Capacity:** 25

**Coverage area:** Fabreville, Sainte-Rose

**Hours:** Tuesday and Wednesday 15h30 to 20h00, Thursday 15h30 to 21h00, Friday 15h30 to 22h00

**Fees:** voluntary contribution

**Financing:** Centraide of Greater Montréal, self-financing, provincial, federal, municipal, donations

**Legal status:** non-profit organization

**MAISON DES JEUNES DE L'EST DE LAVAL**

3602 de la Concorde Boulevard East, Duvernay, Laval, QC, H7E 2C9

450 664-1009  Fax: 450 936-4419

Website: [www.mdjel.com](http://www.mdjel.com)

**Services:** Place for belonging and gathering. * Cultural, sporting and educational activities. * Access to a computer, free Wi-Fi, mini gym, billiard, foosball table, board games, video games, kitchen, etc. * Assistance and counselling. * Empowerment activities. * Prevention and education.

**Eligibility:** youth 12 to 17 years old

**Capacity:** 60

**Coverage area:** Duvernay, Saint-Vincent-de-Paul

**Hours:** Tuesday to Friday 14h30 to 20h00

**Fees:** none

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

**MAISON DES JEUNES DE LAVAL-OUEST**

3850 Sainte-Rose Boulevard, Laval-Ouest, Laval, QC, H7R 1V1

450 962-8973

Website: [www.mdjlo.org](http://www.mdjlo.org)

Email: [mdjlaval-ouest@hotmail.com](mailto:mdjlaval-ouest@hotmail.com)

**Services:** * Listening, support and referral. * Individual and group intervention. * Sociocultural and recreational activities.

**Eligibility:** youth 12 to 17 years old

**Capacity:** 50

**Coverage area:** Laval-Ouest and west Fabreville

**Hours:** Tuesday to Thursday 15h00 to 21h30, Friday 15h30 to 22h00

**Fees:** none
Financing: federal, provincial, municipal, fundraising campaigns, donations  
Legal status: non-profit organization

MAISON DES JEUNES DE SAINTE-DOROTHÉE  
996 Montée Gravel, Sainte-Dorothée, Laval, QC, H7X 2B8  
450 689-8000  
Website: www.mdjstedorothee.ca/english  
Email: direction@mdjstedorothee.ca  
Eligibility: youth 12 to 17 years old  
Coverage area: Laval  
Hours: Monday to Friday 15h30 to 21h00, September to June: Saturday 11h00 to 17h00  
Fees: none  
Financing: grants  
Legal status: non-profit organization

REGROUPEMENT DES FAMILLES MONOPARENTALES ET RECOMPOSÉES DE LAVAL  
140 Nadon Street, Sainte-Rose, Laval, QC, H7L 1T5  
450 622-0524  
Website: www.rfmrl.org  
Email: info@rfmrl.org  
Eligibility: single parents or blended families with adaptation difficulties, women, men and children  
Capacity: 12 people per group  
Coverage area: Laval, Lanaudière, Laurentides, Montréal Island  
Hours: Monday to Thursday 9h00 to 20h00, Saturday 9h00 to 15h00  
Fees: annual membership: $20, other services: variable  
Financing: provincial  
Legal status: non-profit organization

SERVICES AUX JEUNES IMPLIQUÉS OU À RISQUE D’IMPLICATION DANS LES RÉSEAUX CRIMINALISÉS  
Confidential Address  
450 543-0413  
Website: saj-laval.com  
Email: projetsaj.laval@gmail.com  
Services: Individualized support for youth trying to operate a change in their life. * Multidisciplinary and personalized accompaniment.  
Eligibility: volunteer youth between 12 and 24 years old  
Coverage area: Laval  
Fees: free  
Financing: provincial  
Legal status: non-profit organization
Community Action

ADVISORY AND CITIZEN ACTION ORGANIZATIONS

CHARITY ORGANIZATIONS

COMMUNITY CENTRES

COMMUNITY DEVELOPMENT

INFORMATION AND REFERRAL

SKILLS EXCHANGES

VOLUNTEERING AND VOLUNTEER CENTRES
Advisory and citizen action organizations

ASSOCIATION DE CITOYENS DE LAVAL-SUR-LE-LAC
Confidential Address
Website: aclssl.ca
Email: info@aclssl.ca
Services: * Defence and promotion of the neighbourhood residents’ interests. * Representation before the community authorities. * Directory of services and residents. * Family celebration every two years.
Eligibility: residents of the neighbourhood
Capacity: 300
Coverage area: Laval-sur-le-Lac
Fees: $75 per year per home
Financing: membership fees
Legal status: non-profit organization

ASSOCIATION DES POPOTES ROULANTES DE LAVAL
1870 Michelin Street, Sainte-Rose, Laval, QC, H7L 4R3
579 934-3980
Website: popotesroulantes.org
Email: administration@popoteroulantelaval.org
Services: * Network, representation and communication between at-home meal delivery services for seniors and people with a loss of autonomy. * Information to the population about the meals on wheels services. * Christmas market.
Eligibility: meals on wheels services, seniors, persons with a permanent or temporary loss of autonomy
Coverage area: Laval
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial, donations
Legal status: non-profit organization

ASSOCIATION RÉGIONALE DE LOISIRS POUR PERSONNES HANDICAPÉES DE LAVAL
387 des Prairies Boulevard, Suite 215-A, Laval-des-Rapides, Laval, QC, H7N 2W4
450 668-2354
Website: arlphl.qc.ca
Email: info@arlphl.qc.ca
Eligibility: anyone with a disability, regardless of age and type of disability
Coverage area: Laval
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: provincial, municipal
Legal status: non-profit organization

CLUBS 4-H DU QUÉBEC (LES)
6500 Arthur-Sauvé Boulevard, Suite 202, Laval-Ouest, Laval, QC, H7R 3X7
450 314-1942     Fax: 450 314-1952
Website: www.clubs4h.qc.ca
Email: info@clubs4h.qc.ca
Services: Grouping of 4-H Clubs in the province of Québec. * Development of eco-citizenship to help in the conservation and improvement of environmental quality. * Awakening to nature and to what surrounds it to ensure its preservation. * Awareness to the importance of the tree and the forest.
Eligibility: young people aged 4 to 17 years old
Coverage area: Province of Québec  
Hours: Monday to Friday 8h30 to 17h00  
Fees: $100 per club  
Financing: fundraising campaigns, grants, membership fees  
Legal status: non-profit organization

COMITÉ D’ACTION EN SÉCURITÉ ALIMENTAIRE DE LAVAL  
800 Chomedey Boulevard, Tower A, Chomedey, Laval, QC, H7V 3Y4  
450 978-2121  
Website: www.securitealimentairelaval.org/casal  
Services: * Intersectoral consultation table grouping representatives from various sectors whose mandate is to encourage and promote food security in Laval.  
Eligibility: representatives, organizations and partners working in food security  
Coverage area: Laval  
Hours: Monday to Friday 8h30 to 16h30  
Financing: provincial  
Legal status: non-profit organization

COMITÉ DE DÉVELOPPEMENT LOCAL DE CHOMEDEY  
3781 Lévesque Boulevard West, Suite 210, Chomedey, Laval, QC, H7V 1G5  
450 688-9800  
Fax: 450 668-9419  
Website: www.cdlchomedey.org  
Email: cdlc.coordination@gmail.com  
Services: Local concertation and neighbourhood roundtable. * Collective projects and initiatives to improve the living conditions and equal opportunities based on the commitment of citizens and partners. * Themes addressed: citizen mobilization, food security, continuum of services, educational success, local partnerships. * Fighting poverty and social exclusion as part of an Integrated Urban Revitalization approach.  
Eligibility: general public  
Coverage area: Chomedey  
Hours: Monday to Friday 8h30 to 16h30  
Fees: none  
Financing: Centraide of Greater Montréal, municipal, provincial  
Legal status: non-profit organization

COMITÉ DES CITOYENS DE LAVAL-OUEST  
6600 29th Avenue, Laval-Ouest, Laval, QC, H7R 3M3  
514 473-3120  
Website: www.citoyenslavalouest.com  
Email: citoyenslavalouest@gmail.com  
Eligibility: residents  
Coverage area: Laval-Ouest, Fabreville-Ouest  
Fees: none  
Financing: self-financing  
Legal status: non-profit organization

CONSEIL RÉGIONAL DE L’ENVIRONNEMENT DE LAVAL  
3235 Saint-Martin Boulevard East, Suite 208-209, Duvernay, Laval, QC, H7E 5G8  
450 664-3503  
Website: www.credelaval.qc.ca/en/homepage  
Email: credelaval@credelaval.qc.ca

Eligibility: individuals and organizations dedicated to environmental protection

Coverage area: Laval

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 17h00

Financing: membership fees, donations, municipal

Legal status: non-profit organization

CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE DE LAVAL

1450 Pie-X Boulevard, Suite 215, Chomedey, Laval, QC, H7V 3C1

450 978-2388 Fax: 450 978-2380

Website: www.cdclaval.qc.ca

Email: info@cdclaval.qc.ca

Services: Group aimed at ensuring community and grassroots movements' active participation in social and economic development.

Eligibility: community organizations

Coverage area: Laval

Hours: Monday to Thursday 9h00 to 16h00

Fees: membership: $200

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

ÉCO-NATURE

345 Sainte-Rose Boulevard, Sainte-Rose, Laval, QC, H7L 1M7

450 622-1020

Website: www.parc-mille-iles.qc.ca/en

Email: info@eco-nature.ca


Coverage area: Laval, Rive-Nord

Hours: 7 days, 8h30 to 17h00, activity centres: 9h00 to 20h00

Financing: municipal, provincial, federal, donations

Legal status: non-profit organization

INITIATIVE LOCALE ST-FRANÇOIS EN ACTION

8495 Adrien Street, Suite 303, Saint-François, Laval, QC, H7A 1J9

450 936-2557 Fax: 450 936-2558

Website: www.stfrancoisenaction.org

Email: info@stfrancoisenaction.org

Services: Mobilization and coordination for the social development of Saint-François neighbourhood. * Youth committee: development of activities for young people. * Food security committee: mobilization around food security. * Infrastructure and services committee: development of a community centre and improvement of local services. * Studies, analyses and territorial portrait.

Eligibility: residents, community organizations, institutions

Coverage area: Saint-François neighbourhood, food security community: Saint-François and Saint-Vincent-de-Paul neighbourhoods

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: Centraide of Greater Montréal, grants

Legal status: non-profit organization
MOUVEMENT PLANTACTION
Confidential Address
Website: www.plantaction.org
Email: info@plantaction.org
Coverage area: Laval
Financing: grants
Legal status: non-profit organization

REGROUPEMENT DES ORGANISMES DE PROMOTION DES PERSONNES HANDICAPÉES DE LAVAL
387 des Prairies Boulevard, Suite 017, Laval-des-Rapides, Laval, QC, H7N 2W4
450 668-4836     Fax: 450 668-2119     TTY: 450 668-4836
Website: www.ropphl.org
Email: info@ropphl.org
Eligibility: community organizations for people with disabilities or for parents of children with intellectual, sensory or physical disabilities
Coverage area: Laval
Hours: Monday to Thursday 9h00 to 17h00
Fees: contribution: $35 per year
Financing: provincial
Legal status: non-profit organization

RÉSEAU DES ORGANISMES ET INTERVENANTS EN ITINÉRANCE DE LAVAL
151 Giroux Avenue, Laval-des-Rapides, Laval, QC, H7N 3H5
450 490-7645
Website: roiil.squarespace.com
Email: roiil.coordination.sra@gmail.com
Services: Sharing and discussion place for partners in order to provide alternatives, services and activities to people coping with residential instability, homelessness or poverty. * Social justice promotion. * Awareness of the population to homelessness. * Redistribution of donations to member organizations.
Eligibility: community organizations concerned by homelessness issues
Coverage area: Laval
Hours: by appointment
Fees: contributions
Financing: provincial, contributions
Legal status: non-profit organization

TABLE DE CONCERTATION DE LAVAL EN CONDITION FÉMININE
1450 Pie-X Boulevard, Suite 203, Chomedey, Laval, QC, H7V 3C1
450 682-8739
Website: www.tclcf.qc.ca
Email: info@tclcf.qc.ca
Services: Regional grouping working with its members toward the improvement of women's quality and conditions of life at the social, economic and political levels. * Promotion and defense of women's rights and interests, particularly women from Laval. * Solidarity and activism space focused on feminist values. * Realization of collective actions that will lead to true equality and equity between men and women and among women themselves.
Eligibility: women, member organizations
Coverage area: priority to Laval, Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
TABLE DE CONCERTATION EN VIOLENCE CONJUGALE ET AGRESSIONS À CARACTÈRE SEXUEL DE LAVAL

Confidential Address
514 436-4743
Website: tcvcasl.com
Email: info@tcvcasl.com

Services: Promotion of equality between women and men and security and prevention of violence.
* Awareness-raising and information.
* Multisectoral coordination.
* Representation.

Eligibility: organizations, victims of domestic violence or sexual abuse, counsellors, general public

Coverage area: Laval
Hours: variable
Fees: annual membership fee: $75
Financing: membership fees, grants
Legal status: non-profit organization

TABLE RÉGIONALE DE CONCERTATION DES AÎNÉS DE LAVAL

25 Saint-Louis Street, Suite 117, Pont-Viau, Laval, QC, H7G 4W3
450 667-8839
Website: www.tableaineslaval.ca
Email: info@tableaineslaval.ca

Services: Promotion of the needs and issues of seniors.
* Exchanges, coordination and partnerships.
* Promotion of member organizations.
* Representation.

Eligibility: seniors 50 years old and over, community organizations, caregivers

Coverage area: Laval
Hours: Monday to Thursday 9h00 to 16h30
Fees: annual membership: $50
Financing: provincial
Legal status: non-profit organization

TSA SANS FRONTIÈRES

2285 Francis Hughes Avenue, Suite 200, Chomedey, Laval, QC, H7S 1N5
450 663-5551 Fax: 450 663-0694
Website: autismelaval.org
Email: info@autismelaval.org

Services: Information resources on autism spectrum disorder.
* Presentations and training for families and counsellors.
* Conferences, seminars and scientific exchanges.
* International partnerships.

Eligibility: parents of people with an autism spectrum disorder, counsellors, researchers

Coverage area: Laval
Hours: Monday to Friday 8h30 to 16h00
Financing: fundraising campaigns, donations, provincial
Legal status: non-profit organization

VIZAXION

1747 Lavoie Street, Vimont, Laval, QC, H7M 2N1
514 431-0354
Website: www.vizaxion.ca
Email: mobilisation.vizaxion@gmail.com

Services: Local consultation group of partners from Vimont-Auteuil seeking to create links and mobilize partners and citizen in order to act collectively in contributing to the global well-being of the community.
* Information and referrals.
* Event organization.
Eligibility: citizens, organizations
Coverage area: Vimont, Auteuil
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: municipal
Legal status: non-profit organization

Charity Organizations

ROTARY CLUB LAVAL NORTH-SHORE
Confidential Address
514 862-2392
Website: rotarylavalrivenord.com
Email: info@rotarylavalrivenord.com
Services: * Planning of fundraising activities to support local projects and community organizations.
Eligibility: organizations
Coverage area: Laval, North Shore
Hours: variable
Financing: self-financing
Legal status: non-profit organization

Community centres

ASSOCIATION DES RÉSIDENTS DE CHAMPFLEURY
2585 des Oiseaux Boulevard, Sainte-Rose, Laval, QC, H7L 4M4
450 963-0676
Website: champfleury.qc.ca
Email: info@champfleury.qc.ca
Eligibility: general population
Capacity: up to 115 people
Coverage area: Laval
Hours: Champfleury community centre: Monday to Friday 9h00 to 23h00, Saturday and Sunday 8h30 to 18h00, customer service: Monday to Thursday 9h00 to 20h30, Friday 9h00 to 16h00, Saturday 9h00 to 13h00
Fees: optional membership card: family: $30, adult individual: $20, kid individual: $10, activities and room rentals: variables
Financing: self-financing, membership, grants
Legal status: non-profit organization

AU PANIER
3781 Lévesque Boulevard West, Chomedey, Laval, QC, H7V 1G5
450 681-1154
Website: www.aupanier.org/index.php/en
Email: info@aupanier.org
Eligibility: community grocery store: residents of Chomedey living below the low-income level, solidarity grocery store: general public, catering service: general public
Coverage area: Chomedey
Hours: Tuesday and Thursday 10h00 to 16h00, Friday 10h00 to 16h00
**Fees:** membership card: according to the income, between $10 and $20, solidarity and community grocery store: variable  
**Financing:** municipal, provincial, foundations, donations  
**Legal status:** non-profit organization

**CENTRE COMMUNAUTAIRE PETIT ESPOIR**  
1235 Montée du Moulin, Suite 06, Saint-François, Laval, QC, H7A 3V6  
450 936-1922  Fax: 450 936-1923  
Website: [www.petitespoir.org](http://www.petitespoir.org)  
Email: petitespoir@videotron.ca  
**Eligibility:** newcomers, seniors, women on a low income  
**Coverage area:** Laval: Saint-François, Saint-Vincent-de-Paul, Vimont, Duvernay neighbourhoods  
**Hours:** Monday to Friday 9h00 to 16h00  
**Financing:** grants, donations, self-financing  
**Legal status:** non-profit organization

**CENTRE COMMUNAUTAIRE SAINT-JOSEPH**  
1450 Pie-X Boulevard, Chomedey, Laval, QC, H7V 3C1  
450 978-8963  
Website: [www.laval.ca/lieux/Pages/Fr/centre-communautaire-saint-joseph.aspx](http://www.laval.ca/lieux/Pages/Fr/centre-communautaire-saint-joseph.aspx)  
**Services:** Establishment hosting various community events.  
**Coverage area:** Chomedey  
**Financing:** municipal  
**Legal status:** non-profit organization

**CENTRE COMMUNAUTAIRE VAL-MARTIN**  
828 79th Avenue, Chomedey, Laval, QC, H7V 3J1  
450 973-8787  Fax: 450 973-8414  
Website: [www.ccvm.org](http://www.ccvm.org)  
Email: accueil@ccvm.org  
**Services:** Various services and community activities promoting skills recognition and development, empowerment, autonomy and mutual aid. * Living environment. * Family Centre. * Youth Centre. * Ça CLIQ project: support and back-to-school program for drop-outs or those at risk of dropping-out. * Community journal online and on Facebook. * Neighbourhood party. * Recreational outings. * Internet, fax and telephones access centre.  
**Eligibility:** families, parents, children, youth 11 to 17 years old  
**Coverage area:** Chomedey  
**Hours:** family centre: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, youth centre: Sunday to Thursday 16h00 to 21h00  
**Financing:** provincial, federal, Centraide of Greater Montréal  
**Legal status:** non-profit organization

**CENTRE DU SABLON**  
755 du Sablon Road, Chomedey, Laval, QC, H7W 4H5  
450 688-8961  Fax: 450 688-8969  
Website: [centredusablon.ca/en](http://centredusablon.ca/en)  
Email: info@centredusablon.com

Eligibility: general population, Special needs program: children with mild to moderate special needs (anxiety, autism spectrum disorder, down syndrome/trisomy, etc.)

Coverage area: Laval

Hours: Monday to Friday 7h00 to 22h00, Saturday and Sunday 8h00 to 20h00

Fees: variable

Financing: self-financing, provincial, federal, municipal, donations

Legal status: non-profit organization

LOISIRS RENAUD/COURSOL
25 Saint-Louis Street, Suite 110, Pont-Viau, Laval, QC, H7G 4W3
450 933-5274
Website: renaudcoursol.com
Email: info@renaudcoursol.com


Coverage area: Laval

Hours: variable

Fees: variable

Financing: self-financing, municipal, donations

Legal status: non-profit organization

RELAIS COMMUNAUTAIRE DE LAVAL
111 des Laurentides Boulevard, Suite 101, Pont-Viau, Laval, QC, H7G 2T2
450 668-8727 Fax: 450 668-9615
Website: relais-communautaire.org
Email: info@relais-communautaire.org


Eligibility: people on a low income

Capacity: 50

Coverage area: Laval

Hours: food bags distribution: Tuesday and Friday 9h30 to 11h30, Écono Bouffe: Wednesday and Thursday 13h00 to 16h00, breakfast: Tuesday and Friday 9h30 to 11h00, lunch: Monday to Friday 12h00 to 13h00, day centre: Monday to Friday 9h30 to 15h30, Carrefour des Aubaines: Monday 13h00 to 19h00, Tuesday 9h30 to 19h00, Wednesday 9h30 to 20h30, Thursday 12h00 to 19h00, Friday 9h30 to 18h00, Saturday 10h00 to 16h00

Fees: membership card: $5 per year, meals: $3 for members, $5 for non-members
Financing: federal, provincial, municipal, Centraide of Greater Montréal, foundations, donations, self-financing
Legal status: non-profit organization

YOUTH AND PARENTS AGAPE ASSOCIATION (THE)
3950 Notre-Dame Boulevard, Chomedey, Laval, QC, H7W 1S7
450 686-4333
Website: www.agapeassociationinc.com
Email: info@agapeassociationinc.com
Services: Support for English-speakers and multicultural communities of Laval. Food * Distribution of food according to the assessed needs. * Bread counter: distribution of free bread, pastries, pizzas and other baked goods. * Christmas and Hanukkah baskets. Family and community * Healing the family: support group for victims of abuse and violence. * Budget planning for families on a low income. * Clear head, clear soul: meetings for people coping with all types of addictions. * Social work. Seniors * Senior Wellness Centre: social activities, learning and health presentations, iPad courses, etc. Immigrants * Transitional housing for newcomers and refugees looking for permanent housing. Material assistance * On-site recovery of used toys, clothing and household items (dishes, blankets, etc.).
Eligibility: English-speaking people on a low income, multicultural communities, transition housing: newcomer and refugee families, Healing the family: women victims of domestic violence
Coverage area: Laval
Hours: Monday to Friday 8h30 to 17h00
Fees: free
Financing: donations, provincial, federal
Legal status: non-profit organization

Community development

ASSOCIATION DES RÉSIDENTS DE CHAMPFLEURY
2585 des Oiseaux Boulevard, Sainte-Rose, Laval, QC, H7L 4M4
450 963-0676
Website: champfleury.qc.ca
Email: info@champfleury.qc.ca
Eligibility: general population
Capacity: up to 115 people
Coverage area: Laval
Hours: Champfleury community centre: Monday to Friday 9h00 to 23h00, Saturday and Sunday 8h30 to 18h00, customer service: Monday to Thursday 9h00 to 20h30, Friday 9h00 to 16h00, Saturday 9h00 to 13h00
Fees: optional membership card: family: $30, adult individual: $20, kid individual: $10, activities and room rentals: variables
Financing: self-financing, membership, grants
Legal status: non-profit organization

AXION 50 PLUS
435 Curé-Labelle Boulevard, Chomedey, Laval, QC, H7V 2S8
450 978-5555 ext. 121 Fax: 450 978-7643
Website: www.axion50plus.org
Email: info@axion50plus.org
Eligibility: retired and pre-retired people 50 years and over
Coverage area: Laval
Community Action

Hours: Monday to Friday 9h00 to 16h00
Fees: annual contribution: $25
Financing: self-financing
Legal status: non-profit organization

BONJOUR AUJOURD'HUI ET APRÈS
800 Montrose Street, Duvernay, Laval, QC, H7E 3M5
450 661-6716  Fax: 450 661-5300
Website: bonjouraujourdhui.ca
Email: direction@bonjouraujourdhui.com

Eligibility: seniors and people of all ages with temporary or permanent loss of autonomy
Coverage area: CLSC des Mille-Îles: Duvernay, Duvernay-East Saint-François and Saint-Vincent-de-Paul in Laval (postal codes beginning with H7A, H7B, H7C, H7E and H7J)
Hours: Monday to Friday 8h00 to 15h00, lunch everyday 11h30 to 13h00
Fees: annual membership: $25, meals on wheels: $7.50 per meal, payment at the end of the month
Financing: provincial, fundraising campaigns, donations
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE LE RENDEZ-VOUS DES AÎNÉS
10 Proulx Street West, Laval-des-Rapides, Laval, QC, H7N 1N3
450 667-8836  Fax: 450 667-5810
Website: ccrva.org
Email: info@ccrva.org

Eligibility: people 50 years old and over, adapted recreational activities: people 35 years old and over
Coverage area: Laval
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, thrift store: Monday and Thursday 9h00 to 16h00
Fees: membership: $15 per year, meals: $6.50 for members and $8 for non-members, frozen meals: variable prices, fresh meal of the day: $4.50
Financing: Centraide of Greater Montréal, provincial, self-financing
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE SAINT-JOSEPH
1450 Pie-X Boulevard, Chomedey, Laval, QC, H7V 3C1
450 978-8963
Website: www.laval.ca/lieux/Pages/Fr/centre-communautaire-saint-joseph.aspx

Services: Establishment hosting various community events.
Coverage area: Chomedey
Financing: municipal
Legal status: non-profit organization
CENTRE DU SABLON
755 du Sablon Road, Chomedey, Laval, QC, H7W 4H5
450 688-8961  Fax: 450 688-8969
Website: centredusablon.ca/en
Email: info@centredusablon.com


Eligibility: general population, Special needs program: children with mild to moderate special needs (anxiety, autism spectrum disorder, down syndrome/trisomy, etc.)

Coverage area: Laval
Hours: Monday to Friday 7h00 to 22h00, Saturday and Sunday 8h00 to 20h00
Fees: variable
Financing: self-financing, provincial, federal, municipal, donations
Legal status: non-profit organization

CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE DE LAVAL
1450 Pie-X Boulevard, Suite 215, Chomedey, Laval, QC, H7V 3C1
450 978-2388  Fax: 450 978-2380
Website: www.cdclaval.qc.ca
Email: info@cdclaval.qc.ca

Services: Group aimed at ensuring community and grassroots movements' active participation in social and economic development.

Eligibility: community organizations

Coverage area: Laval
Hours: Monday to Thursday 9h00 to 16h00
Fees: membership: $200
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

ENTRAIDE (PONT-VIAU ET LAVAL DES RAPIDES) INC. (L')
664 Saint-André Street, Pont-Viau, Laval, QC, H7G 3A5
450 663-8039 ext. 0  Fax: 450 663-9796
Website: www.entraidelaval.org
Email: coqlicorne@gmail.com


Eligibility: children, adults, newcomers, families, LGBTQIA2+ people

Coverage area: Laval
Hours: Monday, Wednesday and Friday 9h00 to 16h00, Tuesday and Thursday 9h00 to 18h30
Fees: annual membership: $25, services: variable
Financing: federal, provincial, foundations
Legal status: non-profit organization

FÉDÉRATION DES OSBL D'HABITATION DES 3L
Confidential Address
450 662-6950
Website: floh.rqoh.com
Email: info@foh3l.org
Community Action

**Services:** * Political representation and consultation. * Organizational support. * Group and individual training for managers, administrators and tenants. * Financial and property management. * Community support.

**Eligibility:** non-profit housing organizations

**Coverage area:** Laval, Laurentians, Lanaudière, community support: Laval

**Financing:** provincial, federal, self-financing

**Legal status:** non-profit organization

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**RÉSEAU 2000 +**

500 Saint-Martin Boulevard West, Chomedey, Laval, QC, H7M 3Y2

450 629-8830  Fax: 450 629-0477

Website: www.reseau2000plus.qc.ca

Email: info@reseau2000plus.qc.ca

**Services:** * Development of social housing, social economy projects and community housing organizations.

**Eligibility:** community organizations, private developers

**Coverage area:** Laval and Laurentides

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

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**Information and referral**

**CARREFOUR D'INTERCULTURES DE LAVAL**

1536 Curé-Labelle Boulevard, Suite 226, Chomedey, Laval, QC, H7V 2W2

450 686-0554

Website: www.carrefourintercultures.com

Email: info@carrefourintercultures.com


**Eligibility:** immigrants and newcomers

**Coverage area:** Laval

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

**Fees:** variable, French courses: none

**Financing:** grants, self-financing, provincial, municipal, federal

**Legal status:** non-profit organization

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**COMITÉ D’ANIMATION DU TROISIÈME ÂGE DE LAVAL**

140 Nadon Street, Sainte-Rose, Laval, QC, H7L 1T5

450 622-1228  Fax: 450 625-3078

Website: www.lecatal.ca

Email: cia@lecatal.ca


**Eligibility:** seniors 50 years and over, volunteer transportation: people on the waiting list for paratransit

**Coverage area:** Laval

**Hours:** Monday to Thursday 8h30 to 16h00, Friday 8h30 to 13h30

**Fees:** membership: $15, off-territory member: $22

**Financing:** contributions, Centraide of Greater Montréal, provincial, municipal

**Legal status:** non-profit organization
DIVISION URGENCE SOCIALE DU SERVICE DE POLICE DE LAVAL
2785, Francis-Hugues Avenue, Chomedey, Laval, QC, H7L 3J6
450 662-4595 Fax: 450-662-8534
Website: laval.ca/police
Email: urgence.sociale@laval.ca
Eligibility: citizens 18 years and over in a crisis situation, food vouchers: families with pending social benefit
Coverage area: Laval
Hours: Monday to Friday 8h15 to 17h30
Fees: none
Financing: municipal
Legal status: municipal agency

FEMMES EN EMPLOI
1688 des Laurentides Boulevard, Suite 103, Vimont, Laval, QC, H7M 2P4
450 490-4895
Website: en.femmesenemploi.org
Email: info@femmesenemploi.org
Eligibility: women in precarious situations, including those of foreign origin
Coverage area: Laval
Hours: Monday and Friday 10h00 to 16h00
Fees: none
Financing: municipal, provincial, federal, donations
Legal status: non-profit organization

HELLENIC SOCIAL SERVICES OF QUÉBEC - LAVAL
3860 Notre-Dame Boulevard, Suite 202, Chomedey, Laval, QC, H7V 1S1
450 688-2091 Fax: 450 688-2084
Website: hcgm.org
Email: info@hcgm.org
Eligibility: people of various origins, particularly Greek
Coverage area: Laval
Hours: Monday to Friday 9h00 to 17h00
Fees: annual membership: $15, less than $5 for clients of the food bank
Financing: donations, grants, provincial
Legal status: non-profit organization
INFO-SOCIAL 811 - LAVAL
Confidential Address
811 option 2
Website: www.quebec.ca/en/health/finding-a-resource/info-social-811
Services: Psychosocial counselling by phone. * Information and referral to help resources.
Coverage area: Laval
Hours: 24 hours / 7 days
Fees: free
Financing: provincial
Legal status: non-profit organization

JEUN'EST EN FORME
3606 de la Concorde Boulevard East, Saint-François, Laval, QC, H7A 4C6
514 649-7558
Website: jeunestenforme.com
Email: clizotte@jeunestenforme.com
Services: Support service for citizens in a situation of vulnerability in the East of Laval. * Information and referral of families towards activities and services of the organizations and institutions of the area. * Help with filling out social housing forms.
Eligibility: residents of all ages
Coverage area: East of Laval: Duvernay and Saint-Vincent-De-Paul
Hours: Monday to Thursday 9h00 to 17h00
Fees: none
Financing: foundations
Legal status: non-profit organization

LAVAL PUBLIC LIBRARIES NETWORK - ÉMILE-NELLIGAN LIBRARY
325 Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7N 2J5
450 662-4973
Website: www.laval.ca/lieux/Pages/Fr/bibliotheque-emile-nelligan.aspx
Eligibility: general public
Coverage area: Laval
Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal
Legal status: municipal agency

LAVAL PUBLIC LIBRARIES NETWORK - GABRIELLE-ROY LIBRARY
3505 Dagenais Boulevard West, Fabreville, Laval, QC, H7P 4V9
450 978-8909
Website: www.laval.ca/lieux/Pages/Fr/bibliotheque-gabrielle-roy.aspx
Eligibility: general public
Coverage area: Laval
Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal
Legal status: municipal agency

LAVAL PUBLIC LIBRARIES NETWORK - GERMAINE-GUÈVREMONT LIBRARY
2900 de la Concorde Boulevard East, Duvernay, Laval, QC, H7E 2B6
450 662-4002
Website: www.laval.ca/lieux/Pages/Fr/bibliotheque-germaine-guevremont.aspx
Eligibility: general public
Coverage area: Laval
Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal
Legal status: municipal agency

LAVAL PUBLIC LIBRARIES NETWORK - LAURE-CONAN LIBRARY
4660 des Laurentides Boulevard, Vimont, Laval, QC, H7K 2J4
450 662-4975
Website: www.laval.ca/lieux/Pages/Fr/bibliotheque-laure-conan.aspx
Eligibility: general public
Coverage area: Laval
Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal
Legal status: municipal agency

LAVAL PUBLIC LIBRARIES NETWORK - MARIUS-BARBEAU LIBRARY
1245 Montée du Moulin, Saint-François, Laval, QC, H7A 3V6
450 662-4005
Website: www.laval.ca/lieux/Pages/Fr/bibliotheque-marius-barbeau.aspx
Eligibility: general public
Coverage area: Laval
Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal
Legal status: municipal agency

LAVAL PUBLIC LIBRARIES NETWORK - MULTICULTURAL LIBRARY
1535 Chomedey Boulevard, Chomedey, Laval, QC, H7V 3R2
450 978-5995
Website: www.laval.ca/lieux/Pages/Fr/bibliotheque-multiculturelle.aspx

Eligibility: general public

Coverage area: Laval

Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00

Fees: membership: free for residents, variable for non-residents

Financing: municipal

Legal status: municipal agency

LAVAL PUBLIC LIBRARIES NETWORK - PHILIPPE-PANNETON LIBRARY

4747 Arthur-Sauvé Boulevard, Laval-Ouest, Laval, QC, H7R 5P8

450 978-8919

Website: www.laval.ca/lieux/Pages/Fr/bibliotheque-philippe-panneton.aspx

LAVAL PUBLIC LIBRARIES NETWORK - SYLVAIN-GARNEAU LIBRARY

187 Sainte-Rose Boulevard, Sainte-Rose, Laval, QC, H7L 1L5

450 978-3940

Website: www.laval.ca/lieux/Pages/Fr/bibliotheque-sylvain-garneau.aspx

LAVAL PUBLIC LIBRARIES NETWORK - YVES-THÉRIAULT LIBRARY

670 de la Place-Publique Street, Sainte-Dorothée, Laval, QC, H7X 1G1

450 978-6599

Website: www.laval.ca/lieux/Pages/Fr/bibliotheque-yves-theriault.aspx

Community Action

62
Fees: membership: free for residents, variable for non-residents
Financing: municipal
Legal status: municipal agency

RÉSEAU D'INFORMATION DES AÎNÉS DU QUÉBEC
162 André Chénier Street, Sainte-Rose, Laval, QC, H7L 2S6
1 866 592-9408
Website: www.riaq.ca
Email: leriaq@gmail.com
Eligibility: people 50 years and over
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: membership: $60 per year
Financing: grants, contributions
Legal status: non-profit organization

Skills Exchanges
CENTRE LAVALOIS POUR L'INTÉGRATION ET LA COHÉSION SOCIALE
1876 des Laurentides Boulevard, Suite 205, Chomedey, Laval, QC, H7M 2P9
438 808-9242
Email: clicslaval@gmail.com
Eligibility: immigrants, JEU program: immigrants from 12 to 17 years old
Coverage area: Laval, school supplies: Montréal Island, Laval
Hours: Monday, Wednesday, Friday 9h00 to 16h00, Tuesday and Thursday 12h00 to 20h00
Fees: none
Financing: self-financing
Legal status: non-profit organization

Volunteering and volunteer centres
ASSOCIATION POUR AÎNÉS RÉSIDANT À LAVAL
4901 Saint-Joseph Street, Saint-Vincent-de-Paul, Laval, QC, H7C 1H6
450 661-5252    Fax: 450 661-2497
Website: www.aparl.org
Email: information@aparl.org
Eligibility: people 50 years and over
Coverage area: East of Laval, ITMAV: Saint-Vincent-de-Paul, Duvernay, Saint-François
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: membership card: $15
Financing: Centraide of Greater Montréal, provincial, municipal
Legal status: non-profit organization

AU PANIER
3781 Lévesque Boulevard West, Chomedey, Laval, QC, H7V 1G5
450 681-1154
Website: www.aupanier.org/index.php/en
Email: info@aupanier.org
Eligibility: community grocery store: residents of Chomedey living below the low-income level, solidarity grocery store: general public, catering service: general public
Coverage area: Chomedey
Hours: Tuesday and Thursday 10h00 to 16h00, Friday 10h00 to 16h00
Fees: membership card: according to the income, between $10 and $20, solidarity and community grocery store: variable
Financing: municipal, provincial, foundations, donations
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE LE RENDEZ-VOUS DES AÎNÉS
10 Proulx Street West, Laval-des-Rapides, Laval, QC, H7N 1N3
450 667-8836    Fax: 450 667-5810
Website: ccrva.org
Email: info@ccrva.org
Eligibility: people 50 years old and over, adapted recreational activities: people 35 years old and over
Coverage area: Laval
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, thrift store: Monday and Thursday 9h00 to 16h00
Fees: membership: $15 per year, meals: $6.50 for members and $8 for non-members, frozen meals: variable prices, fresh meal of the day: $4.50
Financing: Centraide of Greater Montréal, provincial, self-financing
Legal status: non-profit organization

CENTRE D'ÉCOUTE DE LAVAL
Confidential Address
450 664-2787
Website: www.centredecoute.com
Email: info@centredecoutelaval.com
Services: Anonymous and confidential general hotline for any person in difficulty or in need to confide in somebody. * Information on various services for seniors: financial aid, loss of autonomy, housing, death, home support, taxes, etc. * Referral.
Eligibility: any person in difficulty or in need to confide in somebody
Coverage area: Laval, North Shore, Laurentians
CENTRE DE BÉNÉVOLAT ET MOISSON LAVAL
1870 Michelin Street, Sainte-Rose, Laval, QC, H7L 4R3
450 681-6164   Fax: 450 681-5458
Website: benevolatlaval.qc.ca/en/
Email: info@benevolatlaval.qc.ca

Eligibility: residents, people and families on a low income, organizations helping people on a low income, newcomers, refugees
Capacity: 75 organizations
Coverage area: Laval
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00
Fees: emergency food counter: voluntary contribution of $5
Financing: Centraide of Greater Montréal, provincial, foundations, donations
Legal status: non-profit organization

CENTRE DU SABLON
755 du Sablon Road, Chomedey, Laval, QC, H7W 4H5
450 688-8961   Fax: 450 688-8969
Website: centredusablon.ca/en
Email: info@centredusablon.com

Eligibility: general population, Special needs program: children with mild to moderate special needs (anxiety, autism spectrum disorder, down syndrome/trisomy, etc.)
Coverage area: Laval
Hours: Monday to Friday 7h00 to 22h00, Saturday and Sunday 8h00 to 20h00
Fees: variable
Financing: self-financing, provincial, federal, municipal, donations
Legal status: non-profit organization

CENTRE LAVALLOIS POUR L'INTÉGRATION ET LA COHÉSION SOCIALE
1876 des Laurentides Boulevard, Suite 205, Chomedey, Laval, QC, H7M 2P9
438 808-9242
Email: clicslaval@gmail.com
Community Action


**Eligibility:** immigrants, JEU program: immigrants from 12 to 17 years old

**Coverage area:** Laval, school supplies: Montréal Island, Laval

**Hours:** Monday, Wednesday, Friday 9h00 to 16h00, Tuesday and Thursday 12h00 to 20h00

**Fees:** none

**Financing:** self-financing

**Legal status:** non-profit organization

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**LAVAL AU FÉMININ**

25 Saint-Louis Street, Suite 204, Pont-Viau, Laval, QC, H7G 4W3

450 967-8204

Email: lavalaufeminin@videotron.ca

**Services:** * Physical, social and cultural activities. * Language courses: English and Spanish. * Painting courses, line dancing, yoga.

**Eligibility:** women

**Coverage area:** Laval

**Hours:** September to May, variable hours

**Fees:** membership: $15 per year, courses and activities: variable

**Financing:** membership fees

**Legal status:** non-profit organization

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**LUMI-VIE**

1850 Le Corbusier Boulevard, Suite 303, Chomedey, Laval, QC, H7S 2K1

450 687-8311

Website: www.lumivie.com/?lang=en

Email: info@lumivie.com


**Eligibility:** bereaved adults, adolescents and children, caregivers, people at the end of life<br />

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 8h30 to 17h00, summer schedule: Monday to Thursday 8h30 to 17h00, Friday 8h30 to 12h00

**Fees:** variable

**Financing:** provincial

**Legal status:** non-profit organization

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**OPÉRATION PÈRE NOËL**

2478 des Oiseaux Boulevard, Sainte-Rose, Laval, QC, H7L 4W7

450 628-1328

Website: operationperenoel.com

Email: info@operationperenoel.com

**Services:** Program enable someone to be Santa for an underprivileged child: the person receives the letter that a child has written to Santa, buys them one of the presents on the list and gives it to the organization for distribution. * Monetary donations are welcome for last minute letters and for more expensive items.
Eligibility: children referred by a social worker
Coverage area: province of Québec
Financing: donations
Legal status: non-profit organization

PARENTÈLE DE LAVAL (LA)
196 7th Avenue, Laval-des-Rapides, Laval, QC, H7N 4J6
450 662-9835
Website: laparenteledelaval.com
Email: info@laparenteledelaval.com
Eligibility: families with children under 12 years old
Coverage area: Laval
Hours: Monday 9h00 to 16h00, Tuesday to Thursday 9h00 to 16h00 and 18h00 to 20h00, Friday 18h00 to 20h00
Fees: variable
Financing: Centraide of Greater Montréal, provincial, federal, self-financing, foundations
Legal status: non-profit organization

PROJET HUMANITAIRE ETHNOCULTUREL MON PREMIER PANIER
976 Curé-Labelle Boulevard, Chomedey, Laval, QC, H7V 2V5
450 687-7715
Website: www.monpremierpanier.sitew.ca
Email: ethnoculturelle@hotmail.com
Eligibility: families on a low income or newly arrived
Coverage area: Chomedey
Hours: Monday to Friday 9h00 to 17h00
Financing: donations, grants
Legal status: non-profit organization

RELAIS COMMUNAUTAIRE DE LAVAL
111 des Laurentides Boulevard, Suite 101, Pont-Viau, Laval, QC, H7G 2T2
450 668-8727 Fax: 450 668-9615
Website: relais-communautaire.org
Email: info@relais-communautaire.org
Eligibility: people on a low income
Capacity: 50
Coverage area: Laval
Hours: food bags distribution: Tuesday and Friday 9h30 to 11h30, Écono Bouffe: Wednesday and Thursday 13h00 to 16h00, breakfast: Tuesday and Friday 9h30 to 11h00, lunch: Monday to Friday 12h00 to 13h00, day centre: Monday to Friday 9h30 to 15h30, Carrefour des Aubaines: Monday 13h00 to 19h00, Tuesday 9h30 to 19h00, Wednesday 9h30 to 20h30, Thursday 12h00 to 19h00, Friday 9h30 to 18h00, Saturday 10h00 to 16h00
Fees: membership card: $5 per year, meals: $3 for members, $5 for non-members
Financing: federal, provincial, municipal, Centraide of Greater Montréal, foundations, donations, self-financing
Legal status: non-profit organization
Disability

ADAPTED WORK AND EMPLOYABILITY SUPPORT

ADVOCACY FOR PEOPLE WITH A PHYSICAL DISABILITY

ADVOCACY FOR PEOPLE WITH AN INTELLECTUAL DISABILITY

DEAF AND HEARING IMPAIRED

LANGUAGE DISORDERS

MOBILITY AIDS

PARATRANSIT

RECREATION AND CAMPS

RESPITE SERVICES AND HOUSING

SUPPORT ASSOCIATIONS

SUPPORT AND INTEGRATION ORGANIZATIONS

THE BLIND

THERAPY AND REHABILITATION CENTRES
Adapted work and employability support

AIDE AUX PERSONNES ÂGÉES, DÉFAVORISÉES, HANDICAPÉES DE LAVAL

2388 35th Avenue, Laval-Ouest, Laval, QC, H7R 3P4
450 627-4641     Fax: 450 627-3148
Email: apadhl@hotmail.com

Services: * Supervised employment workshops.
Eligibility: people with an intellectual disability, an autism spectrum disorder or a mental health problem
Capacity: 90 persons
Coverage area: Laval
Hours: Monday to Friday 8h00 to 15h00
Fees: none
Financing: donations, provincial
Legal status: non-profit organization

ARRIMAGE (L’) - LAVAL OFFICE

1685 Fleetwood Street, Suite 110, Chomedey, Laval, QC, H7N 4B2
450 967-9611     Fax: 450 967-2391
Website: www.larrrimage.ca
Email: infos.laval@larrrimage.ca

Eligibility: people with a mental health problem diagnostic
Coverage area: Laval
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: non-profit organization

CAFGRAF (GROUPE D’ENTRAIDE EN SANTÉ MENTALE DE LAVAL)

62 Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7N 2H5
450 490-4224
Website: www.lecafgraf.org
Email: info@lecafgraf.org

Eligibility: people 16 years and over who have lived or are living with mental health, homelessness, addiction or psychosocial adaptation issues
Capacity: between 40 and 60 people
Coverage area: Laval
Hours: administration: Tuesday to Friday 9h00 to 17h00, day centre: Wednesday and Thursday 12h00 to 17h00, Friday 9h30 to 12h00, Saturday 11h30 to 16h00
Fees: membership: $2 per year
Financing: provincial, self-financing, federal, grants, membership fees
Legal status: non-profit organization
**CAFGRAF (GROUPE D'ENTRAIDE EN SANTÉ MENTALE DE LAVAL) - ADULTS SERVICE POINT**

62 Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7N 2H7  
450 490-4224  
Website: www.lecafgraf.org  
Email: info@lecafgraf.org  

**Services:**  
* Support, mutual aid and break out the isolation.  
* Social and professional employability programs.  
* Psychosocial assistance, referrals and accompaniment.  
* Recreational, social, cultural and sports activities.  
* Collective kitchen and food assistance.  
* Summer and winter camps.  
* Thematic workshops.  
* Art workshops.  

**Eligibility:** people 18 years and over who have lived or are living with mental health, homelessness, addiction or psychosocial adaptation issues  

**Capacity:** 40 to 50 people  

**Coverage area:** Laval  

**Hours:** Tuesday to Friday 9h30 to 17h00, Saturday 11h30 to 16h00  

**Fees:** contribution: $2 per year  

**Financing:** provincial, self-financing, federal, grants, membership fees  

**Legal status:** non-profit organization

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**CAFGRAF (GROUPE D'ENTRAIDE EN SANTÉ MENTALE DE LAVAL) - YOUNG ADULTS**

62 Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7N 2H5  
450 490-4224  
Website: www.lecafgraf.org  
Email: info@lecafgraf.org  

**Services:**  
* Collective kitchen and food assistance.  
* Social and professional employability programs.  
* Psychosocial support, referrals and accompaniment.  
* Residential support with accompaniment.  
* Mutual aid group.  
* Summer and winter camps.  
* Thematic workshops.  
* Arts workshops.  
* Recreational, social, cultural and sports activities.  

**Eligibility:** people 16 to 35 years old who have lived or are living with mental health, homelessness, addiction or psychosocial adaptation issues  

**Capacity:** 50 people  

**Coverage area:** Laval  

**Hours:** administration and workshops: Tuesday to Friday 9h00 to 17h00, day centre: Wednesday 12h00 to 17h00, Thursday 12h00 to 19h00, Friday 9h30 to 12h00, Saturday 11h30 to 16h00  

**Fees:** membership: $2 per year  

**Financing:** provincial, self-financing, grants, federal, membership fees  

**Legal status:** non-profit organization

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**CENTRE COMMUNAUTAIRE PETIT ESPOIR**

1235 Montée du Moulin, Suite 06, Saint-François, Laval, QC, H7A 3V6  
450 936-1922  
Fax: 450 936-1923  
Website: www.petitespoir.org  
Email: petitespoir@videotron.ca  

**Services:**  
* Food bank.  
* Outreach work initiative for seniors living in a vulnerable situation (ITMAV).  
* Assistance with social and professional reintegration.  
* Computer courses: Windows, Word, Excel, Power Point, Internet and tablets (iPad).  
* Job search workshops.  
* Discussion groups and coffee-meetings.  
* Physical activity classes.  
* Artistic and creative workshops.  
* Language classes: French, English, Spanish.  
* Tax clinic.  
* Christmas baskets.  

**Eligibility:** newcomers, seniors, women on a low income  

**Coverage area:** Laval: Saint-François, Saint-Vincent-de-Paul, Vimont, Duvernay neighbourhoods  

**Hours:** Monday to Friday 9h00 to 16h00  

**Fees:** none  

**Financing:** grants, donations, self-financing  

**Legal status:** non-profit organization
CENTRE D'IMPLICATION LIBRE DE LAVAL EN RÉADAPTATION SOCIALE
156 des Laurentides Boulevard, Laval-des-Rapides, Laval, QC, H7G 2T5
450 668-1771 Fax: 450 668-9010
Website: www.cill.qc.ca
Email: info@cill.qc.ca
Eligibility: adults 18 years old and over living or who have lived with mental health issues
Coverage area: Laval, North of Montréal
Hours: Monday to Friday 8h30 to 17h00, Saturday, Sunday and evenings depending on the activities
Financing: self-financing, grants
Legal status: non-profit organization

CENTRE D'IMPLICATION LIBRE DE LAVAL EN RÉADAPTATION SOCIALE - POINT DE SERVICE SAINTE-ROSE
295 A Sainte-Rose Boulevard, Sainte-Rose, Laval, QC, H7L 1M1
450 628-0468 Fax: 450 628-6713
Website: www.cill.qc.ca
Email: info.sterose@cill.qc.ca
Services: * Drop-in centre: trainings and workshops, social-cultural activities. * Social integration, accompaniment, listening and moral support. * Integration in the workplace: internship and accompaniment.
Eligibility: adults 18 years old and over, living or who have lived with mental health issues
Coverage area: Laval
Hours: Monday to Friday 8h30 to 16h30
Financing: self-financing, grants
Legal status: non-profit organization

CORPORATION INTÉGRATION À LA VIE ACTIVE DES PERSONNES HANDICAPÉES DE LAVAL
387 des Prairies Boulevard, Suite 210-B, Laval-des-Rapides, Laval, QC, H7N 2W4
450 668-1429 Fax: 450 668-7360
Website: civaphl.org
Email: info@civaphl.org
Services: Follow-up and individual support to ease social and vocational reintegration. * Information and referral. * Socioprofessional integration program and summer job program. * Group activities and day activities. * Club propulsion: adapted day camp for youth 14 to 21 years old living with a physical disability. * Day camp for young adults 18 to 35 years old living with an intellectual disability or a pervasive development disorder (PDD). * Collective kitchens.
Eligibility: youth and young adults 14 to 35 years old living with physical, sensory and intellectual limitations
Capacity: 12 to 17 people per activity
Coverage area: Laval
Hours: Monday to Friday 8h30 to 15h30, collective kitchens: Saturday 9h00 to 12h00
Fees: membership card: $5, day camps: variable
Financing: provincial, donations, federal
Legal status: non-profit organization

ÉTAPE (L') - POINT DE SERVICE DE LAVAL
1435 Saint-Martin Boulevard West, Suite 400, Chomedey, Laval, QC, H7S 2C6
450 667-9999 Fax: 450 667-5199 TTY: 450 667-5924
Website: letape.org/en
Email: letape-laval@letape.org
Services: Job integration and retention services for people with disabilities.
Eligibility: people with a physical, hearing or intellectual disability or an autism spectrum disorder
Capacity: 200 people
Coverage area: Laval
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: non-profit organization

JARDIN DE LA FAMILLE DE FABREVILLE
3867 Sainte-Rose Boulevard, Fabreville, Laval, QC, H7P 1C8
450 622-9456 Fax: 450 622-0312
Website: www.jardindelafamille.org
Email: ajff@jardindelafamille.org

Eligibility: people living with an intellectual, physical or psychological limitation, families on a low income, immigrants
Coverage area: Laval-Ouest, Fabreville, Sainte-Rose
Hours: administration: Monday to Friday 9h00 to 16h00, thrift store (regular hours): Monday to Saturday 9h00 to 17h00, thrift store (summer hours): Monday to Friday 9h00 to 18h00, Saturday 9h00 to 17h00
Fees: free with some exceptions
Financing: grants, fundraising campaigns, self-financing, donations
Legal status: non-profit organization

SERVICES DU CHAT BOTTÉ (LES)
2285 Francis Hughes Avenue, Suite 200, Chomedey, Laval, QC, H7S 1N5
450 663-5551 ext. 5 Fax: 450 663-0694
Website: autismelaval.org
Email: info@autismelaval.org

Eligibility: people with an autism spectrum disorder, day activities: semi-autonomous people 21 years and over with a behavioural problem, an intellectual disability or an autism spectrum disorder
Capacity: respite: 24
Coverage area: Laval
Hours: Monday to Friday 8h30 to 16h00
Fees: variable
Financing: provincial, membership fees
Legal status: non-profit organization

Advocacy for people with a physical disability

ASSOCIATION DES PERSONNES VIVANT AVEC UNE SURDITÉ DE LAVAL
387 des Prairies Boulevard, Suite 211, Laval-des-Rapides, Laval, QC, H7N 2W4
450 967-8717 TTY: 450 967-9734
Website: www.apvsl.org/association-sourd-laval
Email: apvsl@videotron.ca
Disability

Services: * Awareness about the consequences of deafness. * Communication: explication of QSL texts, writing of formal documents, production of videos in QSL. * Activities: conferences, outings, cultural and recreational visits.
Eligibility: people living with deafness, their close ones
Coverage area: Laval
Hours: Monday to Friday 9h00 to 16h30
Fees: activities: variable
Financing: donations
Legal status: non-profit organization

ASSOCIATION LAVALLOISE POUR LA DÉFICIENCE INTELLECTUELLE ET LE TROUBLE DU SPECTRE DE L’AUTISME
73 Saint-Elzéar Boulevard West, Vimont, Laval, QC, H7M 1E7
450 972-1010    Fax: 450 972-1515
Website: aledia1959.com/en

Services: * Promotion of the interests and rights. * Demystification of intellectual disability and the autism spectrum disorder. * Development of services to encourage individual and social growth within the community. * Support and assistance for members and their relatives. * House-sitting. * Summer camp, recreational and sports activities, monthly outings. * One week long shelter to develop the residential autonomy of youth 16 years old and over. * Animated monitoring service for members 12 years and over. * Food assistance.
Eligibility: people living with an intellectual disability or an autism spectrum disorder, their parents and fieldworkers, food assistance: people living with an intellectual disability or an autism spectrum disorder, living alone or in a couple, families in need who have a child with a developmental disability or an autism spectrum disorder
Coverage area: Laval
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Fees: evaluation to become a member: $15, annual membership; $10 for people with a diagnosis, $20 for their parents or relatives, $25 for other people, variable fees for activities
Financing: provincial, self-financing
Legal status: non-profit organization

ASSOCIATION RÉGIONALE DE LOISIRS POUR PERSONNES HANDICAPÉES DE LAVAL
387 des Prairies Boulevard, Suite 215-A, Laval-des-Rapides, Laval, QC, H7N 2W4
450 668-2354
Website: arlphl.qc.ca
Email: info@arlphl.qc.ca

Eligibility: anyone with a disability, regardless of age and type of disability
Coverage area: Laval
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: provincial, municipal
Legal status: non-profit organization

FONDATION LE PILIER
425 Place Jean-Coutu, Auteuil, Laval, QC, H7H 3C8
450 624-9922    Fax: 450 624-0976
Website: www.lepilier.org
Email: info@lepilier.org

Eligibility: youth or adults living with an intellectual disability, an autism spectrum disorder, a head trauma or any other type of physical disability
Coverage area: Province of Québec
Hours: Monday 9h00 to 17h00, Tuesday 8h30 to 16h30, Wednesday to Friday 8h30 to 17h00
Financing: donations, provincial, municipal
Legal status: non-profit organization

INSTITUT DES TROUBLES D’APPRENTISSAGE - SECTION LAVAL
100 Tourangeau Street East, Pont-Viau, Laval, QC, H7G 1L1
450 668-0123
Website: www.institutta.com
Email: section.laval@institutta.com
Eligibility: children and adults with learning or attention difficulties, including ADHD, their parents
Coverage area: Laval
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00
Fees: membership: $10
Financing: grants, contributions, fundraising campaigns
Legal status: non-profit organization

MOUVEMENT PERSONNE D’ABORD DE LAVAL
304 Cartier Boulevard West, Suite 240, Laval-des-Rapides, Laval, QC, H7N 2J2
450 972-2099 ext. 42002
Email: mpdalaval@hotmail.com
Eligibility: people living with intellectual disabilities
Coverage area: Laval
Hours: Monday to Thursday, variable schedule
Fees: membership card: $10 per year
Financing: provincial
Legal status: non-profit organization

REGROUPEMENT DES ORGANISMES DE PROMOTION DES PERSONNES HANDICAPÉES DE LAVAL
387 des Prairies Boulevard, Suite 017, Laval-des-Rapides, Laval, QC, H7N 2W4
450 668-4836   Fax: 450 668-2119   TTY: 450 668-4836
Website: www.ropphl.org
Email: info@ropphl.org
Eligibility: community organizations for people with disabilities or for parents of children with intellectual, sensory or physical disabilities
Coverage area: Laval
Hours: Monday to Thursday 9h00 to 17h00
Fees: contribution: $35 per year
Financing: provincial
Legal status: non-profit organization
Disability

SOCIÉTÉ DE L'AUTISME ET DES TED - LAVAL
2285 Francis Hughes Avenue, Suite 200, Chomedey, Laval, QC, H7S 1N5
450 663-5551  Fax: 450 663-0694
Website: autismelaval.org
Email: info@autismelaval.org
Eligibility: people with an autism spectrum disorder or a pervasive developmental disorder, their families
Coverage area: Laval
Hours: Monday to Friday 8h30 to 16h00
Fees: $30 per year
Financing: provincial, federal, municipal, membership fees
Legal status: non-profit organization

TSA SANS FRONTIÈRES
2285 Francis Hughes Avenue, Suite 200, Chomedey, Laval, QC, H7S 1N5
450 663-5551  Fax: 450 663-0694
Website: autismelaval.org
Email: info@autismelaval.org
Eligibility: parents of people with an autism spectrum disorder, counsellors, researchers
Coverage area: Laval
Hours: Monday to Friday 8h30 to 16h00
Financing: fundraising campaigns, donations, provincial
Legal status: non-profit organization

Advocacy for people with an intellectual disability

ASSOCIATION LAVALLOISE POUR LA DÉFICIENCE INTELLECTUELLE ET LE TROUBLE DU SPECTRE DE L'AUTISME
73 Saint-Elzéar Boulevard West, Vimont, Laval, QC, H7M 1E7
450 972-1010  Fax: 450 972-1515
Website: aledia1959.com/en
Services: * Promotion of the interests and rights. * Demystification of intellectual disability and the autism spectrum disorder. * Development of services to encourage individual and social growth within the community. * Support and assistance for members and their relatives. * House-sitting. * Summer camp, recreational and sports activities, monthly outings. * One week long shelter to develop the residential autonomy of youth 16 years old and over. * Animated monitoring service for members 12 years and over. * Food assistance.
Eligibility: people living with an intellectual disability or an autism spectrum disorder, their parents and fieldworkers, food assistance: people living with an intellectual disability or an autism spectrum disorder, living alone or in a couple, families in need who have a child with a developmental disability or an autism spectrum disorder
Coverage area: Laval
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Fees: evaluation to become a member: $15, annual membership; $10 for people with a diagnosis, $20 for their parents or relatives, $25 for other people, variable fees for activities
Financing: provincial, self-financing
Legal status: non-profit organization

76
FONDATION LE PILIER
425 Place Jean-Coutu, Auteuil, Laval, QC, H7H 3C8
450 624-9922     Fax: 450 624-0976
Website: www.lepilier.org
Email: info@lepilier.org
Eligibility: youth or adults living with an intellectual disability, an autism spectrum disorder, a head trauma or any other type of physical disability
Coverage area: Province of Québec
Hours: Monday 9h00 to 17h00, Tuesday 8h30 to 16h30, Wednesday to Friday 8h30 to 17h00
Financing: donations, provincial, municipal
Legal status: non-profit organization

INSTITUT DES TROUBLES D'APPRENTISSAGE - SECTION LAVAL
100 Tourangeau Street East, Pont-Viau, Laval, QC, H7G 1L1
450 668-0123
Website: www.institutta.com
Email: section.laval@institutta.com
Eligibility: children and adults with learning or attention difficulties, including ADHD, their parents
Coverage area: Laval
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00
Fees: membership: $10
Financing: grants, contributions, fundraising campaigns
Legal status: non-profit organization

MOUVEMENT PERSONNE D'ABORD DE LAVAL
304 Cartier Boulevard West, Suite 240, Laval-des-Rapides, Laval, QC, H7N 2J2
450 972-2099 ext. 42002
Email: mpdalaval@hotmail.com
Eligibility: people living with intellectual disabilities
Coverage area: Laval
Hours: Monday to Thursday, variable schedule
Fees: membership card: $10 per year
Financing: provincial
Legal status: non-profit organization

REGROUPEMENT DES ORGANISMES DE PROMOTION DES PERSONNES HANDICAPÉES DE LAVAL
387 des Prairies Boulevard, Suite 017, Laval-des-Rapides, Laval, QC, H7N 2W4
450 668-4836     Fax: 450 668-2119     TTY: 450 668-4836
Website: www.ropphl.org
Email: info@ropphl.org
Eligibility: community organizations for people with disabilities or for parents of children with intellectual, sensory or physical disabilities
Coverage area: Laval
Disability

**SOCIÉTÉ DE L’AUTISME ET DES TED - LAVAL**
2285 Francis Hughes Avenue, Suite 200, Chomedey, Laval, QC, H7S 1N5
450 663-5551  Fax: 450 663-0694
Website: autismelaval.org
Email: info@autismelaval.org


**Eligibility:** people with an autism spectrum disorder or a pervasive developmental disorder, their families

**Coverage area:** Laval

**Hours:** Monday to Thursday 9h00 to 17h00
**Fees:** contribution: $35 per year
**Financing:** provincial
**Legal status:** non-profit organization

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**Deaf and hearing impaired**

**ASSOCIATION DES PERSONNES VIVANT AVEC UNE SURDITÉ DE LAVAL**
387 des Prairies Boulevard, Suite 211, Laval-des-Rapides, Laval, QC, H7N 2W4
450 967-8717  TTY: 450 967-9734
Website: www.apvsl.org/association-sourds-laval
Email: apvsl@videotron.ca

**Services:** * Awareness about the consequences of deafness. * Communication: explication of QSL texts, writing of formal documents, production of videos in QSL. * Activities: conferences, outings, cultural and recreational visits.

**Eligibility:** people living with deafness, their close ones

**Coverage area:** Laval

**Hours:** Monday to Friday 8h30 to 16h00
**Fees:** $30 per year
**Financing:** provincial, federal, municipal, membership fees
**Legal status:** non-profit organization

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**ASSOCIATION LAVALLOISE POUR LE TRANSPORT ADAPTÉ**
155 Je-Me-Souviens Boulevard, Sainte-Rose, Laval, QC, H7L 1V6
450 933-6101  Fax: 450 933-7034
Website: altalaval-ass.org
Email: alta@altalaval-ass.org

**Services:** * Information on paratransit and accessible transportation services. * Representation and advocacy of rights. * Assistance with lodging complaints. * Assistance with application procedures for paratransit.

**Eligibility:** people with a physical, intellectual, psychological and visual limitation, people with reduced mobility

**Coverage area:** Laval

**Hours:** Monday to Friday 9h00 to 16h30
**Financing:** fundraising campaigns, donations
**Legal status:** non-profit organization
ASSOCIATION RÉGIONALE DE LOISIRS POUR PERSONNES HANDICAPÉES DE LAVAL

387 des Prairies Boulevard, Suite 215-A, Laval-des-Rapides, Laval, QC, H7N 2W4

450 668-2354
Website: arlphl.qc.ca
Email: info@arlphl.qc.ca


Eligibility: anyone with a disability, regardless of age and type of disability

Coverage area: Laval

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: provincial, municipal

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE LE RENDEZ-VOUS DES AÎNÉS

10 Proulx Street West, Laval-des-Rapides, Laval, QC, H7N 1N3

450 667-8836 Fax: 450 667-5810
Website: ccrva.org
Email: info@ccrva.org


Eligibility: people 50 years old and over, adapted recreational activities: people 35 years old and over

Coverage area: Laval

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, thrift store: Monday and Thursday 9h00 to 16h00

Fees: membership: $15 per year, meals: $6.50 for members and $8 for non-members, frozen meals: variable prices, fresh meal of the day: $4.50

Financing: Centraide of Greater Montréal, provincial, self-financing

Legal status: non-profit organization

CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DE LAVAL - GUICHET D'ACCÈS DI-TSA-DP

304 Cartier Boulevard West, Suite 204, Laval-des-Rapides, Laval, QC, H7N 2J2

811 option 2
Website: www.lavalensante.com/employes-professionnels-et-medecins/acces-aux-services-en-di-tsa-et-dp

Services: Receives and processes requests for specific and rehabilitation services for the entire territory. * Centralized service covering all installations to facilitate access paths. * Second line cares only (more than 3 months).

Eligibility: people living with a physical or an intellectual disability or with an autism spectrum disorder

Coverage area: Laval

Hours: Monday to Friday 8h00 to 16h00

Financing: provincial

Legal status: parapublic organization
CORPORATION INTÉGRATION À LA VIE ACTIVE DES PERSONNES HANDICAPÉES DE LAVAL
387 des Prairies Boulevard, Suite 210-B, Laval-des-Rapides, Laval, QC, H7N 2W4
450 668-1429  Fax: 450 668-7360
Website: civaphl.org
Email: info@civaphl.org
Services: Follow-up and individual support to ease social and vocational reintegration. * Information and referral. * Socioprofessional integration program and summer job program. * Group activities and day activities. * Club propulsion: adapted day camp for youth 14 to 21 years old living with a physical disability. * Day camp for young adults 18 to 35 years old living with an intellectual disability or a pervasive development disorder (PDD). * Collective kitchens.
Eligibility: youth and young adults 14 to 35 years old living with physical, sensory and intellectual limitations
Capacity: 12 to 17 people per activity
Coverage area: Laval
Hours: Monday to Friday 8h30 to 15h30, collective kitchens: Saturday 9h00 to 12h00
Fees: membership card: $5, day camps: variable
Financing: provincial, donations, federal
Legal status: non-profit organization

ÉTAPE (L’) - POINT DE SERVICE DE LAVAL
1435 Saint-Martin Boulevard West, Suite 400, Chomedey, Laval, QC, H7S 2C6
450 667-9999  Fax: 450 667-5199  TTY: 450 667-5924
Website: letape.org/en
Email: letape-laval@letape.org
Services: Job integration and retention services for people with disabilities.
Eligibility: people with a physical, hearing or intellectual disability or an autism spectrum disorder
Capacity: 200 people
Coverage area: Laval
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: non-profit organization

INSTITUT RAYMOND-DEWAR - POINT DE SERVICE DU MARIGOT
250 Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7N 5S5
450 668-1803 ext. 4591  Fax: 450 972-6888  TTY: 450 972-6827
Email: 1e_laval@raymond-dewar.gouv.qc.ca
Eligibility: deaf people who use Québec Sign Language (QSL)
Coverage area: Montréal Island, Laval
Hours: Monday, Wednesday and Friday 9h00 to 12h00 and 13h00 to 16h00, by appointment
Financing: provincial
Legal status: parapublic organization
JEWISH REHABILITATION HOSPITAL - TECHNICAL AIDS AND ASSISTIVE COMMUNICATION AIDS

560 Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7V 1J1
450 688-5728 ext. 221
Website: www.lavalensante.com/hjr-jrh


Eligibility: adults and children with a physical disability, adults with significant and persisting difficulties communicating, speaking, writing, using a computer or controlling their environment

Coverage area: Montréal Island, Laval, North Shore, Lanaudière, emergency assistance: Laval

Fees: costs may be assumed by a paying agency (SAAQ, CSST, private insurance or other) if the person meets their criteria

Financing: provincial

Legal status: parapublic organization

MIEUX-NAÎTRE À LAVAL

3534 de la Concorde Boulevard East, Duvernay, Laval, QC, H7E 2C5
438 830-4323
Website: mieuxnaitre.org
Email: info@mieuxnaitre.org


Eligibility: families, particularly mothers

Coverage area: Laval

Hours: Monday to Friday 9h00 to 17h00, reservations are possible at nights or on weekends

Fees: free, variable depending on family income

Financing: grants, contributions, fundraising campaigns, donations

Legal status: non-profit organization

REGROUPEMENT DES ORGANISMES DE PROMOTION DES PERSONNES HANDICAPÉES DE LAVAL

387 des Prairies Boulevard, Suite 017, Laval-des-Rapides, Laval, QC, H7N 2W4
450 668-4836 Fax: 450 668-2119 TTY: 450 668-4836
Website: www.ropphl.org
Email: info@ropphl.org


Eligibility: community organizations for people with disabilities or for parents of children with intellectual, sensory or physical disabilities

Coverage area: Laval

Hours: Monday to Thursday 9h00 to 17h00

Fees: contribution: $35 per year

Financing: provincial

Legal status: non-profit organization
T.R.E.S. THÉÂTRAL
921 Noël Street, Sainte-Dorothée, Laval, QC, H7X 1X9
514 817-9464
Email: jodoin@vl.videotron.ca
Services: Theatrical representations and activities. * Promotion of theatre for deaf and hearing people.
Eligibility: deaf and hearing people
Coverage area: Laval
Hours: variable
Financing: donations, self-financing
Legal status: non-profit organization

Language disorders

ASSOCIATION DYSPHASIE +
3235 Saint-Martin Boulevard East, Suite 216, Duvernay, Laval, QC, H7E 5G8
450 937-3670
Website: www.dysphasieplus.com
Email: info@dysphasieplus.com
Eligibility: children, teenagers and adults with dysphasia, their parents or close ones
Coverage area: Laval, Montréal Island
Hours: variable
Fees: phone listening and referral: free, services: membership fees
Financing: self-financing, provincial
Legal status: non-profit organization

AVC-APHASIE LAVAL
3350 Dagenais Boulevard West, Fabreville, Laval, QC, H7P 1V6
450 937-3666
Website: www.avcaphasielaval.ca
Email: info@avcaphasielaval.ca
Eligibility: people who have had a stroke, with any after effects, people with aphasia, their close ones and the general public
Coverage area: Laval
Hours: Monday to Friday 8h30 to 16h30
Fees: annual membership: $25, activities: 25 to $35 per class
Financing: provincial, municipal, donations
Legal status: non-profit organization

CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DE LAVAL - GUICHET D’ACCÈS DI-TSA-DP
304 Cartier Boulevard West, Suite 204, Laval-des-Rapides, Laval, QC, H7N 2J2
811 option 2
Website: www.lavalensante.com/employes-professionnels-et-medecins/acces-aux-services-en-di-tsa-et-dp
**Disability**

**Services:** Receives and processes requests for specific and rehabilitation services for the entire territory. * 
Centralized service covering all installations to facilitate access paths. * Second line cares only (more than 3 months).

**Eligibility:** people living with a physical or an intellectual disability or with an autism spectrum disorder

**Coverage area:** Laval

**Hours:** Monday to Friday 8h00 to 16h00

**Financing:** provincial

**Legal status:** parapublic organization

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**Mobility aids**

**CLSC DES MILLE-ÎLES**

775 Montrose Street, Duvernay, Laval, QC, H7E 3M3

450 661-2572

**Website:** sante.gouv.qc.ca/en/repertoire-ressources/ressource/?noline=1012905&ch_type%5B5%5D=1201&bt_rechType=theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H7E3M3


**Coverage area:** Laval

**Hours:** Monday to Friday 7h00 to 20h00, Saturday and Sunday 9h00 to 17h00, tests centre: Monday to Friday 7h00 to 12h00 and 13h15 to 15h00

**Financing:** provincial

**Legal status:** parapublic organization

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**CLSC DU MARIGOT - BOULEVARD DES LAURENTIDES**

1351 des Laurentides Boulevard, Vimont, Laval, QC, H7M 2Y2

450 668-1803 ext. 45000

**Website:** sante.gouv.qc.ca/en/repertoire-ressources/ressource/?noline=57183&ch_type%5B5%5D=1201&bt_rechType=theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H7M2Y2


**Coverage area:** Laval

**Hours:** Monday to Friday 7h00 to 20h00, Saturday and Sunday 7h30 to 12h00, tests centre: Monday to Friday 7h00 to 12h00 and 13h15 to 15h00

**Financing:** provincial

**Legal status:** parapublic organization

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**CLSC DU RUISSEAU-PAPINEAU - RUE DU COUVEN**

1665 du Couvent Street, Chomedey, Laval, QC, H7W 3A8

450 687-5690

**Website:** sante.gouv.qc.ca/en/repertoire-ressources/ressource/?noline=840&ch_type%5B5%5D=1201&bt_rechType=theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H7W3A8

83

**Coverage area:** Laval

**Hours:** Monday to Friday 7h30 to 20h00, Saturday, Sunday and holidays 9h00 to 17h00

**Financing:** provincial

**Legal status:** parapublic organization

**COLLÈGE MONTMORENCY - CLINIQUE-ÉCOLE D’ORTHÈSES ET DE PROTHÈSES**

475 de l'Avenir Boulevard, Suite A-1809, Laval-des-Rapides, Laval, QC, H7N 5H9

450 975-6474

**Website:** www.cmontmorency.qc.ca/services-au-public/clinique-ecole-ortheses-protheses

**Email:** accueilclinique@cmontmorency.qc.ca

**Services:** * Comprehensive assessment of the needs, design and manufacturing of foot orthotics and orthopedic prosthetics by 3rd year students under the supervision of their teachers.

**Coverage area:** Montréal Island, Laval

**Hours:** Wednesday and Thursday 8h00 to 16h00, by appointment

**Financing:** self-financing

**Legal status:** parapublic organization

**JEWISH REHABILITATION HOSPITAL**

3205 Place Alton-Goldbloom, Chomedey, Laval, QC, H7V 1R2

450 688-9550

**Website:** www.lavalensante.com/en/jewish-rehabilitation-hospital/


**Eligibility:** people of all ages with physical challenges arising from health problems or a disability

**Capacity:** 132 beds

**Coverage area:** Montréal Island, Laval, Laurentides, Lanaudière

**Financing:** provincial

**Legal status:** parapublic organization

**JEWISH REHABILITATION HOSPITAL - TECHNICAL AIDS AND ASSISTIVE COMMUNICATION AIDS**

560 Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7V 1J1

450 688-5728 ext. 221

**Website:** www.lavalensante.com/hjr-jrh

**Services:** * Evaluation, recommendation and attribution of technical mobility and positioning aids and assistive communication aids. * Maintenance and reparation of aids. * Emergency assistance for people with a motorized or manual wheelchair.

**Eligibility:** adults and children with a physical disability, adults with significant and persisting difficulties communicating, speaking, writing, using a computer or controlling their environment

**Coverage area:** Montréal Island, Laval, North Shore, Lanaudière, emergency assistance: Laval

**Fees:** costs may be assumed by a paying agency (SAAQ, CSST, private insurance or other) if the person meets their criteria

**Financing:** provincial

**Legal status:** parapublic organization
Paratransit

SOCIÉTÉ DE TRANSPORT DE LAVAL - PARATRANSIT SERVICE
2250 Francis-Hughes Avenue, Chomedey, Laval, QC, H7S 2C3
450 688-6520
Website: stlaval.ca/paratransit/general-info

Services: Laval paratransit network: buses and taxis. * STL Compagnon mobile application: assistance in using the regular transportation system for people living with a mild intellectual disability or autism spectrum disorder.

Eligibility: disabled people and people with limitations affecting their mobility

Coverage area: Laval

Hours: Paratransit service contact center: Monday to Thursday 6h30 to 23h00, Friday 6h30 to 24h00, Saturday 8h00 to 24h00, Sunday 8h00 to 23h00, national holidays 8h00 to 24h00, Customer contact centre: Monday to Friday 6h30 to 20h00, Saturday 8h00 to 17h00, Sunday and national holidays 8h00 to 12h00 and 13h00 to 17h00

Fees: variable

Financing: grants, self-financing

Legal status: parapublic organization

Recreation and camps

ASSOCIATION DE BALLE POUR JEUNES HANDICAPÉES DE LAVAL
2020 Laplante Avenue, Chomedey, Laval, QC, H7S 1E7
450 668-2592

Services: * Baseball and softball.

Eligibility: people living with a physical or intellectual disability

Coverage area: Laval

Fees: $60 per season

Financing: self-financing

Legal status: non-profit organization

ASSOCIATION DES PERSONNES HANDICAPÉES VISUELLES DE LAVAL
25 Saint-Louis Street, Pont-Viau, Laval, QC, H7G 4W3
438 989-7300
Website: www.aphvl.ca
Email: 1980aphvl@gmail.com

Services: Exchange and socialization place for people living with a visual disability. * Social, cultural and sports activities.

Eligibility: people living with a visual disability

Coverage area: Laval

Hours: Tuesday 13h00 to 15h30

Fees: annual membership: $15

Financing: donations, self-financing

Legal status: non-profit organization

ASSOCIATION DES PERSONNES VIVANT AVEC UNE SURDITÉ DE LAVAL
387 des Prairies Boulevard, Suite 211, Laval-des-Rapides, Laval, QC, H7N 2W4
450 967-8717      TTY: 450 967-9734
Website: www.apvsl.org/association-sourds-laval
Email: apvsl@videotron.ca
ASSOCIATION DYSPHASIE +
3235 Saint-Martin Boulevard East, Suite 216, Duvernay, Laval, QC, H7E 5G8
450 937-3670
Website: www.dysphasieplus.com
Email: info@dysphasieplus.com
Eligibility: children, teenagers and adults with dysphasia, their parents or close ones
Coverage area: Laval, Montréal Island
Hours: variable
Fees: phone listening and referral: free, services: membership fees
Financing: self-financing, provincial
Legal status: non-profit organization

ASSOCIATION LAVALLOISE POUR LA DÉFICIENCE INTELLECTUELLE ET LE TROUBLE DU SPECTRE DE L'AUTISME
73 Saint-Elzéar Boulevard West, Vimont, Laval, QC, H7M 1E7
450 972-1010    Fax: 450 972-1515
Website: aledia1959.com/en
Services: * Promotion of the interests and rights. * Demystification of intellectual disability and the autism spectrum disorder. * Development of services to encourage individual and social growth within the community. * Support and assistance for members and their relatives. * House-sitting. * Summer camp, recreational and sports activities, monthly outings. * One week long shelter to develop the residential autonomy of youth 16 years old and over. * Animated monitoring service for members 12 years and over. * Food assistance.
Eligibility: people living with an intellectual disability or an autism spectrum disorder, their parents and fieldworkers, food assistance: people living with an intellectual disability or an autism spectrum disorder, living alone or in a couple, families in need who have a child with a developmental disability or an autism spectrum disorder
Coverage area: Laval
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Fees: evaluation to become a member: $15, annual membership; $10 for people with a diagnosis, $20 for their parents or relatives, $25 for other people, variable fees for activities
Financing: provincial, self-financing
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DES TRAUMATISÉS CRÂNIENS - RÉGION DE LAVAL
220 du Parc Avenue, Laval-des-Rapides, Laval, QC, H7N 3X4
514 274-7447    Fax: 450 629-8807
Website: www.aqtc.ca
Email: aqtc@aqtc.ca
Disability


Eligibility: people with traumatic brain injury (TBI), families, public, professionals

Capacity: support groups: 7 to 8 people

Coverage area: Laval

Hours: Monday to Friday 9h00 to 17h00

Fees: annual membership: $15, the first 2 years are free

Financing: provincial, grants

Legal status: parapublic organization

ASSOCIATION RÉGIONALE DE LOISIRS POUR PERSONNES HANDICAPÉES DE LAVAL

387 des Prairies Boulevard, Suite 215-A, Laval-des-Rapides, Laval, QC, H7N 2W4

450 668-2354

Website: arlphl.qc.ca

Email: info@arlphl.qc.ca


Eligibility: anyone with a disability, regardless of age and type of disability

Coverage area: Laval

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: provincial, municipal

Legal status: non-profit organization

AVC-APHASIE LAVAL

3350 Dagenais Boulevard West, Fabreville, Laval, QC, H7P 1V6

450 937-3666

Website: www.avcaphasielaval.ca

Email: info@avcaphasielaval.ca


Eligibility: people who have had a stroke, with any after effects, people with aphasia, their close ones and the general public

Coverage area: Laval

Hours: Monday to Friday 8h30 to 16h30

Fees: annual membership: $25, activities: 25 to $35 per class

Financing: provincial, municipal, donations

Legal status: non-profit organization

CAFGRAF (GROUPE D’ENTRAIDE EN SANTÉ MENTALE DE LAVAL)

62 Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7N 2H5

450 490-4224

Website: www.lecafgraf.org

Email: info@lecafgraf.org


Eligibility: people 16 years and over who have lived or are living with mental health, homelessness, addiction or psychosocial adaptation issues
Disability

Capacity: between 40 and 60 people
Coverage area: Laval
Hours: administration: Tuesday to Friday 9h00 to 17h00, day centre: Wednesday and Thursday 12h00 to 17h00, Friday 9h30 to 12h00, Saturday 11h30 to 16h00
Fees: membership: $2 per year
Financing: provincial, self-financing, federal, grants, membership fees
Legal status: non-profit organization

CAFGRAF (GROUPE D’ENTRAIDE EN SANTÉ MENTALE DE LAVAL) - ADULTS SERVICE POINT
62 Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7N 2H7
450 490-4224
Website: www.lecafgraf.org
Email: info@lecafgraf.org
Eligibility: people 18 years and over who have lived or are living with mental health, homelessness, addiction or psychosocial adaptation issues
Capacity: 40 to 50 people
Coverage area: Laval
Hours: Tuesday to Friday 9h30 to 17h00, Saturday 11h30 to 16h00
Fees: contribution: $2 per year
Financing: provincial, self-financing, federal, grants, membership fees
Legal status: non-profit organization

CAFGRAF (GROUPE D’ENTRAIDE EN SANTÉ MENTALE DE LAVAL) - YOUNG ADULTS
62 Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7N 2H5
450 490-4224
Website: www.lecafgraf.org
Email: info@lecafgraf.org
Eligibility: people 16 to 35 years old who have lived or are living with mental health, homelessness, addiction or psychosocial adaptation issues
Capacity: 50 people
Coverage area: Laval
Hours: administration and workshops: Tuesday to Friday 9h00 to 17h00, day centre: Wednesday 12h00 to 17h00, Thursday 12h00 to 19h00, Friday 9h30 to 12h00, Saturday 11h30 to 16h00
Fees: membership: $2 per year
Financing: provincial, self-financing, grants, federal, membership fees
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE LE RENDEZ-VOUS DES AÎNÉS
10 Proulx Street West, Laval-des-Rapides, Laval, QC, H7N 1N3
450 667-8836 Fax: 450 667-5810
Website: ccrva.org
Email: info@ccrva.org

Eligibility: people 50 years old and over, adapted recreational activities: people 35 years old and over

Coverage area: Laval

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, thrift store: Monday and Thursday 9h00 to 16h00

Fees: membership: $15 per year, meals: $6.50 for members and $8 for non-members, frozen meals: variable prices, fresh meal of the day: $4.50

Financing: Centraide of Greater Montréal, provincial, self-financing

Legal status: non-profit organization

CENTRE DU SABLON
755 du Sablon Road, Chomedey, Laval, QC, H7W 4H5
450 688-8961 Fax: 450 688-8969
Website: centredusablon.ca/en
Email: info@centredusablon.com


Eligibility: general population, Special needs program: children with mild to moderate special needs (anxiety, autism spectrum disorder, down syndrome/trisomy, etc.)

Coverage area: Laval

Hours: Monday to Friday 7h00 to 22h00, Saturday and Sunday 8h00 to 20h00

Fees: variable

Financing: self-financing, provincial, federal, municipal, donations

Legal status: non-profit organization

CENTRE MARCELLE ET JEAN COUTU
425 Place Jean-Coutu, Auteuil, Laval, QC, H7H 3C8
450 624-0980
Website: www.lepilier.org/les-services/le-centre-marcelle-et-jean-coutu
Email: info@lepilier.org


Eligibility: activities and day camp: adults living with an intellectual disability, autonomous, semi-autonomous or polyhandicapped, weekend respite and summer respite: children aged 5 to 17 years old and adults living with an intellectual disability, an autism spectrum disorder or a physical disability, alternating housing: youth under 18 years old attending school and living with an autism spectrum disorder

Coverage area: Province of Québec, priority to Laval

Hours: activities and day camp: Monday to Friday 9h30 to 15h30, weekend respite: Friday 16h00 to Sunday 19h00, summer respite: Monday to Friday from 9h00 to 15h00, alternating housing: Monday evening to Friday morning

Fees: activities and day camp: $22 per day and $15 per half-day for Laval residents, $27 per day and $19 per half-day for non-residents, weekend respite: variable according to the day, the age of the person and the region

Financing: donations, provincial, municipal, self-financing

Legal status: non-profit organization
CORPORATION INTÉGRATION À LA VIE ACTIVE DES PERSONNES HANDICAPÉES DE LAVAL
387 des Prairies Boulevard, Suite 210-B, Laval-des-Rapides, Laval, QC, H7N 2W4
450 668-1429  Fax: 450 668-7360
Website: civaphl.org
Email: info@civaphl.org

Services: Follow-up and individual support to ease social and vocational reintegration. * Information and referral. * Socioprofessional integration program and summer job program. * Group activities and day activities. * Club propulsion: adapted day camp for youth 14 to 21 years old living with a physical disability. * Day camp for young adults 18 to 35 years old living with an intellectual disability or a pervasive development disorder (PDD). * Collective kitchens.

Eligibility: youth and young adults 14 to 35 years old living with physical, sensory and intellectual limitations
Capacity: 12 to 17 people per activity
Coverage area: Laval
Hours: Monday to Friday 8h30 to 15h30, collective kitchens: Saturday 9h00 to 12h00
Fees: membership card: $5, day camps: variable
Financing: provincial, donations, federal
Legal status: non-profit organization

FADOQ - RÉGION LAVAL
1850 le Corbusier Boulevard, Suite 307, Chomedey, Laval, QC, H7S 2K1
450 686-2339  Fax: 450 686-4845
Website: www.fadoq.ca/laval
Email: info@fadoqlaval.com

Services: * Grouping and representation in order to maintain and improve quality of life. * Advocacy of rights, promotion of contribution to society. * Awareness programs and workshops on various subjects. * Privilege program: access to discounts on various products and services. * Recreational and social activities.

Eligibility: people 50 years and over
Coverage area: Laval
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: membership: $30 per year or $50 for 2 years
Financing: self-financing, membership fees
Legal status: non-profit organization

GYMNO LAVAL
2465 Honoré-Mercier Street, Sainte-Rose, Laval, QC, H7L 2S9
450 625-2674
Website: www.gymno.org/article/257-gymno-laval.html
Email: laval@gymno.org


Eligibility: children 3 to 17 years old with learning difficulties, day camp: 5 to 17 years old, parent-child activities: 3 to 4 years old, their parents
Coverage area: Laval
Hours: office: Monday to Friday 8h00 to 16h00, activities: Friday evening, Saturday and Sunday morning, summer day camp: 7h15 to 17h30
Fees: variable
Financing: provincial, municipal, donations
Legal status: non-profit organization

HALTE DE L'ORCHIDBLEUE (LA)
113 de la Concorde Boulevard West, Laval-des-Rapides, Laval, QC, H7N 1H8
450 575-3276  Fax: 450 933-2244
Website: www.halte-orchidbleue.ca
Email: info@halte-orchidbleue.ca
Disability

Eligibility: people 12 years and over with an intellectual disability with or without ASD.
Coverage area: Laval
Hours: Monday to Friday 6h30 to 18h00, Saturday 9h00 to 15h00
Fees: variable
Financing: provincial, self-financing
Legal status: non-profit organization

JARDIN DE LA FAMILLE DE FABREVILLE
3867 Sainte-Rose Boulevard, Fabreville, Laval, QC, H7P 1C8
450 622-9456 Fax: 450 622-0312
Website: www.jardindelafamille.org
Email: ajff@jardindelafamille.org
Eligibility: people living with an intellectual, physical or psychological limitation, families on a low income, immigrants
Coverage area: Laval-Ouest, Fabreville, Sainte-Rose
Hours: administration: Monday to Friday 9h00 to 16h00, thrift store (regular hours): Monday to Saturday 9h00 to 17h00, thrift store (summer hours): Monday to Friday 9h00 to 18h00, Saturday 9h00 to 17h00
Fees: free with some exceptions
Financing: grants, fundraising campaigns, self-financing, donations
Legal status: non-profit organization

MOUVEMENT PERSONNE D'ABORD DE LAVAL
304 Cartier Boulevard West, Suite 240, Laval-des-Rapides, Laval, QC, H7N 2J2
450 972-2099 ext. 42002
Email: mpdalaval@hotmail.com
Eligibility: people living with intellectual disabilities
Coverage area: Laval
Hours: Monday to Thursday, variable schedule
Fees: membership card: $10 per year
Financing: provincial
Legal status: non-profit organization

SERVICES DU CHAT BOTTÉ (LES)
2285 Francis Hughes Avenue, Suite 200, Chomedey, Laval, QC, H7S 1N5
450 663-5551 ext. 5 Fax: 450 663-0694
Website: autismelaval.org
Email: info@autismelaval.org
Eligibility: people with an autism spectrum disorder, day activities: semi-autonomous people 21 years and over with a behavioural problem, an intellectual disability or an autism spectrum disorder.
Capacity: respite: 24
Coverage area: Laval
Hours: Monday to Friday 8h30 to 16h00
Fees: variable
Financing: provincial, membership fees
Legal status: non-profit organization

SOCIÉTÉ CANADIENNE DE LA SCLÉROSE EN PLAQUES - DIVISION DU QUÉBEC - SECTION LAVAL

387 des Prairies Boulevard, Suite 210A, Laval-des-Rapides, Laval, QC, H7N 2W4
450 663-4911
Website: mssociety.ca
Email: info.laval@scleroseenplaques.ca


Eligibility: people with multiple sclerosis, caregivers, spouses
Capacity: about ten participants per course
Coverage area: Laval
Hours: Monday to Friday 9h00 to 16h00
Fees: free
Financing: donations, fundraising campaigns, grants
Legal status: non-profit organization

T.R.E.S. THÉÂTRAL

921 Noël Street, Sainte-Dorothée, Laval, QC, H7X 1X9
514 817-9464
Email: jodoin@vl.videotron.ca

Services: Theatrical representations and activities. * Promotion of theatre for deaf and hearing people.

Eligibility: deaf and hearing people
Coverage area: Laval
Hours: variable
Financing: donations, self-financing
Legal status: non-profit organization

Respite services and housing

ASSOCIATION LAVALLOISE DES PERSONNES AIDANTES

1850 Le Corbusier Boulevard, Suite 100, Chomedey, Laval, QC, H7S 2K1
450-686-2572 ext. 221  Fax: 450 686-2503
Website: www.aldpa.org/english
Email: info@aldpa.org


Eligibility: caregivers of a person with a loss of autonomy or a person with a physical or intellectual disability or an autism spectrum disorder, day centres: seniors, adults 21 years and over living with a physical or intellectual disability or an autism spectrum disorder
Capacity: variable
Coverage area: Laval
Hours: office: Monday to Friday 8h00 to 16h30, at-home respite: 24 hours / 7 days (except on holidays), day centre for seniors: Monday, Wednesday, Friday 9h30 to 15h30, day centre for adults: Monday to Friday 9h30 to 15h30
ASSOCIATION LAVALLOISE POUR LA DÉFICIENCE INTELLECTUELLE ET LE TROUBLE DU SPECTRE DE L'AUTISME
73 Saint-Elzéar Boulevard West, Vimont, Laval, QC, H7M 1E7
450 972-1010     Fax: 450 972-1515
Website: aledia1959.com/en
Services: * Promotion of the interests and rights. * Demystification of intellectual disability and the autism spectrum disorder. * Development of services to encourage individual and social growth within the community. * Support and assistance for members and their relatives. * House-sitting. * Summer camp, recreational and sports activities, monthly outings. * One week long shelter to develop the residential autonomy of youth 16 years old and over. * Animated monitoring service for members 12 years and over. * Food assistance.
Eligibility: people living with an intellectual disability or an autism spectrum disorder, their parents and fieldworkers, food assistance: people living with an intellectual disability or an autism spectrum disorder, living alone or in a couple, families in need who have a child with a developmental disability or an autism spectrum disorder
Coverage area: Laval
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Fees: evaluation to become a member: $15, annual membership; $10 for people with a diagnosis, $20 for their parents or relatives, $25 for other people, variable fees for activities
Financing: provincial, self-financing
Legal status: non-profit organization

CENTRE MARCELLE ET JEAN COUTU
425 Place Jean-Coutu, Auteuil, Laval, QC, H7H 3C8
450 624-0980
Website: www.lepilier.org/les-services/le-centre-marcelle-et-jean-coutu
Email: info@lepilier.org
Eligibility: activities and day camp: adults living with an intellectual disability, autonomous, semi-autonomous or polyhandicapped, weekend respite and summer respite: children aged 5 to 17 years old and adults living with an intellectual disability, an autism spectrum disorder or a physical disability, alternating housing: youth under 18 years old attending school and living with an autism spectrum disorder
Coverage area: Province of Québec, priority to Laval
Hours: activities and day camp: Monday to Friday 9h30 to 15h30, weekend respite: Friday 16h00 to Sunday 19h00, summer respite: Monday to Friday from 9h00 to 15h00, alternating housing: Monday evening to Friday morning
Fees: activities and day camp: $22 per day and $15 per half-day for Laval residents, $27 per day and $19 per half-day for non-residents, weekend respite: variable according to the day, the age of the person and the region
Financing: donations, provincial, municipal, self-financing
Legal status: non-profit organization

FONDATION LE PILIER
425 Place Jean-Coutu, Auteuil, Laval, QC, H7H 3C8
450 624-9922     Fax: 450 624-0976
Website: www.lepilier.org
Email: info@lepilier.org
Eligibility: youth or adults living with an intellectual disability, an autism spectrum disorder, a head trauma or any other type of physical disability

Coverage area: Province of Québec

Hours: Monday 9h00 to 17h00, Tuesday 8h30 to 16h30, Wednesday to Friday 8h30 to 17h00

Financing: donations, provincial, municipal

Legal status: non-profit organization

HALTE DE L’ORCHIDBLEUE (LA)

113 de la Concorde Boulevard West, Laval-des-Rapides, Laval, QC, H7N 1H8

450 575-3276 Fax: 450 933-2244

Website: www.halte-orchidbleue.ca

Email: info@halte-orchidbleue.ca


Eligibility: people 12 years and over with an intellectual disability with or without ASD

Coverage area: Laval

Hours: Monday to Friday 6h30 to 18h00, Saturday 9h00 to 15h00

Fees: variable

Financing: provincial, self-financing

Legal status: non-profit organization

MAISON DU PAS SAGE

101 Sainte-Rose Boulevard, Sainte-Rose, Laval, QC, H7L 3J7

Email: info@maisondupassage.org

Services: Supervised apartment for people living with intellectual disabilities or an autism spectrum disorder.

Eligibility: people living with an intellectual disability or an autism spectrum disorder

Capacity: 12

Coverage area: Laval

Financing: donations

Legal status: non-profit organization

SERVICES DU CHAT BOTTÉ (LES)

2285 Francis Hughes Avenue, Suite 200, Chomedey, Laval, QC, H7S 1N5

450 663-5551 ext. 5 Fax: 450 663-0694

Website: autismelaval.org

Email: info@autismelaval.org


Eligibility: people with an autism spectrum disorder, day activities: semi-autonomous people 21 years and over with a behavioural problem, an intellectual disability or an autism spectrum disorder

Capacity: respite: 24

Coverage area: Laval

Hours: Monday to Friday 8h30 to 16h00

Fees: variable

Financing: provincial, membership fees

Legal status: non-profit organization
STIMULEARTS
201 7th Avenue, Laval-des-Rapides, Laval, QC, H7N 4J7
450 668-8226  Fax: 450 933-8026
Website: stimularts.com
Email: admin@stimularts.com
Services: * Adapted creative workshops: painting, arts and crafts, sensory and creative experiences. * Special activities and events.
Eligibility: adults 17 years and over with an intellectual disability, a pervasive development disorder (PDD), physical disability or an autism spectrum disorder
Capacity: 20 persons for a time block of 2 hours
Coverage area: Laval
Hours: Monday to Friday 9h30 to 15h30
Fees: variable depending on the activities
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

Support Associations

ACTION AUTISME
1705 des Laurentides Boulevard, Suite 250, Vimont, Laval, QC, H7M 2P5
450 627-2250
Website: actionautisme.org
Email: info@actionautisme.org
Services: Financial assistance for autistic people's treatments. * Information and referrals.
Eligibility: families of people living with autism, organizations
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 16h45
Financing: fundraising campaigns, donations
Legal status: non-profit organization

ALZHEIMER SOCIETY LAVAL
2525 René-Laennec Boulevard, Vimont, Laval, QC, H7K 0B2
450 975-0966  Fax: 450 975-0517
Website: alzheimerlaval.org
Email: info@alzheimerlaval.org
Services: * Helpline. * Individual or family counselling on site or at home with follow-up. * Support groups for people with Alzheimer's and caregivers. * Activity and respite centre, emergency drop-in centre. * At-home stimulation respite: 4 hours per week or 8 hours every 2 weeks. * Temporary or permanent housing. * Training for caregivers.
Eligibility: people living with Alzheimer's disease or a neurocognitive disorder, caregivers, professionals
Capacity: respite housing: 2 private rooms, permanent housing: 10 private rooms
Coverage area: Laval
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, activity and respite centre: Monday to Friday 9h00 to 16h30, drop-in centre: Monday to Friday 16h00 to 22h00, Saturday and Sunday 8h00 to 22h00, support groups in daytime for people with Alzheimer's disease and in evening for caregivers, training workshops in the evening, temporary accommodation: year-round, 24 hours
Fees: support groups and respite: 5 to $15 per day, home respite: $3 per hour for a maximum of $15 per day, training: $50 per session of 8 weeks
Financing: fundraising campaigns, donations, grants
Legal status: non-profit organization
ASSOCIATION DE LA FIBROMYALGIE DE LAVAL
2465 Honoré-Mercier Street, Suite 225, Sainte-Rose, Laval, QC, H7L 2S9
450 622-1414  Fax: 450 622-1414
Website: fibromyalgielaval.org
Email: info@fibromyalgielaval.org
Eligibility: people with fibromyalgia or chronic pain, their close ones, students, health professionals
Coverage area: Laval
Hours: Monday to Thursday 10h00 to 16h00
Fees: annual membership: $30, mutual aid groups: free
Financing: membership fees, grants
Legal status: non-profit organization

ASSOCIATION DU DIABÈTE LAVAL LAURENTIDES
3030 Le Carrefour Boulevard, Suite 1001, Chomedey, Laval, QC, H7T 2P5
450 686-0330
Website: www.diabetelaval.qc.ca
Email: info@diabetelaval.qc.ca
Eligibility: people with diabetes
Coverage area: Laval, Basses-Laurentides
Hours: Monday to Friday 9h30 to 16h00
Financing: fundraising campaigns, contributions, donations
Legal status: non-profit organization

ASSOCIATION DYSPHASIE +
3235 Saint-Martin Boulevard East, Suite 216, Duvernay, Laval, QC, H7E 5G8
450 937-3670
Website: www.dysphasieplus.com
Email: info@dysphasieplus.com
Eligibility: children, teenagers and adults with dysphasia, their parents or close ones
Coverage area: Laval, Montréal Island
Hours: variable
Fees: phone listening and referral: free, services: membership fees
Financing: self-financing, provincial
Legal status: non-profit organization

ASSOCIATION LAVALLOISE POUR LA DÉFICIENCE INTELLECTUELLE ET LE TROUBLE DU SPECTRE DE L’AUTISME
73 Saint-Elzéar Boulevard West, Vimont, Laval, QC, H7M 1E7
450 972-1010  Fax: 450 972-1515
Website: aledia1959.com/en
Services: * Promotion of the interests and rights. * Demystification of intellectual disability and the autism spectrum disorder. * Development of services to encourage individual and social growth within the community. * Support and assistance for members and their relatives. * House-sitting. * Summer camp, recreational and sports activities, monthly outings. * One week long shelter to develop the residential autonomy of youth 16 years old and over. * Animated monitoring service for members 12 years and over. * Food assistance.
Eligibility: people living with an intellectual disability or an autism spectrum disorder, their parents and fieldworkers, food assistance: people living with an intellectual disability or an autism spectrum disorder, living alone or in a couple, families in need who have a child with a developmental disability or an autism spectrum disorder

Coverage area: Laval

Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00

Fees: evaluation to become a member: $15, annual membership: $10 for people with a diagnosis, $20 for their parents or relatives, $25 for other people, variable fees for activities

Financing: provincial, self-financing

Legal status: non-profit organization

ASSOCIATION PULMONAIRE DU QUÉBEC - GROUPE D'ENTRAIDE MALADIES PULMONAIRES - LAVAL/RIVE-NORD

3500 Saint-Martin Boulevard West, 2nd floor, Chomedey, Laval, QC, H7V 2W4

1 888 768-6669 ext. 230

Website: poumonquebec.ca/en

Email: info@poumonquebec.ca

Services: Support group offered during the following months: March, April, May, September, October and November for people with one or more lung diseases, family members or caregivers. * Discussions on topics adapted to the group and lectures by health professionals.

Eligibility: people with respiratory diseases, family members and caregivers

Capacity: 40 people

Coverage area: Laval

Hours: March, April, May, September, October and November: last Tuesday of the month 13h30 to 15h30

Fees: none

Financing: fundraising campaigns, donations

Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DES TRAUMATISÉS CRÂNIENS - RÉGION DE LAVAL

220 du Parc Avenue, Laval-des-Rapides, Laval, QC, H7N 3X4

514 274-7447     Fax: 450 629-8807

Website: www.aqtc.ca

Email: aqtc@aqtc.ca


Eligibility: people with traumatic brain injury (TBI), families, public, professionals

Capacity: support groups: 7 to 8 people

Coverage area: Laval

Hours: Monday to Friday 9h00 to 17h00

Fees: annual membership: $15, the first 2 years are free

Financing: provincial, grants

Legal status: parapublic organization

AVC-APHASIE LAVAL

3350 Dagenais Boulevard West, Fabreville, Laval, QC, H7P 1V6

450 937-3666

Website: www.avcaphasielaval.ca

Email: info@avcaphasielaval.ca

Eligibility: people who have had a stroke, with any after effects, people with aphasia, their close ones and the general public
Coverage area: Laval
Hours: Monday to Friday 8h30 to 16h30
Fees: annual membership: $25, activities: 25 to $35 per class
Financing: provincial, municipal, donations
Legal status: non-profit organization

BUREAU D’AIDE ET D’ASSISTANCE FAMILIALE PLACE SAINT-MARTIN
1885 Dumouchel Avenue, Suite 202, Chomedey, Laval, QC, H7S 1J7
450 681-9979   Fax: 450 681-2835
Website: baaf.ca
Email: baaf@videotron.ca
Eligibility: families with children 0 to 5 years old, people on a low income
Coverage area: Laval
Hours: Monday to Friday 8h00 to 16h00
Fees: minimal fees depending on the activity
Financing: grants, donations
Legal status: non-profit organization

CARREFOUR D’INTERCULTURES DE LAVAL
1536 Curé-Labelle Boulevard, Suite 226, Chomedey, Laval, QC, H7V 2W2
450 686-0554
Website: www.carrefourintercultures.com
Email: info@carrefourintercultures.com
Eligibility: immigrants and newcomers
Coverage area: Laval
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: variable, French courses: none
Financing: grants, self-financing, provincial, municipal, federal
Legal status: non-profit organization

CENTRE D’IMPLICATION LIBRE DE LAVAL EN RÉADAPTATION SOCIALE
156 des Laurentides Boulevard, Laval-des-Rapides, Laval, QC, H7G 2T5
450 668-1771   Fax: 450 668-9010
Website: www.cill.qc.ca
Email: info@cill.qc.ca
Eligibility: adults 18 years old and over living or who have lived with mental health issues
Coverage area: Laval, North of Montréal
Hours: Monday to Friday 8h30 to 17h00, Saturday, Sunday and evenings depending on the activities
Financing: self-financing, grants
Legal status: non-profit organization
CENTRE DE PÉDIATRIE SOCIALE LAVAL
1880 Dumouchel Avenue, Apartment 1, Chomedey, Laval, QC, H7S 1J8
450 682-0277   Fax: 450 682-0242
Website: www.cpslaval.org/fr
Email: info@cpslaval.org


Eligibility: vulnerable children 0 to 14 years old and their family living in the Place St-Martin HLM

Coverage area: Laval: postal codes beginning with H7S, H7M or H7G

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: donations

Legal status: non-profit organization

CENTRE DE PÉDIATRIE SOCIALE LAVAL - POINT DE SERVICE CHOMEDEY
280 92nd Avenue, Chomedey, Laval, QC, H7W 3N3
450 688-4666

Website: www.cpslaval.org/fr
Email: info@cpslaval.org


Eligibility: residents: vulnerable children 0 to 14 years old and their family

Coverage area: Laval: postal codes beginning with H7W

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: donations

Legal status: non-profit organization

CENTRE DE PÉDIATRIE SOCIALE LAVAL - POINT DE SERVICE PONT-VIAU
200 de la Concorde Boulevard East, Pont-Viau, Laval, QC, H7G 2C8
450 662-0273

Website: www.cpslaval.org/fr
Email: info@cpslaval.org


Eligibility: residents: vulnerable children 0 to 14 years old and their family

Coverage area: Laval: postal codes beginning with H7G

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: donations

Legal status: non-profit organization

CLSC DU RUISSEAU-PAPINEAU - RUE DU COUVENT
1665 du Couvent Street, Chomedey, Laval, QC, H7W 3A8
450 687-5690

Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=840&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H7W3A8

Coverage area: Laval

Hours: Monday to Friday 7h30 to 20h00, Saturday, Sunday and holidays 9h00 to 17h00

Financing: provincial

Legal status: parapublic organization

INSTITUT DES TROUBLES D'APPRENTISSAGE - SECTION LAVAL

100 Tourangeau Street East, Pont-Viau, Laval, QC, H7G 1L1

450 668-0123

Website: www.institutta.com

Email: section.laval@institutta.com


Eligibility: children and adults with learning or attention difficulties, including ADHD, their parents

Coverage area: Laval

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00

Fees: membership: $10

Financing: grants, contributions, fundraising campaigns

Legal status: non-profit organization

LITTLE BROTHERS - LAVAL

435 Curé-Labelle Boulevard South, Suite 205, Chomedey, Laval, QC, H7V 2S8

450 934-8955

Website: www.petitsfreres.ca/laval

Email: laval@petitsfreres.ca


Eligibility: seniors over 75 years without a present family or significant social contact

Coverage area: Laval

Hours: Monday to Friday 9h00 to 16h00

Fees: free

Financing: fundraising campaigns, self-financing, donations

Legal status: non-profit organization

MAISON DE QUARTIER DE FABREVILLE

3031 Dagenais Boulevard, Fabreville, Laval, QC, H7P 1T4

450 625-5453 Fax: 450 625-4140

Website: www.mqfabreville.org

Email: info@mqfabreville.org
Disability


**Eligibility:** children, teenagers, adults, families

**Capacity:** 25

**Coverage area:** Fabreville, Sainte-Rose

**Hours:** Monday to Friday 8h30 to 16h30

**Fees:** voluntary contribution

**Financing:** Centraide of Greater Montréal, donations, provincial, federal, municipal, self-financing

**Legal status:** non-profit organization

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**NOURRI-SOURCE - LAVAL**

Confidential Address
450 233-2116

**Website:** nourri-source.org/en/nourri-source-laval

**Email:** laval@nourri-source.org

**Services:** * Telephone pairing between breastfeeding mothers and breastfeeding trained and experienced volunteer mothers. * Breastfeeding clinics 4 to 5 times a week. * 9 hour-training to become a volunteer as a breastfeeding support mother. * Activities, public appearances and continuous trainings to promote breastfeeding.

**Eligibility:** mothers, fathers and family members of breastfed babies

**Coverage area:** Laval

**Hours:** depending on each sector

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

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**OSTEOPOROSIS CANADA - GREATER MONTRÉAL CHAPTER**

274 Antoine Forestier Street, Vimont, Laval, QC, H7M 6B9

1 800 977-1778     Fax: 514 933-2618

**Website:** osteoporosis.ca

**Email:** montreal@osteoporosecanada.ca

**Services:** * Documentation and identification of risk factors. * Information phone line. * Education. * Forum for members.

**Eligibility:** people living with osteoporosis, their relatives

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** membership: $25 for one year, $45 for two years

**Financing:** fundraising campaigns, contributions

**Legal status:** non-profit organization

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**PARENTÈLE DE LAVAL (LA)**

196 7th Avenue, Laval-des-Rapides, Laval, QC, H7N 4J6

450 662-9835

**Website:** laparenteledelaval.com

**Email:** info@laparenteledelaval.com

Eligibility: families with children under 12 years old

Coverage area: Laval

Hours: Monday 9h00 to 16h00, Tuesday to Thursday 9h00 to 16h00 and 18h00 to 20h00, Friday 18h00 to 20h00

Fees: variable

Financing: Centraide of Greater Montréal, provincial, federal, self-financing, foundations

Legal status: non-profit organization

REGROUPEMENT DES FAMILLES MONOPARENTALES ET RECOMPOSÉES DE LAVAL

140 Nadon Street, Sainte-Rose, Laval, QC, H7L 1T5

450 622-0524

Website: www.rfmrl.org

Email: info@rfmrl.org


Eligibility: single parents or blended families with adaptation difficulties, women, men and children

Capacity: 12 people per group

Coverage area: Laval, Lanaudière, Laurentides, Montréal Island

Hours: Monday to Thursday 9h00 to 20h00, Saturday 9h00 to 15h00

Fees: annual membership: $20, other services: variable

Financing: provincial

Legal status: non-profit organization

SOCIÉTÉ DE L'AUTISME ET DES TED - LAVAL

2285 Francis Hughes Avenue, Suite 200, Chomedey, Laval, QC, H7S 1N5

450 663-5551 Fax: 450 663-0694

Website: autismelaval.org

Email: info@autismelaval.org


Eligibility: people with an autism spectrum disorder or a pervasive developmental disorder, their families

Coverage area: Laval

Hours: Monday to Friday 8h30 to 16h00

Fees: $30 per year

Financing: provincial, federal, municipal, membership fees

Legal status: non-profit organization

SPHÈRE - SANTÉ SEXUELLE GLOBALE

90 Lévesque Boulevard East, Pont-Viau, Laval, QC, H7G 1B9

450 669-3099 Fax: 450 669-3421

Website: spheressg.org

Email: info@spheressg.org

Eligibility: people living with HIV/AIDS or other STIs, trans people, non-binary people, people who identify with the LGBTQ+ community or who are questioning, youth, men having sex with men, sex workers, users of injected or inhaled drugs, people from countries where HIV is endemic (Africa, Haiti, Carribean), general public

Coverage area: Laval

Hours: Tuesday to Friday

Fees: none

Financing: grants, self-financing, donations

Legal status: non-profit organization

TSA SANS FRONTIÈRES
2285 Francis Hughes Avenue, Suite 200, Chomedey, Laval, QC, H7S 1N5
450 663-5551   Fax: 450 663-0694
Website: autismelaval.org
Email: info@autismelaval.org


Eligibility: parents of people with an autism spectrum disorder, counsellors, researchers

Coverage area: Laval

Hours: Monday to Friday 8h30 to 16h00

Financing: fundraising campaigns, donations, provincial

Legal status: non-profit organization

UNIVERSITÉ DE MONTRÉAL - CLINIQUE SATELLITE DE NEUROPSYCHOLOGIE
1700 Jacques-Tétreault Street, Suite 6111, Laval-des-Rapides, Laval, QC, H7N 0B6
514 343-7725   Fax: 514 343-7418
Website: psy.umontreal.ca/ressources-services/clinique-universitaire-de-psychologie
Email: clinique-universitaire@psy.umontreal.ca

Services: University teaching centre open to the public offering neuropsychological evaluation and intervention services.

Eligibility: people of all ages with a learning, adaptation or behavioural difficulty, an intellectual disability, an autism spectrum disorder, a neurological, mental health or degenerative issue

Coverage area: Greater Montréal

Hours: by appointment, from September to June

Financing: grants, self-financing

Legal status: non-profit organization

Support and integration organizations

ACTION AUTISME
1705 des Laurentides Boulevard, Suite 250, Vimont, Laval, QC, H7M 2P5
450 627-2250
Website: actionautisme.org
Email: info@actionautisme.org

Services: Financial assistance for autistic people's treatments. * Information and referrals.

Eligibility: families of people living with autism, organizations

Coverage area: Province of Québec
ASSOCIATION LAVALLOISE POUR LA DÉFICIENCE INTELLECTUELLE ET LE TROUBLE DU SPECTRE DE L’AUTISME
73 Saint-Elzéar Boulevard West, Vimont, Laval, QC, H7M 1E7
450 972-1010   Fax: 450 972-1515
Website: aledia1959.com/en

Services: * Promotion of the interests and rights. * Demystification of intellectual disability and the autism spectrum disorder. * Development of services to encourage individual and social growth within the community. * Support and assistance for members and their relatives. * House-sitting. * Summer camp, recreational and sports activities, monthly outings. * One week long shelter to develop the residential autonomy of youth 16 years old and over. * Animated monitoring service for members 12 years and over. * Food assistance.

Eligibility: people living with an intellectual disability or an autism spectrum disorder, their parents and fieldworkers, food assistance: people living with an intellectual disability or an autism spectrum disorder, living alone or in a couple, families in need who have a child with a developmental disability or an autism spectrum disorder

Coverage area: Laval
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Fees: evaluation to become a member: $15, annual membership; $10 for people with a diagnosis, $20 for their parents or relatives, $25 for other people, variable fees for activities
Financing: provincial, self-financing
Legal status: non-profit organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE INTELLECTUELLE ET EN TROUBLES DU SPECTRE DE L’AUTISME - BOULEVARD CARTIER
304 Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7N 2J2
450 972-2099
Website: www.lavalensante.com


Eligibility: individuals living with an intellectual disability or a pervasive developmental disorder (PDD) with or without intellectual disability

Coverage area: Laval
Hours: Monday to Friday 8h00 to 16h00
Financing: provincial
Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE INTELLECTUELLE ET EN TROUBLES DU SPECTRE DE L’AUTISME - BOULEVARD SAINTE-ROSE
261 Sainte-Rose Boulevard, Sainte-Rose, Laval, QC, H7L 1M1
450 622-4376
Website: www.lavalensante.com


Eligibility: individuals living with an intellectual disability or a pervasive developmental disorder (PDD) with or without an intellectual disability

Coverage area: Laval
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: parapublic organization
**CENTRE DU SABLON**
755 du Sablon Road, Chomedey, Laval, QC, H7W 4H5
450 688-8961   Fax: 450 688-8969
Website: centredusablon.ca/en
Email: info@centredusablon.com


Eligibility: general population, Special needs program: children with mild to moderate special needs (anxiety, autism spectrum disorder, down syndrome/trisomy, etc.)

Coverage area: Laval
Hours: Monday to Friday 7h00 to 22h00, Saturday and Sunday 8h00 to 20h00
Fees: variable

Financing: self-financing, provincial, federal, municipal, donations

Legal status: non-profit organization

**INSTITUT DES TROUBLES D’APPRENTISSAGE - SECTION LAVAL**
100 Tourangeau Street East, Pont-Viau, Laval, QC, H7G 1L1
450 668-0123
Website: www.institutta.com
Email: section.laval@institutta.com


Eligibility: children and adults with learning or attention difficulties, including ADHD, their parents

Coverage area: Laval
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00
Fees: membership: $10

Financing: grants, contributions, fundraising campaigns

Legal status: non-profit organization

**JARDIN DE LA FAMILLE DE FABREVILLE**
3867 Sainte-Rose Boulevard, Fabreville, Laval, QC, H7P 1C8
450 622-9456   Fax: 450 622-0312
Website: www.jardindelafamille.org
Email: ajff@jardindelafamille.org


Eligibility: people living with an intellectual, physical or psychological limitation, families on a low income, immigrants

Coverage area: Laval-Ouest, Fabreville, Sainte-Rose

Hours: administration: Monday to Friday 9h00 to 16h00, thrift store (regular hours): Monday to Saturday 9h00 to 17h00, thrift store (summer hours): Monday to Friday 9h00 to 18h00, Saturday 9h00 to 17h00

Fees: free with some exceptions

Financing: grants, fundraising campaigns, self-financing, donations

Legal status: non-profit organization
SOCIÉTÉ DE L'AUTISME ET DES TED - LAVAL
2285 Francis Hughes Avenue, Suite 200, Chomedey, Laval, QC, H7S 1N5
450 663-5551  Fax: 450 663-0694
Website: autismelaval.org
Email: info@autismelaval.org
Eligibility: people with an autism spectrum disorder or a pervasive developmental disorder, their families
Coverage area: Laval
Hours: Monday to Friday 8h30 to 16h00
Fees: $30 per year
Financing: provincial, federal, municipal, membership fees
Legal status: non-profit organization

TSA SANS FRONTIÈRES
2285 Francis Hughes Avenue, Suite 200, Chomedey, Laval, QC, H7S 1N5
450 663-5551  Fax: 450 663-0694
Website: autismelaval.org
Email: info@autismelaval.org
Eligibility: parents of people with an autism spectrum disorder, counsellors, researchers
Coverage area: Laval
Hours: Monday to Friday 8h30 to 16h00
Financing: fundraising campaigns, donations, provincial
Legal status: non-profit organization

UNIVERSITÉ DE MONTRÉAL - CLINIQUE SATELLITE DE NEUROPSYCHOLOGIE
1700 Jacques-Tétreault Street, Suite 6111, Laval-des-Rapides, Laval, QC, H7N 0B6
514 343-7725  Fax: 514 343-7418
Website: psy.umontreal.ca/ressources-services/clinique-universitaire-de-psychologie
Email: clinique-universitaire@psy.umontreal.ca
Services: University teaching centre open to the public offering neuropsychological evaluation and intervention services.
Eligibility: people of all ages with a learning, adaptation or behavioural difficulty, an intellectual disability, an autism spectrum disorder, a neurological, mental health or degenerative issue
Coverage area: Greater Montréal
Hours: by appointment, from September to June
Financing: grants, self-financing
Legal status: non-profit organization

The Blind
ASSOCIATION DES PERSONNES HANDICAPÉES VISUELLES DE LAVAL
25 Saint-Louis Street, Pont-Viau, Laval, QC, H7G 4W3
438 989-7300
Website: www.aphvl.ca
Email: 1980aphvl@gmail.com
Services: Exchange and socialization place for people living with a visual disability. * Social, cultural and sports activities.
Eligibility: people living with a visual disability
Coverage area: Laval
ASSOCIATION RÉGIONALE DE LOISIRS POUR PERSONNES HANDICAPÉES DE LAVAL
387 des Prairies Boulevard, Suite 215-A, Laval-des-Rapides, Laval, QC, H7N 2W4
450 668-2354
Website: arlphl.qc.ca
Email: info@arlphl.qc.ca
Eligibility: anyone with a disability, regardless of age and type of disability
Coverage area: Laval
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: provincial, municipal
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE LE RENDEZ-VOUS DES AÎNÉS
10 Proulx Street West, Laval-des-Rapides, Laval, QC, H7N 1N3
450 667-8836     Fax: 450 667-5810
Website: ccrva.org
Email: info@ccrva.org
Eligibility: people 50 years old and over, adapted recreational activities: people 35 years old and over
Coverage area: Laval
Hours: Monday to Friday 9h00 to 16h00, thrift store: Monday and Thursday 9h00 to 16h00
Fees: membership: $15 per year, meals: $6.50 for members and $8 for non-members, frozen meals: variable prices, fresh meal of the day: $4.50
Financing: Centraide of Greater Montréal, provincial, self-financing
Legal status: non-profit organization

CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DE LAVAL - GUICHET D'ACCÈS DI-TSA-DP
304 Cartier Boulevard West, Suite 204, Laval-des-Rapides, Laval, QC, H7N 2J2
811 option 2
Website: www.lavalensante.com/employes-professionnels-et-medecins/acces-aux-services-en-di-tsa-et-dp
Services: Receives and processes requests for specific and rehabilitation services for the entire territory. * Centralized service covering all installations to facilitate access paths. * Second line cares only (more than 3 months).
Eligibility: people living with a physical or an intellectual disability or with an autism spectrum disorder
Coverage area: Laval
Hours: Monday to Friday 8h00 to 16h00
Financing: provincial
Legal status: parapublic organization
CORPORATION INTÉGRATION À LA VIE ACTIVE DES PERSONNES HANDICAPÉES DE LAVAL
387 des Prairies Boulevard, Suite 210-B, Laval-des-Rapides, Laval, QC, H7N 2W4
450 668-1429  Fax: 450 668-7360
Website: civaphl.org
Email: info@civaphl.org
Services: Follow-up and individual support to ease social and vocational reintegration. * Information and referral. * Socioprofessional integration program and summer job program. * Group activities and day activities. * Club propulsion: adapted day camp for youth 14 to 21 years old living with a physical disability. * Day camp for young adults 18 to 35 years old living with an intellectual disability or a pervasive development disorder (PDD). * Collective kitchens.
Eligibility: youth and young adults 14 to 35 years old living with physical, sensory and intellectual limitations
Capacity: 12 to 17 people per activity
Coverage area: Laval
Hours: Monday to Friday 8h30 to 15h30, collective kitchens: Saturday 9h00 to 12h00
Fees: membership card: $5, day camps: variable
Financing: provincial, donations, federal
Legal status: non-profit organization

JEWISH REHABILITATION HOSPITAL
3205 Place Alton-Goldbloom, Chomedey, Laval, QC, H7V 1R2
450 688-9550
Website: www.lavalensante.com/en/jewish-rehabilitation-hospital/
Eligibility: people of all ages with physical challenges arising from health problems or a disability
Capacity: 132 beds
Coverage area: Montréal Island, Laval, Laurentides, Lanaudière
Financing: provincial
Legal status: parapublic organization

JEWISH REHABILITATION HOSPITAL - TECHNICAL AIDS AND ASSISTIVE COMMUNICATION AIDS
560 Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7V 1J1
450 688-5728 ext. 221
Website: www.lavalensante.com/hjr-jrh
Eligibility: adults and children with a physical disability, adults with significant and persisting difficulties communicating, speaking, writing, using a computer or controlling their environment
Coverage area: Montréal Island, Laval, North Shore, Lanaudière, emergency assistance: Laval
Fees: costs may be assumed by a paying agency (SAAQ, CSST, private insurance or other) if the person meets their criteria
Financing: provincial
Legal status: parapublic organization

REGROUPEMENT DES ORGANISMES DE PROMOTION DES PERSONNES HANDICAPÉES DE LAVAL
387 des Prairies Boulevard, Suite 017, Laval-des-Rapides, Laval, QC, H7N 2W4
450 668-4836  Fax: 450 668-2119  TTY: 450 668-4836
Website: www.ropphl.org
Email: info@ropphl.org
Eligibility: community organizations for people with disabilities or for parents of children with intellectual, sensory or physical disabilities
Coverage area: Laval
Hours: Monday to Thursday 9h00 to 17h00
Fees: contribution: $35 per year
Financing: provincial
Legal status: non-profit organization

Therapy and rehabilitation centres

ASSOCIATION DE LA FIBROMYALGIE DE LAVAL
2465 Honoré-Mercier Street, Suite 225, Sainte-Rose, Laval, QC, H7L 2S9
450 622-1414 Fax: 450 622-1414
Website: fibromyalgielaval.org
Email: info@fibromyalgielaval.org
Eligibility: people with fibromyalgia or chronic pain, their close ones, students, health professionals
Coverage area: Laval
Hours: Monday to Thursday 10h00 to 16h00
Fees: annual membership: $30, mutual aid groups: free
Financing: membership fees, grants
Legal status: non-profit organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE INTELLECTUELLE ET EN TROUBLES DU SPECTRE DE L’AUTISME - BOULEVARD CARTIER
304 Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7N 2J2
450 972-2099
Website: www.lavalensante.com
Eligibility: individuals living with an intellectual disability or a pervasive developmental disorder (PDD) with or without intellectual disability
Coverage area: Laval
Hours: Monday to Friday 8h00 to 16h00
Financing: provincial
Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE INTELLECTUELLE ET EN TROUBLES DU SPECTRE DE L’AUTISME - BOULEVARD SAINTE-ROSE
261 Sainte-Rose Boulevard, Sainte-Rose, Laval, QC, H7L 1M1
450 622-4376
Website: www.lavalensante.com
Eligibility: individuals living with an intellectual disability or a pervasive developmental disorder (PDD) with or without an intellectual disability
Coverage area: Laval
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: parapublic organization
CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DE LAVAL - GUICHET D’ACCÈS DI-
TSA-DP
304 Cartier Boulevard West, Suite 204, Laval-des-Rapides, Laval, QC, H7N 2J2
811 option 2
Website: www.lavalensante.com/employes-professionnels-et-medecins/acces-aux-services-en-di-tsa-et-dp
Services: Receives and processes requests for specific and rehabilitation services for the entire territory. * Centralized service covering all installations to facilitate access paths. * Second line cares only (more than 3 months).
Eligibility: people living with a physical or an intellectual disability or with an autism spectrum disorder
Coverage area: Laval
Hours: Monday to Friday 8h00 to 16h00
Financing: provincial
Legal status: parapublic organization

COLLÈGE MONTMORENCY - CLINIQUE-ÉCOLE DE PHYSIOTHÉRAPIE
475 de l'Avenir Boulevard, Door 5.8, Laval-des-Rapides, Laval, QC, H7N 5H9
450 975-6474
Website: www.cmontmorency.qc.ca/services-au-public/cliniques-ecoles/clinique-ecole-de-physiotherapie/nos-
services
Email: accueilclinique@cmontmorency.qc.ca
Services: * Physiotherapy clinic offering affordable treatments provided by students in the Physiotherapy techniques program under the supervision of a physiotherapist teacher.
Coverage area: Montréal Island, Laval
Hours: Monday, Wednesday and Friday 12h00 to 18h00, by appointment, from September to May, except in December
Fees: assessment: $70, treatment: $25, $15 for students
Financing: self-financing
Legal status: parapublic organization

INSTITUT RAYMOND-DEWAR - POINT DE SERVICE DU MARIGOT
250 Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7N 5S5
450 668-1803 ext. 4591     Fax: 450 972-6888     TTY: 450 972-6827
Website: www.lavalensante.com/en/care-and-services/list-of-care-and-services/intellectual-disability-id-autism-
spectrum-disorder-asd-global-developmental-delay-gdd/specific-services-for-adults-id-asd-pd-1st-
line/psychosocial-services-1st-line-for-deaf-clients-who-speak-sign-language
Email: 1e_laval@raymond-dewar.gouv.qc.ca
Eligibility: deaf people who use Québec Sign Language (QSL)
Coverage area: Montréal Island, Laval
Hours: Monday, Wednesday and Friday 9h00 to 12h00 and 13h00 to 16h00, by appointment
Financing: provincial
Legal status: parapublic organization

JEWISH REHABILITATION HOSPITAL
3205 Place Alton-Goldbloom, Chomedey, Laval, QC, H7V 1R2
450 688-9550
Website: www.lavalensante.com/en/jewish-rehabilitation-hospital/
Disability


Eligibility: people of all ages with physical challenges arising from health problems or a disability

Capacity: 132 beds

Coverage area: Montréal Island, Laval, Laurentides, Lanaudière

Financing: provincial

Legal status: parapublic organization

JEWISH REHABILITATION HOSPITAL - TECHNICAL AIDS AND ASSISTIVE COMMUNICATION AIDS

560 Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7V 1J1

450 688-5728 ext. 221

Website: www.lavalensante.com/hjr-jrh


Eligibility: adults and children with a physical disability, adults with significant and persisting difficulties communicating, speaking, writing, using a computer or controlling their environment

Coverage area: Montréal Island, Laval, North Shore, Lanaudière, emergency assistance: Laval

Fees: costs may be assumed by a paying agency (SAAQ, CSST, private insurance or other) if the person meets their criteria

Financing: provincial

Legal status: parapublic organization
Education and Literacy

ACADEMIC AND VOCATIONAL GUIDANCE

COMPUTER WORKSHOPS

DIFFICULTIES AND LEARNING DISABILITIES

HOMEWORK ASSISTANCE AND TUTORING

LANGUAGE COURSES

LITERACY

PUBLIC EDUCATION

SCHOOL PERSEVERANCE

SCHOOL SERVICE CENTERS
Academic and vocational guidance

DIMENSION TRAVAIL
1717 Saint-Martin Boulevard West, Suite 300, Chomedey, Laval, QC, H7S 1N2
450 978-7447 Fax: 450 978-7449
Website: www.dimensiontravail.com
Email: reception@dimensiontravail.com


Eligibility: women
Coverage area: Laval
Hours: Monday to Friday 8h30 to 16h30
Fees: free
Financing: provincial, federal
Legal status: non-profit organization

GROUPE PRIORITÉ TRAVAIL
665 Curé-Labelle Boulevard, Chomedey, Laval, QC, H7V 2T8
450 681-4472
Website: www.groupeprioritetravail.com/en
Email: info@groupeprioritetravail.com


Eligibility: people searching for a job or changing careers, employers
Coverage area: Laval
Hours: Monday to Friday 8h00 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

Computer workshops

ASSOCIATION POUR AÎNÉS RÉSIDANT À LAVAL
4901 Saint-Joseph Street, Saint-Vincent-de-Paul, Laval, QC, H7C 1H6
450 661-5252 Fax: 450 661-2497
Website: www.aparl.org
Email: information@aparl.org


Eligibility: people 50 years and over
Coverage area: East of Laval, ITMAV: Saint-Vincent-de-Paul, Duvernay, Saint-François
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: membership card: $15
Financing: Centraide of Greater Montréal, provincial, municipal
Legal status: non-profit organization
AVC-APHASIE LAVAL
3350 Dagenais Boulevard West, Fabreville, Laval, QC, H7P 1V6
450 937-3666
Website: www.avcaphasielaval.ca
Email: info@avcaphasielaval.ca
Eligibility: people who have had a stroke, with any after effects, people with aphasia, their close ones and the general public
Coverage area: Laval
Hours: Monday to Friday 8h30 to 16h30
Fees: annual membership: $25, activities: 25 to $35 per class
Financing: provincial, municipal, donations
Legal status: non-profit organization

AXION 50 PLUS
435 Curé-Labelle Boulevard, Chomedey, Laval, QC, H7V 2S8
450 978-5555 ext. 121 Fax: 450 978-7643
Website: www.axion50plus.org
Email: info@axion50plus.org
Eligibility: retired and pre-retired people 50 years and over
Coverage area: Laval
Hours: Monday to Friday 9h00 to 16h00
Fees: annual contribution: $25
Financing: self-financing
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE LE COUMBITE DE LAVAL
111 des Laurentides Boulevard, Suite 220, Pont-Viau, Laval, QC, H7G 2T2
450 662-9771 Fax: 450 662-9319
Website: coumbitelaval.net
Email: coumbite@videotron.ca
Eligibility: ethnocultural communities, especially the families of the Haitian community
Coverage area: Laval
Hours: Monday to Friday 9h00 to 17h00
Fees: membership card: $12
Financing: contributions, provincial, fundraising campaigns
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE LE RENDEZ-VOUS DES AÎNÉS
10 Proulx Street West, Laval-des-Rapides, Laval, QC, H7N 1N3
450 667-8836 Fax: 450 667-5810
Website: ccrva.org
Email: info@ccrva.org

**Eligibility:** people 50 years old and over, adapted recreational activities: people 35 years old and over

**Coverage area:** Laval

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, thrift store: Monday and Thursday 9h00 to 16h00

**Fees:** membership: $15 per year, meals: $6.50 for members and $8 for non-members, frozen meals: variable prices, fresh meal of the day: $4.50

**Financing:** Centraide of Greater Montréal, provincial, self-financing

**Legal status:** non-profit organization

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**CENTRE COMMUNAUTAIRE PETIT ESPOIR**

1235 Montée du Moulin, Suite 06, Saint-François, Laval, QC, H7A 3V6

450 936-1922    Fax: 450 936-1923

Website: www.petitespoir.org

Email: petitespoir@videotron.ca


**Eligibility:** newcomers, seniors, women on a low income

**Coverage area:** Laval: Saint-François, Saint-Vincent-de-Paul, Vimont, Duvernay neighbourhoods

**Hours:** Monday to Friday 9h00 to 16h00

**Fees:** none

**Financing:** grants, donations, self-financing

**Legal status:** non-profit organization

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**CENTRE D'IMPLICATION LIBRE DE LAVAL EN RÉADAPTATION SOCIALE**

156 des Laurentides Boulevard, Laval-des-Rapides, Laval, QC, H7G 2T5

450 668-1771    Fax: 450 668-9010

Website: www.cill.qc.ca

Email: info@cill.qc.ca


**Eligibility:** adults 18 years old and over living or who have lived with mental health issues

**Coverage area:** Laval, North of Montréal

**Hours:** Monday to Friday 8h30 to 17h00, Saturday, Sunday and evenings depending on the activities

**Financing:** self-financing, grants

**Legal status:** non-profit organization

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**GROUPE DE LOISIRS LA RELANCE**

3235 Saint-Martin Boulevard East, Suite 110, Duvernay, Laval, QC, H7E 5G8

450 661-4276

Website: groupe-loisirs-relance.org

Email: info@loisirsrelance.org

Eligibility: seniors 50 years and over

Coverage area: Laval

Hours: office: Monday to Thursday 9h00 to 12h00 and 13h00 to 14h00, Friday 9h00 to 12h00, activities: Monday to Friday 9h00 to 16h00

Fees: annual fee: $20

Financing: self-financing

Legal status: non-profit organization

Eligibility: general public

Coverage area: Laval

Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00

Fees: membership: none for residents, variable for non-residents

Financing: municipal

Legal status: municipal agency

LAVAL PUBLIC LIBRARIES NETWORK - GABRIELLE-ROY LIBRARY

3505 Dagenais Boulevard West, Fabreville, Laval, QC, H7P 4V9

450 978-8909

Website: www.laval.ca/lieux/Pages/Fr/bibliotheque-gabrielle-roy.aspx


Eligibility: general public

Coverage area: Laval

Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00

Fees: membership: free for residents, variable for non-residents

Financing: municipal

Legal status: municipal agency

LAVAL PUBLIC LIBRARIES NETWORK - GERMAINE-GUÈVREMONT LIBRARY

2900 de la Concorde Boulevard East, Duvernay, Laval, QC, H7E 2B6

450 662-4002

Website: www.laval.ca/lieux/Pages/Fr/bibliotheque-germaine-guevremont.aspx


Eligibility: general public

Coverage area: Laval

Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00

Fees: membership: free for residents, variable for non-residents

Financing: municipal

Legal status: municipal agency

LAVAL PUBLIC LIBRARIES NETWORK - LAURE-CONAN LIBRARY

4660 des Laurentides Boulevard, Vimont, Laval, QC, H7K 2J4

450 662-4975

Website: www.laval.ca/lieux/Pages/Fr/bibliotheque-laure-conan.aspx


Eligibility: general public

Coverage area: Laval

Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00

Fees: membership: free for residents, variable for non-residents
Education and Literacy

Financing: municipal
Legal status: municipal agency

LAVAL PUBLIC LIBRARIES NETWORK - MARIUS-BARBEAU LIBRARY
1245 Montée du Moulin, Saint-François, Laval, QC, H7A 3V6
450 662-4005
Website: www.laval.ca/lieux/Pages/Fr/bibliotheque-marius-barbeau.aspx
Eligibility: general public
Coverage area: Laval
Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal
Legal status: municipal agency

LAVAL PUBLIC LIBRARIES NETWORK - MULTICULTURAL LIBRARY
1535 Chomedey Boulevard, Chomedey, Laval, QC, H7V 3R2
450 978-5995
Website: www.laval.ca/lieux/Pages/Fr/bibliotheque-multiculturelle.aspx
Eligibility: general public
Coverage area: Laval
Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00, Le Studio: Monday to Friday 15h00 to 21h00, Saturday 10h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal
Legal status: municipal agency

LAVAL PUBLIC LIBRARIES NETWORK - PHILIPPE-PANNETON LIBRARY
4747 Arthur-Sauvé Boulevard, Laval-Ouest, Laval, QC, H7R 5P8
450 978-8919
Website: www.laval.ca/lieux/Pages/Fr/bibliotheque-philippe-panneton.aspx
Eligibility: general public
Coverage area: Laval
Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal
Legal status: municipal agency
**LAVAL PUBLIC LIBRARIES NETWORK - SYLVAIN-GARNEAU LIBRARY**
187 Sainte-Rose Boulevard, Sainte-Rose, Laval, QC, H7L 1L5
450 978-3940
Website: www.laval.ca/lieux/Pages/Fr/bibliotheque-sylvain-garneau.aspx


**Eligibility:** general public

**Coverage area:** Laval

**Hours:** Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00

**Fees:** membership: free for residents, variable for non-residents

**Financing:** municipal

**Legal status:** municipal agency

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**LAVAL PUBLIC LIBRARIES NETWORK - YVES-THÉRIAULT LIBRARY**
670 de la Place-Publique Street, Sainte-Dorothée, Laval, QC, H7X 1G1
450 978-6599
Website: www.laval.ca/lieux/Pages/Fr/bibliotheque-yves-theriault.aspx


**Eligibility:** general public

**Coverage area:** Laval

**Hours:** Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00

**Fees:** membership: free for residents, variable for non-residents

**Financing:** municipal

**Legal status:** municipal agency

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**RÉSEAU D'INFORMATION DES AÎNÉS DU QUÉBEC**
162 André Chénier Street, Sainte-Rose, Laval, QC, H7L 2S6
1 866 592-9408
Website: www.riaq.ca
Email: leriaq@gmail.com

**Services:** Website with resources for seniors. * Discussion groups and forums. * Computer troubleshooting. * Online workshops.

**Eligibility:** people 50 years and over

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

**Fees:** membership: $60 per year

**Financing:** grants, contributions

**Legal status:** non-profit organization

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**YOUTH AND PARENTS AGAPE ASSOCIATION (THE)**
3950 Notre-Dame Boulevard, Chomedey, Laval, QC, H7W 1S7
450 686-4333
Website: www.agapeassociationinc.com
Email: info@agapeassociationinc.com
Services: Support for English-speakers and multicultural communities of Laval. Food * Distribution of food according to the assessed needs. * Bread counter: distribution of free bread, pastries, pizzas and other baked goods. * Christmas and Hanukkah baskets. Family and community * Healing the family: support group for victims of abuse and violence. * Budget planning for families on a low income. * Clear head, clear soul: meetings for people coping with all types of addictions. * Social work. Seniors * Senior Wellness Centre: social activities, learning and health presentations, iPad courses, etc. Immigrants * Transitional housing for newcomers and refugees looking for permanent housing. Material assistance * On-site recovery of used toys, clothing and household items (dishes, blankets, etc.).

Eligibility: English-speaking people on a low income, multicultural communities, transition housing: newcomer and refugee families, Healing the family: women victims of domestic violence

Coverage area: Laval
Hours: Monday to Friday 8h30 to 17h00
Fees: free
Financing: donations, provincial, federal
Legal status: non-profit organization

Difficulties and learning disabilities

ASSOCIATION DES ORTHOPÉDAGOGUES DU QUÉBEC (L')
Confidential Address
1 855 263-4224
Website: www.ladoq.ca
Email: info@ladoq.ca


Eligibility: remedial educators, general public

Coverage area: Province of Québec
Hours: phone service: Tuesday to Thursday 8h30 to 16h30
Financing: membership fees, self-financing
Legal status: non-profit organization

GYMNO LAVAL
2465 Honoré-Mercier Street, Sainte-Rose, Laval, QC, H7L 2S9
450 625-2674
Website: www.gymno.org/article/257-gymno-laval.html
Email: laval@gymno.org


Eligibility: children 3 to 17 years old with learning difficulties, day camp: 5 to 17 years old, parent-child activities: 3 to 4 years old, their parents

Coverage area: Laval
Hours: office: Monday to Friday 8h00 to 16h00, activities: Friday evening, Saturday and Sunday morning, summer day camp: 7h15 to 17h30
Fees: variable
Financing: provincial, municipal, donations
Legal status: non-profit organization

INSTITUT DES TROUBLES D'APPRENTISSAGE - SECTION LAVAL
100 Tourangeau Street East, Pont-Viau, Laval, QC, H7G 1L1
450 668-0123
Website: www.institutta.com
Email: section.laval@institutta.com
Eligibility: children and adults with learning or attention difficulties, including ADHD, their parents
Coverage area: Laval
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00
Fees: membership: $10
Financing: grants, contributions, fundraising campaigns
Legal status: non-profit organization

UNIVERSITÉ DE MONTRÉAL - CLINIQUE SATELLITE DE NEUROPSYCHOLOGIE
1700 Jacques-Tétreault Street, Suite 6111, Laval-des-Rapides, Laval, QC, H7N 0B6
514 343-7725 Fax: 514 343-7418
Website: psy.umontreal.ca/ressources-services/clinique-universitaire-de-psychologie
Email: clinique-universitaire@psy.umontreal.ca
Services: University teaching centre open to the public offering neuropsychological evaluation and intervention services.
Eligibility: people of all ages with a learning, adaptation or behavioural difficulty, an intellectual disability, an autism spectrum disorder, a neurological, mental health or degenerative issue
Coverage area: Greater Montréal
Hours: by appointment, from September to June
Financing: grants, self-financing
Legal status: non-profit organization

Homework assistance and tutoring

CENTRE DE BÉNÉVOLAT ET MOISSON LAVAL
1870 Michelin Street, Sainte-Rose, Laval, QC, H7L 4R3
450 681-6164 Fax: 450 681-5458
Website: benevolatlaval.qc.ca/en/
Email: info@benevolatlaval.qc.ca
Eligibility: residents, people and families on a low income, organizations helping people on a low income, newcomers, refugees
Capacity: 75 organizations
Coverage area: Laval
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00
Fees: emergency food counter: voluntary contribution of $5
Financing: Centraide of Greater Montréal, provincial, foundations, donations
Legal status: non-profit organization

CENTRE DÉFI-JEUNESSE DE ST-FRANÇOIS
455 Montée du Moulin, Saint-François, Laval, QC, H7A 1Z2
450 665-3049 Fax: 450 665-3049
Website: www.centredefijeunesse.com
Email: info@centredefijeunesse.com
Eligibility: youth 11 to 17 years old
**Coverage area:** Saint-François

**Hours:** Tuesday to Thursday 17h00 to 21h00, Friday 17h00 to 22h00, homework assistance: Tuesday 15h30 to 16h30

**Financing:** provincial

**Legal status:** non-profit organization

**DIAPASON JEUNESSE**

3517 Lévesque Boulevard West, Chomedey, Laval, QC, H7V 1E9

450 668-8839     Fax: 450 668-8789

**Website:** diapasonjeunesse.ca

**Email:** info@diapasonjeunesse.ca


**Eligibility:** youth 12 to 24 years old, their parents

**Capacity:** about 180 youth per year

**Coverage area:** Laval

**Hours:** Monday to Friday 15h00 to 21h00

**Fees:** none

**Financing:** provincial, federal, Centraide of Greater Montréal, foundations, donations

**Legal status:** non-profit organization

**ENTRAIDE (PONT-VIAU ET LAVAL DES RAPIDES) INC. (L')**

664 Saint-André Street, Pont-Viau, Laval, QC, H7G 3A5

450 663-8039 ext. 0     Fax: 450 663-9796

**Website:** www.entraidelaval.org

**Email:** coqlicorne@gmail.com

**Services:** * Immigration sector: reception, accompaniment and referral. * Citizen space sector: varied family events. * Café Bistro: social economy enterprise and room rental. * 0 to 5 years sector: daycare, stimulation workshops, kindergarten preparation, parent workshops and parent-child workshops. * 6 to 12 years sector: extracurricular activities, homework help, day camps, cooking workshops, sports initiations, etc. *

* Boît'Appétit boxes drop-off point. * Mini second-hand clothing shop.

**Eligibility:** children, adults, newcomers, families, LGBTQIA2+ people

**Coverage area:** Laval

**Hours:** Monday, Wednesday and Friday 9h00 to 16h00, Tuesday and Thursday 9h00 to 18h30

**Fees:** annual membership: $25, services: variable

**Financing:** federal, provincial, foundations

**Legal status:** non-profit organization

**JARDIN DE LA FAMILLE DE FABREVILLE**

3867 Sainte-Rose Boulevard, Fabreville, Laval, QC, H7P 1C8

450 622-9456     Fax: 450 622-0312

**Website:** www.jardindelafamille.org

**Email:** ajff@jardindelafamille.org


**Eligibility:** people living with an intellectual, physical or psychological limitation, families on a low income, immigrants

**Coverage area:** Laval-Ouest, Fabreville, Sainte-Rose
**Education and Literacy**

**Hours:** administration: Monday to Friday 9h00 to 16h00, thrift store (regular hours): Monday to Saturday 9h00 to 17h00, thrift store (summer hours): Monday to Friday 9h00 to 18h00, Saturday 9h00 to 17h00
**Fees:** free with some exceptions
**Financing:** grants, fundraising campaigns, self-financing, donations
**Legal status:** non-profit organization

**LEARNING EXCHANGE (THE)**
2100 des Laurentides Boulevard, Chomedey, Laval, QC, H7M 2Y6
450 688-2933 ext. 3126     Fax: 450 663-1290
Website: tteliteracy.com
Email: tteliteracy@yahoo.ca

**Eligibility:** English-speaking community, parents, tutors, trainers, adult learners, coordinators, educators
**Coverage area:** Deux-Montagnes, Laval, Montréal-Nord, Saint-Eustache
**Hours:** Monday to Thursday 8h45 to 15h45
**Fees:** none
**Financing:** grants
**Legal status:** non-profit organization

**LOISIRS RENAUD/COURSOL**
25 Saint-Louis Street, Suite 110, Pont-Viau, Laval, QC, H7G 4W3
450 933-5274
Website: renaudcoursol.com
Email: info@renaudcoursol.com

**Services:** * English and Spanish classes for children and adults. * Secondary school exam preparation classes. * Varied activities: shows, conferences, winter event, outings, bazaar, exhibitions, etc. * Arts classes for youth: painting, drawing and theatre. * Arts classes for adults: knitting, crochet, painting, drawing, watercolor, etc. * Sports activities for youth: dancing, martial arts, team sports, etc. * Sports activities for adults: cardio, stretching, yoga, zumba, martial arts, team sports, etc. * Aquatic activities for youth and adults: swimming lessons, aquafitness, aquajogging.
**Coverage area:** Laval
**Hours:** variable
**Fees:** variable
**Financing:** self-financing, municipal, donations
**Legal status:** non-profit organization

**MAISON DES ENFANTS LE DAUPHIN DE LAVAL**
799 Loranger Street, Chomedey, Laval, QC, H7V 1Z5
450 978-2664
Website: www.maisondesenfants.qc.ca
Email: dauphin@maisondesenfants.qc.ca

**Eligibility:** most activities: children 0 to 5 years old, their parents, flexible activities and homework assistance: children 6 to 12 years old
**Coverage area:** Laval
**Hours:** Monday to Thursday 9h00 to 18h00, Friday 9h00 to 16h00, summer: Monday to Thursday 9h00 to 16h30, Friday 9h00 to 16h00
**Financing:** provincial, federal, municipal, self-financing
**Legal status:** non-profit organization
MAISON DES JEUNES DE SAINTE-DOROTHÉE
996 Montée Gravel, Sainte-Dorothée, Laval, QC, H7X 2B8
450 689-8000
Website: www.mdjstedorothee.ca/english
Email: direction@mdjstedorothee.ca


Eligibility: youth 12 to 17 years old

Coverage area: Laval

Hours: Monday to Friday 15h30 to 21h00, September to June: Saturday 11h00 to 17h00

Fees: none

Financing: grants

Legal status: non-profit organization

PARENTÈLE DE LAVAL (LA)
196 7th Avenue, Laval-des-Rapides, Laval, QC, H7N 4J6
450 662-9835
Website: laparenteledelaval.com
Email: info@laparenteledelaval.com


Eligibility: families with children under 12 years old

Coverage area: Laval

Hours: Monday 9h00 to 16h00, Tuesday to Thursday 9h00 to 16h00 and 18h00 to 20h00, Friday 18h00 to 20h00

Fees: variable

Financing: Centraide of Greater Montréal, provincial, federal, self-financing, foundations

Legal status: non-profit organization

RELAI S FAMILIAL D’AUTEUIL (LE)
6135 des Laurentides Boulevard, Suite 1, Auteuil, Laval, QC, H7H 2V3
450 628-3246     Fax: 450 628-0885
Website: relais-familial-auteuil.org
Email: info@relais-familial-auteuil.org


Eligibility: families, HLM: single-parent families on a low income

Coverage area: Laval

Hours: Monday to Thursday 8h30 to 16h30

Fees: annual membership: $5, contribution for some activities

Financing: grants, donations

Legal status: non-profit organization
Language courses

AXION 50 PLUS
435 Curé-Labelle Boulevard, Chomedey, Laval, QC, H7V 2S8
450 978-5555 ext. 121     Fax: 450 978-7643
Website: www.axion50plus.org
Email: info@axion50plus.org
Eligibility: retired and pre-retired people 50 years and over
Coverage area: Laval
Hours: Monday to Friday 9h00 to 16h00
Fees: annual contribution: $25
Financing: self-financing
Legal status: non-profit organization

BUREAU D'AIDE ET D'ASSISTANCE FAMILIALE PLACE SAINT-MARTIN
1885 Dumouchel Avenue, Suite 202, Chomedey, Laval, QC, H7S 1J7
450 681-9979     Fax: 450 681-2835
Website: baaf.ca
Email: baaf@videotron.ca
Eligibility: families with children 0 to 5 years old, people on a low income
Coverage area: Laval
Hours: Monday to Friday 8h00 to 16h00
Fees: minimal fees depending on the activity
Financing: grants, donations
Legal status: non-profit organization

CARREFOUR D'INTERCULTURES DE LAVAL
1536 Curé-Labelle Boulevard, Suite 226, Chomedey, Laval, QC, H7V 2W2
450 686-0554
Website: www.carrefourintercultures.com
Email: info@carrefourintercultures.com
Eligibility: immigrants and newcomers
Coverage area: Laval
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: variable. French courses: none
Financing: grants, self-financing, provincial, municipal, federal
Legal status: non-profit organization
CENTRE COMMUNAUTAIRE LE COUMBITE DE LAVAL
111 des Laurentides Boulevard, Suite 220, Pont-Viau, Laval, QC, H7G 2T2
450 662-9771    Fax: 450 662-9319
Website: coumbitelaval.net
Email: coumbite@videotron.ca


Eligibility: ethnocultural communities, especially the families of the Haitian community
Coverage area: Laval
Hours: Monday to Friday 9h00 to 17h00
Fees: membership card: $12
Financing: contributions, provincial, fundraising campaigns
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE PETIT ESPOIR
1235 Montée du Moulin, Suite 06, Saint-François, Laval, QC, H7A 3V6
450 936-1922    Fax: 450 936-1923
Website: www.petitespoir.org
Email: petitespoir@videotron.ca


Eligibility: newcomers, seniors, women on a low income
Coverage area: Laval: Saint-François, Saint-Vincent-de-Paul, Vimont, Duvernay neighbourhoods
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: grants, donations, self-financing
Legal status: non-profit organization

CENTRE D'IMPLICATION LIBRE DE LAVAL EN RÉADAPTATION SOCIALE
156 des Laurentides Boulevard, Laval-des-Rapides, Laval, QC, H7G 2T5
450 668-1771    Fax: 450 668-9010
Website: www.cill.qc.ca
Email: info@cill.qc.ca


Eligibility: adults 18 years old and over living or who have lived with mental health issues
Coverage area: Laval, North of Montréal
Hours: Monday to Friday 8h30 to 17h00, Saturday, Sunday and evenings depending on the activities
Financing: self-financing, grants
Legal status: non-profit organization

COLLÈGE MONTMORENCY
475 de l'Avenir Boulevard, Laval-des-Rapides, Laval, QC, H7N 5H9
450 975-6100
Website: www.cmontmorency.qc.ca
Education and Literacy

Services: Public higher education institution at the college level. * Pre-university and technical programs (DEC), attestation of collegiate studies (AEC). * Ongoing training and services to enterprises. * French learning for newcomers. * Student residences.

Coverage area: Province of Québec

Hours: Monday to Friday 7h00 to 18h30, door 3: Monday to Sunday 7h00 à 22h00

Financing: provincial

Legal status: parapublic organization

GROUPE DE LOISIRS LA RELANCE

3235 Saint-Martin Boulevard East, Suite 110, Duvernay, Laval, QC, H7E 5G8

450 661-4276

Website: groupe-loisirs-relance.org

Email: info@loisirsarelance.org


Eligibility: seniors 50 years and over

Coverage area: Laval

Hours: office: Monday to Thursday 9h00 to 12h00 and 13h00 to 14h00, Friday 9h00 to 12h00, activities: Monday to Friday 9h00 to 16h00

Fees: annual fee: $20

Financing: self-financing

Legal status: non-profit organization

HELLENIC SOCIAL SERVICES OF QUÉBEC - LAVAL

3860 Notre-Dame Boulevard, Suite 202, Chomedey, Laval, QC, H7V 1S1

450 688-2091 Fax: 450 688-2084

Website: hcgm.org

Email: info@hcgm.org


Eligibility: people of various origins, particularly Greek

Coverage area: Laval

Hours: Monday to Friday 9h00 to 17h00

Fees: annual membership: $15, less than $5 for clients of the food bank

Financing: donations, grants, provincial

Legal status: non-profit organization

JARDIN DE LA FAMILLE DE FABREVILLE

3867 Sainte-Rose Boulevard, Fabreville, Laval, QC, H7P 1C8

450 622-9456 Fax: 450 622-0312

Website: www.jardindelafamille.org

Email: ajff@jardindelafamille.org

Eligibility: people living with an intellectual, physical or psychological limitation, families on a low income, immigrants

Coverage area: Laval-Ouest, Fabreville, Sainte-Rose

Hours: administration: Monday to Friday 9h00 to 16h00, thrift store (regular hours): Monday to Saturday 9h00 to 17h00, thrift store (summer hours): Monday to Friday 9h00 to 18h00, Saturday 9h00 to 17h00

Fees: free with some exceptions

Financing: grants, fundraising campaigns, self-financing, donations

Legal status: non-profit organization

LAVAL AU FÉMININ
25 Saint-Louis Street, Suite 204, Pont-Viau, Laval, QC, H7G 4W3
450 967-8204
Email: lavalaufeminin@videotron.ca


Eligibility: women

Coverage area: Laval

Hours: September to May, variable hours

Fees: membership: $15 per year, courses and activities: variable

Financing: membership fees

Legal status: non-profit organization

LOISIRS RENAUD/COURSOL
25 Saint-Louis Street, Suite 110, Pont-Viau, Laval, QC, H7G 4W3
450 933-5274
Website: renaudcoursol.com
Email: info@renaudcoursol.com


Coverage area: Laval

Hours: variable

Fees: variable

Financing: self-financing, municipal, donations

Legal status: non-profit organization

MIEUX-NAÎTRE À LAVAL
3534 de la Concorde Boulevard East, Duvernay, Laval, QC, H7E 2C5
438 830-4323
Website: mieuxnaitre.org
Email: info@mieuxnaitre.org


Eligibility: families, particularly mothers

Coverage area: Laval

Hours: Monday to Friday 9h00 to 17h00, reservations are possible at nights or on weekends
Fees: free, variable depending on family income  
Financing: grants, contributions, fundraising campaigns, donations  
Legal status: non-profit organization

PERSPECTIVE CARRIÈRE  
1772 le Corbusier Boulevard, Chomedey, Laval, QC, H7S 2K1  
450 682-2278     Fax: 450 682-2924  
Website: pcarriere.com/en  
Email: info@pcarriere.com  
Eligibility: unemployed people, employment insurance or social assistance beneficiaries, newcomers and immigrants  
Coverage area: Laval  
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 12h00  
Fees: none  
Financing: provincial  
Legal status: non-profit organization

SPANISH-SPEAKING ASSOCIATION OF LAVAL  
1450 Pie-X Boulevard, Chomedey, Laval, QC, H7V 3C1  
514 447-9984  
Website: hispanolaval.com/fr/?lang=en  
Email: info@hispanolaval.com  
Eligibility: Spanish-speaking people or people interested in the culture  
Coverage area: North Shore, Laval, Laurentians  
Hours: Saturday 10h00 to 12h00  
Fees: annual membership: $30  
Financing: membership fees  
Legal status: non-profit organization

Literacy

BUREAU D’AIDE ET D’ASSISTANCE FAMILIALE PLACE SAINT-MARTIN  
1885 Dumouchel Avenue, Suite 202, Chomedey, Laval, QC, H7S 1J7  
450 681-9979     Fax: 450 681-2835  
Website: baaf.ca  
Email: baaf@videotron.ca  
Eligibility: families with children 0 to 5 years old, people on a low income  
Coverage area: Laval  
Hours: Monday to Friday 8h00 to 16h00  
Fees: minimal fees depending on the activity  
Financing: grants, donations  
Legal status: non-profit organization
CENTRE COMMUNAUTAIRE EBEN-EZER
8488 Lévesque Boulevard East, Saint-François, Laval, QC, H7A 1W5
450 665-1798 Fax: 450 665-5264
Email: emmanuellaurent@hotmail.fr


Eligibility: people on a low income, seniors, people with a loss of autonomy, newcomers

Coverage area: Saint-François

Hours: Monday to Friday 10h00 to 16h00

Financing: donations

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE LE COUMBITE DE LAVAL
111 des Laurentides Boulevard, Suite 220, Pont-Viau, Laval, QC, H7G 2T2
450 662-9771 Fax: 450 662-9319
Website: coumbitelaval.net
Email: coumbite@videotron.ca


Eligibility: ethnocultural communities, especially the families of the Haitian community

Coverage area: Laval

Hours: Monday to Friday 9h00 to 17h00

Fees: membership card: $12

Financing: contributions, provincial, fundraising campaigns

Legal status: non-profit organization

CENTRE D'IMPLICATION LIBRE DE LAVAL EN RÉADAPTATION SOCIALE
156 des Laurentides Boulevard, Laval-des-Rapides, Laval, QC, H7G 2T5
450 668-1771 Fax: 450 668-9010
Website: www.cill.qc.ca
Email: info@cill.qc.ca


Eligibility: adults 18 years old and over living or who have lived with mental health issues

Coverage area: Laval, North of Montréal

Hours: Monday to Friday 8h30 to 17h00, Saturday, Sunday and evenings depending on the activities

Financing: self-financing, grants

Legal status: non-profit organization

GROUPE ALPHA LAVAL
485 des Laurentides Boulevard, Suite 105, 3rd floor, Pont-Viau, Laval, QC, H7G 2V2
450 669-3232 Fax: 450 669-3708
Website: www.groupealphalaval.com
Email: alpha@total.net


Eligibility: people with low literacy who speak French
Capacity: 8 people per group
Coverage area: Laval
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

JARDIN DE LA FAMILLE DE FABREVILLE
3867 Sainte-Rose Boulevard, Fabreville, Laval, QC, H7P 1C8
450 622-9456 Fax: 450 622-0312
Website: www.jardindelafamille.org
Email: ajff@jardindelafamille.org

Eligibility: people living with an intellectual, physical or psychological limitation, families on a low income, immigrants
Coverage area: Laval-Ouest, Fabreville, Sainte-Rose
Hours: administration: Monday to Friday 9h00 to 16h00, thrift store (regular hours): Monday to Saturday 9h00 to 17h00, thrift store (summer hours): Monday to Friday 9h00 to 18h00, Saturday 9h00 to 17h00
Fees: free with some exceptions
Financing: grants, fundraising campaigns, self-financing, donations
Legal status: non-profit organization

LEARNING EXCHANGE (THE)
2100 des Laurentides Boulevard, Chomedey, Laval, QC, H7M 2Y6
450 688-2933 ext. 3126 Fax: 450 663-1290
Website: ttleiteracy.com
Email: ttleiteracy@yahoo.ca

Eligibility: English-speaking community, parents, tutors, trainers, adult learners, coordinators, educators
Coverage area: Deux-Montagnes, Laval, Montréal-Nord, Saint-Eustache
Hours: Monday to Thursday 8h45 to 15h45
Fees: none
Financing: grants
Legal status: non-profit organization

LIS AVEC MOI
397 des Prairies Boulevard, Suite 309, Laval-des-Rapides, Laval, QC, H7N 2W6
450 978-2565
Website: lisavecmoi.com
Email: projet@lisavecmoi.com

Eligibility: families, children 0 to 12 years old
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h30 and 13h00 to 16h00
Fees: none, occasional workshops and workshop kit: variable
Financing: grants, donations, self-financing
Legal status: non-profit organization
MAISON DE LA FAMILLE DE LAVAL-OUEST
7190 21st Avenue, Laval-Ouest, Laval, QC, H7R 3G8
450 962-3367
Website: www.mfl-o.org
Email: mflo@videotron.ca


Eligibility: families with young children
Coverage area: Laval-West, Sainte-Dorothée, Fabreville-West
Hours: Monday to Friday 9h00 to 16h00, summer: closed from mid-June to mid-August, except for the walking club and the community garden
Fees: annual membership: $5 per family
Financing: provincial, federal
Legal status: non-profit organization

MAISON DE QUARTIER VIMONT
1747 Lavoie Street, Vimont, Laval, QC, H7M 2N1
450 662-0580 Fax: 450 662-0500
Website: www.maisonquartiervimont.com
Email: maisonquartiervimont@videotron.ca


Eligibility: families and teenagers
Capacity: 60 people
Coverage area: Vimont, Auteuil
Hours: families: Monday to Friday 9h00 to 17h00, teenagers’ room: Wednesday to Friday 16h00 to 21h00
Fees: annual membership
Financing: grants, foundations
Legal status: non-profit organization

Public education

CENTRE DE SERVICES SCOLAIRE DE LAVAL
955 Saint-Martin Boulevard West, Chomedey, Laval, QC, H7S 1M5
450 662-7000 Fax: 450 625-2042
Website: www.csslaval.ca
Email: communications@cslaval.qc.ca


Eligibility: elementary, secondary, vocational and adult education students, businesses, citizens
Coverage area: Laval
DIMENSION TRAVAIL
1717 Saint-Martin Boulevard West, Suite 300, Chomedey, Laval, QC, H7S 1N2
450 978-7447    Fax: 450 978-7449
Website: www.dimensiontravail.com
Email: reception@dimensiontravail.com
Eligibility: women
Coverage area: Laval
Hours: Monday to Friday 8h30 to 16h30
Fees: free
Financing: provincial, federal
Legal status: non-profit organization

GROUPE ALPHA LAVAL
485 des Laurentides Boulevard, Suite 105, 3rd floor, Pont-Viau, Laval, QC, H7G 2V2
450 669-3232    Fax: 450 669-3708
Website: www.groupealphalaval.com
Email: alpha@total.net
Eligibility: people with low literacy who speak French
Capacity: 8 people per group
Coverage area: Laval
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

LEARNING EXCHANGE (THE)
2100 des Laurentides Boulevard, Chomedey, Laval, QC, H7M 2Y6
450 688-2933 ext. 3126    Fax: 450 663-1290
Website: ttleiteracy.com
Email: ttleiteracy@yahoo.ca
Eligibility: English-speaking community, parents, tutors, trainers, adult learners, coordinators, educators
Coverage area: Deux-Montagnes, Laval, Montréal-Nord, Saint-Eustache
Hours: Monday to Thursday 8h45 to 15h45
Fees: none
Financing: grants
Legal status: non-profit organization
RELAIS COMMUNAUTAIRE DE LAVAL
111 des Laurentides Boulevard, Suite 101, Pont-Viau, Laval, QC, H7G 2T2
450 668-8727 Fax: 450 668-9615
Website: relais-communautaire.org
Email: info@relais-communautaire.org


Eligibility: people on a low income
Capacity: 50
Coverage area: Laval

School perseverance

CENTRE COMMUNAUTAIRE LE COUMBITE DE LAVAL
111 des Laurentides Boulevard, Suite 220, Pont-Viau, Laval, QC, H7G 2T2
450 662-9771 Fax: 450 662-9319
Website: coumbitelaval.net
Email: coumbite@videotron.ca


Eligibility: ethnocultural communities, especially the families of the Haitian community
Coverage area: Laval

CENTRE COMMUNAUTAIRE VAL-MARTIN - MAISON DES JEUNES
824 79th Avenue, Chomedey, Laval, QC, H7V 3J1
450 973-8787 ext. 301
Website: www.ccvm.org
Email: intermdj@ccvm.org

Eligibility: youth 11 to 17 years old

Coverage area: Chomedey East

Hours: Sunday to Thursday 16h00 to 21h00

Financing: provincial, federal, Centraide of Greater Montréal

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE VAL-MARTIN - PROJET ÇA CLIQ

820 79th Avenue, Chomedey, Laval, QC, H7V 3J1

450 973-8787 ext. 401 Fax: 450 973-8414

Website: www.ccvm.org

Email: cacliq@cvm.org

Services: Project aiming personal and social development of youth 15 to 18 years old. * Encourage collaborative development. * Socioprofessional integration project for 18 to 35 years old.

Eligibility: youth from 15 to 18 years old in a situation of or at risk of dropping out of school or with problems such as absenteeism, lack of attendance and motivation, emotional problems, behavior problems or an identity deficit, people 18 to 35 years old

Coverage area: Laval

Financing: provincial, federal, Centraide of Greater Montréal

Legal status: non-profit organization

DIAPASON JEUNESSE

3517 Lévesque Boulevard West, Chomedey, Laval, QC, H7V 1E9

450 668-8839 Fax: 450 668-8789

Website: diapasonjeunesse.ca

Email: info@diapasonjeunesse.ca


Eligibility: youth 12 to 24 years old, their parents

Capacity: about 180 youth per year

Coverage area: Laval

Hours: Monday to Friday 15h00 to 21h00

Fees: none

Financing: provincial, federal, Centraide of Greater Montréal, foundations, donations

Legal status: non-profit organization

School service centers

CENTRE DE SERVICES SCOLAIRE DE LAVAL

955 Saint-Martin Boulevard West, Chomedey, Laval, QC, H7S 1M5

450 662-7000 Fax: 450 625-2042

Website: www.csslaval.ca

Email: communications@cslaval.qc.ca

Eligibility: elementary, secondary, vocational and adult education students, businesses, citizens

Coverage area: Laval

Hours: Monday to Friday 7h30 to 16h30

Financing: provincial

Legal status: parapublic organization
Employment and Income Support

ADVOCACY FOR WORKERS AND UNEMPLOYED

BUDGET MANAGEMENT AND CONSUMPTION

BUSINESS DEVELOPMENT

EMPLOYMENT SUPPORT AND TRAINING

EMPLOYMENT SUPPORT FOR IMMIGRANTS

EMPLOYMENT SUPPORT FOR SENIORS

EMPLOYMENT SUPPORT FOR WOMEN

EMPLOYMENT SUPPORT FOR YOUTH

TAX CLINICS

VOCATIONAL REHABILITATION AND DISABILITY-RELATED EMPLOYMENT
Advocacy for workers and unemployed

COMMSSION DE L’ÉQUITÉ SALARIALE - LAVAL - BOULEVARD CHOMEDEY
1200 Chomedey Boulevard, Suite 810, Chomedey, Laval, QC, H7V 3Z3
1 844 838-0808   Fax: 514 864-6756
Website: www.cnesst.gouv.qc.ca
Email: equite.salariale@ces.gouv.qc.ca

Services: Support and assistance to employers who must achieve pay equity in their company and to employees wishing to obtain information or exercise their rights. * Front-line telephone service to answer general questions on the application of the Pay Equity Act. * Specialized assistance to understand more complex or technical aspects of the Act. * Conciliation services to promote the settlement of disagreements. * Investigations following complaints or different subjected by the parties or on its own initiative. * Software package to achieve pay equity: computer tool that allows employers to realize their pay equity exercise autonomously, available on the website. * Information lectures on Pay Equity Act and its application, available upon request for groups of employers, employees, or any other grouping wishing to obtain information on pay equity. * Tool development and training accessible free of charge in all regions of Québec. * Research activities.

Eligibility: employees, mostly women who occupy predominantly female job classes, accredited associations and employers

Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, except legal holidays
Financing: provincial
Legal status: provincial government agency

COMMISON DE L’ÉQUITÉ SALARIALE - LAVAL - BOULEVARD LAVAL
1700 Laval Boulevard, Chomedey, Laval, QC, H7S 2G6
1 844 838-0808   Fax: 514 864-6756
Website: www.cnesst.gouv.qc.ca/en
Email: equite.salariale@ces.gouv.qc.ca

Services: Support and assistance to employers who must achieve pay equity in their company and to employees wishing to obtain information or exercise their rights. * Front-line telephone service to answer general questions on the application of the Pay Equity Act. * Specialized assistance to understand more complex or technical aspects of the Act. * Conciliation services to promote the settlement of disagreements. * Investigations following complaints or different subjected by the parties or on its own initiative. * Software package to achieve pay equity: computer tool that allows employers to realize their pay equity exercise autonomously, available on the website. * Information lectures on Pay Equity Act and its application, available upon request for groups of employers, employees, or any other grouping wishing to obtain information on pay equity. * Tool development and training accessible free of charge in all regions of Québec. * Research activities.

Eligibility: employees, mostly women who occupy predominantly female job classes, accredited associations and employers

Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

COMMISON DES NORMES DU TRAVAIL - LAVAL
1700 Laval Boulevard, Chomedey, Laval, QC, H7S 2G6
1 844 838-0808
Website: www.cnesst.gouv.qc.ca/en

Services: * Information on labour standards and the obligations stipulated by the law and regulations. * Registration of complaints. * Mediation for employees or employers involved in a complaint of psychological harassment, wrongful dismissal or prohibited practice.

Eligibility: public, employers, employees

Coverage area: Laval
Hours: office: by appointment for investigation and mediation
Financing: provincial
Legal status: provincial government agency

GROUPE PRIORITÉ TRAVAIL
665 Curé-Labelle Boulevard, Chomedey, Laval, QC, H7V 2T8
450 681-4472
Website: www.groupeprioritetravail.com/en
Email: info@groupeprioritetravail.com
Eligibility: people searching for a job or changing careers, employers
Coverage area: Laval
Hours: Monday to Friday 8h00 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

LEGAL AID OFFICE - MULTI-SECTOR OFFICE - LAVAL
1717 Saint-Martin Boulevard West, Suite 200, Chomedey, Laval, QC, H7S 1N2
450 680-6210 Fax: 450 680-6084
Website: www.aidejuridiquedemontreal.ca/en/points_services/laval-legal-aid-bureau
Email: baj.laval@ccjm.qc.ca
Services: Legal aid office in family law, criminal and penal law, right of youth, civil law, administrative (social assistance, SAAQ, CSST), housing law, bankruptcy, carceral. * Telephone consultation with a lawyer, available 24/7, for people who have been arrested or are being held in custody.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Laval
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, telephone consultation service: 24 hours / 7 days
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Financing: provincial
Legal status: provincial government agency

Budget management and consumption

ACTION AUTISME
1705 des Laurentides Boulevard, Suite 250, Vimont, Laval, QC, H7M 2P5
450 627-2250
Website: actionautisme.org
Email: info@actionautisme.org
Services: Financial assistance for autistic people's treatments. * Information and referrals.
Eligibility: families of people living with autism, organizations
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 16h45
Financing: fundraising campaigns, donations
Legal status: non-profit organization
ASSOCIATION COOPÉRATIVE D’ÉCONOMIE FAMILIALE - ÎLE JÉSUS
1686 des Laurentides Boulevard, Suite 103, Vimont, Laval, QC, H7M 2P4
450 662-9428     Fax: 450 662-2647
Website: www.aceflaval.com
Email: info@aceflaval.com
Services: * Individual budget counselling. * Budget and consumption courses and workshops. * Information on
the rights and obligations of tenants. * Desjardins Mutual Aid Fund loan. * Advocacy of consumers’ rights.
Eligibility: Desjardins Mutual Aid Fund loan: people experiencing financial difficulties, people facing occasional
emergency expenses
Coverage area: Laval
Hours: Monday to Thursday 8h30 to 16h30
Fees: voluntary contribution: $3
Financing: Centraide of Greater Montréal
Legal status: non-profit organization

DIRA-LAVAL
1450 Pie-X Boulevard, Suite 217, Chomedey, Laval, QC, H7V 3C1
450 681-8813     Fax: 450 681-1163
Website: dira-laval.ca
Email: diralaval@videotron.ca
Services: Welcoming and listening for victims of abuse, violence, mistreatment, bullying and neglect. * 
Screening and denunciation. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * 
Information on victims' rights: conferences, lectures and referral. * Assistance with procedures. * Succession
management assistance.
Eligibility: seniors 50 years and over
Coverage area: Laval
Hours: Monday to Friday 8h30 to 16h30, by appointment
Fees: none
Financing: provincial
Legal status: non-profit organization

LAVAL - SUPPORT FOR SENIORS AGED 65 AND OVER
1333 Chomedey Boulevard, Suite 101, Chomedey, Laval, QC, H7V 3Y1
450 978-5700
Website: www.laval.ca/Pages/En/Citizens/support-seniors-age-65-over.aspx
Email: taxation65ans@laval.ca
Services: Grant to support seniors 65 years and over. * $150 per dwelling, housing unit, complied
establishments or intergenerational housing occupied by at least one person age 65 or over who is a tenant,
occupant or owner. * $300 per dwelling, housing unit, complied establishments or intergenerational housing
occupied by at least one person age 65 or over who is a tenant, occupant or owner and who receives the
guaranteed income supplement from the Federal government in accordance with the Old Age Security Act.
Eligibility: residents 65 years or over who live on Laval territory as of May 1st, 2022 and use this dwelling or
housing unit as their main residence
Coverage area: Laval
Financing: municipal
Legal status: municipal agency

SOCIÉTÉ DE TRANSPORT DE LAVAL
2250 Francis-Hugues Avenue, Chomedey, Laval, QC, H7S 2C3
450 688-6520
Website: stlaval.ca/home
Services: Public transit system.
Coverage area: Laval
YOUTH AND PARENTS AGAPE ASSOCIATION (THE)
3950 Notre-Dame Boulevard, Chomedey, Laval, QC, H7W 1S7
450 686-4333
Website: www.agapeassociationinc.com
Email: info@agapeassociationinc.com

Services: Support for English-speakers and multicultural communities of Laval. Food * Distribution of food according to the assessed needs. * Bread counter: distribution of free bread, pastries, pizzas and other baked goods. * Christmas and Hanukkah baskets. Family and community * Healing the family: support group for victims of abuse and violence. * Budget planning for families on a low income. * Clear head, clear soul: meetings for people coping with all types of addictions. * Social work. Seniors * Senior Wellness Centre: social activities, learning and health presentations, iPad courses, etc. Immigrants * Transitional housing for newcomers and refugees looking for permanent housing. Material assistance * On-site recovery of used toys, clothing and household items (dishes, blankets, etc.).

Eligibility: English-speaking people on a low income, multicultural communities, transition housing: newcomer and refugee families, Healing the family: women victims of domestic violence

Coverage area: Laval

Business development

CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DE LAVAL
1755 René-Laennec Boulevard, Vimont, Laval, QC, H7M 3L9
450 668-1010
Website: www.lavalensante.com/en
Email: informations.cisslav@ssss.gouv.qc.ca

Services: Planning, coordination and organization of social and health services. * Responsibility of the availability of care to the entire population, including the most vulnerable. * Management of simplified access to services. * Administration of partnerships with intermediate resources. * Handling of complaints regarding dissatisfaction or users rights violation. * Information, assistance and accompaniment service to facilitate the access to the services offered by the CISSS.

Coverage area: Laval

DÉVELOPPEMENT ÉCONOMIQUE DE LA VILLE DE LAVAL
1333 Chomedey Boulevard, Suite 401, Chomedey, Laval, QC, H7V 3Y1
450 978-5959
Website: lavaleconomique.com
Email: lavaleconomique@laval.ca


Eligibility: private and social businesses
Coverage area: Laval  
Financing: municipal, provincial, federal  
Legal status: non-profit organization  

SERVICES QUÉBEC - CHOMEDEY  
1438 Daniel-Johnson Boulevard, Chomedey, Laval, QC, H7V 4B5  
450 680-6400     Fax: 450 680-6420  
Website: www.localisateur.servicesquebec.gouv.qc.ca/en  
Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)  
Coverage area: Chomedey  
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30  
Financing: provincial  
Legal status: provincial government agency  

SERVICES QUÉBEC - DIRECTION RÉGIONALE DE LAVAL  
1041 des Laurentides Boulevard, Suite 203, Pont-Viau, Laval, QC, H7G 2W2  
450 972-3133     Fax: 450 972-3160  
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/directions-regionales/index_en.asp  
Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years old and over living with a long term occupational disability (physical or mental health, physical or intellectual disabilities), sponsored immigrants on or awaiting welfare and their sponsors  
Coverage area: Laval  
Hours: Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30  
Financing: provincial  
Legal status: provincial government agency  

SERVICES QUÉBEC - LAVAL-DES-RAPIDES  
3 Place-Laval, Suite 430, Chomedey, Laval, QC, H7N 1A2  
450 972-3050     Fax: 450 972-3069  
Website: www.localisateur.servicesquebec.gouv.qc.ca/en

Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Laval
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

SOCIÉTÉ COMMUNAUTAIRE LAVALLOISE D’EMPRUNT
512 des Laurentides Boulevard, Suite 202, Laval-des-Rapides, Laval, QC, H7G 2V4
450 668-1200
Website: www.socle.org
Email: contact@socle.org

Services: Business start-up accompaniment and personalized financing for entrepreneurs excluded from traditional credit systems. * Loans at favorable rates to entrepreneurs. * Conferences, animation and training in entrepreneurship.

Eligibility: entrepreneurs who are excluded from traditional credit systems
Coverage area: Laval
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: self-financing, provincial, fundraising campaigns
Legal status: non-profit organization

Employment support and training

ASSOCIATION MIDI-QUARANTE
3100 de la Concorde Boulevard East, Suite 204, Duvernay, Laval, QC, H7E 2B8
450 664-0711     Fax: 450 664-0119
Website: assmq.com
Email: info@midi40.com

Services: Specialized career counselling and service for job search. * Skills assessment, orientation, resume writing, interview preparation, computer access, coaching, computer workshops, LinkedIn coaching, webinars. * Services offered in person or remotely by video call, depending on the client's preference.

Eligibility: men and women 40 years old and over
Coverage area: Laval
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 9h00 to 12h00
Fees: none
Financing: provincial
Legal status: non-profit organization
ATELIER DE TRI DES MATIÈRES PLASTIQUES RECYCLABLES DU QUÉBEC
3405 Industriel Boulevard, Sainte-Rose, Laval, QC, H7L 4S3
450 667-5347 Fax: 450 667-5603
Website: atmprq.com
Email: atmprq@atmprq.com
Eligibility: people 18 years and over, without a job and experiencing difficulties to find or maintain a job
Coverage area: Laval
Fees: none
Financing: grants, self-financing
Legal status: non-profit organization

CAFÉ LE SIGNET
295 Sainte-Rose Boulevard, Sainte-Rose, Laval, QC, H7L 1M1
450 625-1222
Website: www.cafelesignet.com
Email: info@cafelesignet.com
Eligibility: people living or who have lived with difficulties related to mental health, other services: open to all
Coverage area: Laval
Hours: Wednesday to Friday 9h00 to 17h00, Saturday 9h00 to 15h00
Financing: self-financing, grants
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE PETIT ESPOIR
1235 Montée du Moulin, Suite 06, Saint-François, Laval, QC, H7A 3V6
450 936-1922 Fax: 450 936-1923
Website: www.petitespoir.org
Email: petitespoir@videotron.ca
Eligibility: newcomers, seniors, women on a low income
Coverage area: Laval: Saint-François, Saint-Vincent-de-Paul, Vimont, Duvernay neighbourhoods
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: grants, donations, self-financing
Legal status: non-profit organization

DIMENSION TRAVAIL
1717 Saint-Martin Boulevard West, Suite 300, Chomedey, Laval, QC, H7S 1N2
450 978-7447 Fax: 450 978-7449
Website: www.dimensiontravail.com
Email: reception@dimensiontravail.com
**Services:** *Job search support for women in every field of expertise, including traditionally male trades.* *Vocational guidance, resume preparation, interview simulation.* *Group workshops and personalized support.* *Documentation centre.* *Internet access.* *Information and awareness of the population and concerned organizations.*

**Eligibility:** women

**Coverage area:** Laval

**Hours:** Monday to Friday 8h30 to 16h30

**Fees:** free

**Financing:** provincial, federal

**Legal status:** non-profit organization

**ÉCO-NATURE**

345 Sainte-Rose Boulevard, Sainte-Rose, Laval, QC, H7L 1M7

450 622-1020

Website: www.parcc-mille-iles.qc.ca/en

Email: info@eco-nature.ca


**Coverage area:** Laval, Rive-Nord

**Hours:** 7 days, 8h30 to 17h00, activity centres: 9h00 to 20h00

**Financing:** municipal, provincial, federal, donations

**Legal status:** non-profit organization

**FEMMES EN EMPLOI**

1688 des Laurentides Boulevard, Suite 103, Vimont, Laval, QC, H7M 2P4

450 490-4895

Website: en.femmesenemploi.org

Email: info@femmesenemploi.org

**Services:** Promote the social, cultural and professional integration of women in precarious situations, including those of foreign origin. *Employment training and job search programs.* *Translation services.* *Information programs on Canadian culture and laws and life in Canada, Quebec and Laval.* *Counselling services.* *Food assistance.* *Referrals.* *Seminars, workshops and other socio-educational activities on issues of discrimination and racial prejudice.*

**Eligibility:** women in precarious situations, including those of foreign origin

**Coverage area:** Laval

**Hours:** Monday and Friday 10h00 to 16h00

**Fees:** none

**Financing:** municipal, provincial, federal, donations

**Legal status:** non-profit organization

**GROUPE ALPHA LAVAL**

485 des Laurentides Boulevard, Suite 105, 3rd floor, Pont-Viau, Laval, QC, H7G 2V2

450 669-3232 Fax: 450 669-3708

Website: www.groupealphalaval.com

Email: alpha@total.net

**Services:** *Literacy workshops: reading, writing and numeracy.* *Reception and referral.* *Popular education activities.* *Illiteracy awareness activities.* *Employability development and job search assistance.*

**Eligibility:** people with low literacy who speak French

**Capacity:** 8 people per group

**Coverage area:** Laval

**Hours:** Monday to Friday 8h30 to 16h30

**Fees:** none
GROUPE PRIORITÉ TRAVAIL
665 Curé-Labelle Boulevard, Chomedey, Laval, QC, H7V 2T8
450 681-4472
Website: www.groupeprioritetravail.com/en
Email: info@groupeprioritetravel.com
Eligibility: people searching for a job or changing careers, employers
Coverage area: Laval
Hours: Monday to Friday 8h00 to 16h30
Fees: none
Legal status: non-profit organization

PERSPECTIVE CARRIÈRE
1772 le Corbusier Boulevard, Chomedey, Laval, QC, H7S 2K1
450 682-2278 Fax: 450 682-2924
Website: pcarriere.com/en
Email: info@pcarriere.com
Eligibility: unemployed people, employment insurance or social assistance beneficiaries, newcomers and immigrants
Coverage area: Laval
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 12h00
Fees: none
Legal status: non-profit organization

SERVICES QUÉBEC - CHOMEDEY
1438 Daniel-Johnson Boulevard, Chomedey, Laval, QC, H7V 4B5
450 680-6400 Fax: 450 680-6420
Website: www.localisateur.servicesquebec.gouv.qc.ca/en
Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)
Coverage area: Chomedey
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Legal status: provincial government agency
SERVICES QUÉBEC - DIRECTION RÉGIONALE DE LAVAL

1041 des Laurentides Boulevard, Suite 203, Pont-Viau, Laval, QC, H7G 2W2
450 972-3133 Fax: 450 972-3160
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/directions-regionales/index_en.asp

Services:
* Local employment centres locator: www.localisateur.servicesquebec.gouv.qc.ca/en
* Info-emploi counter: job bank that can be consulted on site.
* Job search assistance: redaction of resume and preparation to interview.
* Multiservices room: access to phone, fax, computers and printing machines.
* Workplace learning program.
* Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities.
* Business assistance: advices and financial support in human resources management.
* Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities.
* Last-resort financial and social assistance for asylum seekers and refugees.
* Last-resort financial and social assistance.
* Administration of oaths.
* Information on government programs and services and accompaniment in administrative procedures.
* Services related to Directeur de l'état civil, Régie du bâtiment, Registre foncier, child support, pension plans and public sector pension plans.

Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years old and over living with a long term occupational disability (physical or mental health, physical or intellectual disabilities), sponsored immigrants on or awaiting welfare and their sponsors.

Coverage area: Laval

Hours: Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - LAVAL-DES-RAPIDES

3 Place-Laval, Suite 430, Chomedey, Laval, QC, H7N 1A2
450 972-3050 Fax: 450 972-3069
Website: www.localisateur.servicesquebec.gouv.qc.ca/en

Services: Accompaniment services regarding job market integration process and last-resort financial assistance.
* Info-emploi counter: job bank that can be consulted on site.
* Job search assistance: redaction of resume and preparation to interview.
* Multiservices room: access to phone, fax, computers and printing machines.
* Workplace learning program.
* Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities.
* Business assistance: advices and financial support in human resources management.
* Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities.
* Last-resort financial and social assistance.
* Administration of oaths.

Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years old and over living with a long term occupational disability (physical or mental health, physical or intellectual disabilities).

Coverage area: Laval

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

TEXTIL'ART LAVAL

2615 Le Corbusier Boulevard, Chomedey, Laval, QC, H7S 2E8
450 682-7474 ext. 13 Fax: 450 978-1022
Website: www.textilart.ca
Email: info@textilart.ca

* Paid work-training program in the textile sector.
* French integration for newcomers.

Eligibility: unemployed people, newcomers
Employment support for immigrants

CARREFOUR D'INTERCULTURES DE LAVAL
1536 Curé-Labelle Boulevard, Suite 226, Chomedey, Laval, QC, H7V 2W2
450 686-0554
Website: www.carrefourintercultures.com
Email: info@carrefourintercultures.com
Eligibility: immigrants and newcomers
Coverage area: Laval
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: variable, French courses: none
Financing: grants, self-financing, provincial, municipal, federal
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE PETIT ESPOIR
1235 Montée du Moulin, Suite 06, Saint-François, Laval, QC, H7A 3V6
450 936-1922 Fax: 450 936-1923
Website: www.petitespoir.org
Email: petitespoir@videotron.ca
Eligibility: newcomers, seniors, women on a low income
Coverage area: Laval: Saint-François, Saint-Vincent-de-Paul, Vimont, Duvernay neighbourhoods
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: grants, donations, self-financing
Legal status: non-profit organization

CENTRE LAVALLOIS POUR L'INTÉGRATION ET LA COHÉSION SOCIALE
1876 des Laurentides Boulevard, Suite 205, Chomedey, Laval, QC, H7M 2P9
438 808-9242
Email: clicslaval@gmail.com

Eligibility: immigrants, JEU program: immigrants from 12 to 17 years old

Coverage area: Laval, school supplies: Montréal Island, Laval

Hours: Monday, Wednesday, Friday 9h00 to 16h00, Tuesday and Thursday 12h00 to 20h00

Fees: none

Financing: self-financing

Legal status: non-profit organization

JARDIN DE LA FAMILLE DE FABREVILLE
3867 Sainte-Rose Boulevard, Fabreville, Laval, QC, H7P 1C8
450 622-9456 Fax: 450 622-0312
Website: www.jardindelafamille.org
Email: ajff@jardindelafamille.org


Eligibility: people living with an intellectual, physical or psychological limitation, families on a low income, immigrants

Coverage area: Laval-Ouest, Fabreville, Sainte-Rose

Hours: administration: Monday to Friday 9h00 to 16h00, thrift store (regular hours): Monday to Saturday 9h00 to 17h00, thrift store (summer hours): Monday to Friday 9h00 to 18h00, Saturday 9h00 to 17h00

Fees: free with some exceptions

Financing: grants, fundraising campaigns, self-financing, donations

Legal status: non-profit organization

PERSPECTIVE CARRIÈRE
1772 le Corbusier Boulevard, Chomedey, Laval, QC, H7S 2K1
450 682-2278 Fax: 450 682-2924
Website: pcarriere.com/en
Email: info@pcarriere.com


Eligibility: unemployed people, employment insurance or social assistance beneficiaries, newcomers and immigrants

Coverage area: Laval

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 12h00

Fees: none

Financing: provincial

Legal status: non-profit organization

SERVICE CANADA CENTRE - LAVAL
1041 des Laurentides Boulevard, ground floor, Pont-Viau, Laval, QC, H7G 2W2
1 800 622-6232 TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbs-fsco/sc-dsp.jsp?lang=eng&rc=2806

**Coverage area:** Laval
**Hours:** Monday to Friday 8h30 to 16h00
**Financing:** federal
**Legal status:** federal government agency

**TEXTIL'ART LAVAL**
2615 Le Corbusier Boulevard, Chomedey, Laval, QC, H7S 2E8
450 682-7474 ext. 13   Fax: 450 978-1022
Website: www.textilart.ca
Email: info@textilart.ca


**Eligibility:** unemployed people, newcomers
**Capacity:** 55 people per year
**Coverage area:** Laval
**Hours:** Monday to Thursday 7h50 to 16h00, Friday 8h00 à 12h10
**Fees:** none
**Financing:** self-financing, grants
**Legal status:** non-profit organization

**Employment support for seniors**

**ASSOCIATION MIDI-QUARANTE**
3100 de la Concorde Boulevard East, Suite 204, Duvernay, Laval, QC, H7E 2B8
450 664-0711   Fax: 450 664-0119
Website: assmq.com
Email: info@midi40.com

**Services:** Specialized career counselling and service for job search. * Skills assessment, orientation, resume writing, interview preparation, computer access, coaching, computer workshops, LinkedIn coaching, webinars. * Services offered in person or remotely by video call, depending on the client's preference.

**Eligibility:** men and women 40 years old and over
**Coverage area:** Laval
**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 9h00 to 12h00
**Fees:** none
**Financing:** provincial
**Legal status:** non-profit organization

**CENTRE COMMUNAUTAIRE PETIT ESPoir**
1235 Montée du Moulin, Suite 06, Saint-François, Laval, QC, H7A 3V6
450 936-1922   Fax: 450 936-1923
Website: www.petitespoir.org
Email: petitespoir@videotron.ca
Employment and Income Support


Eligibility: newcomers, seniors, women on a low income

Coverage area: Laval: Saint-François, Saint-Vincent-de-Paul, Vimont, Duvernay neighbourhoods

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: grants, donations, self-financing

Legal status: non-profit organization

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Employment support for women

CENTRE COMMUNAUTAIRE PETIT ESPOIR
1235 Montée du Moulin, Suite 06, Saint-François, Laval, QC, H7A 3V6
450 936-1922 Fax: 450 936-1923
Website: www.petitespoir.org
Email: petitespoir@videotron.ca


Eligibility: newcomers, seniors, women on a low income

Coverage area: Laval: Saint-François, Saint-Vincent-de-Paul, Vimont, Duvernay neighbourhoods

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: grants, donations, self-financing

Legal status: non-profit organization

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DIMENSION TRAVAIL
1717 Saint-Martin Boulevard West, Suite 300, Chomedey, Laval, QC, H7S 1N2
450 978-7447 Fax: 450 978-7449
Website: www.dimensiontravail.com
Email: reception@dimensiontravail.com


Eligibility: women

Coverage area: Laval

Hours: Monday to Friday 8h30 to 16h30

Fees: free

Financing: provincial, federal

Legal status: non-profit organization

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FEMMES EN EMPLOI
1688 des Laurentides Boulevard, Suite 103, Vimont, Laval, QC, H7M 2P4
450 490-4895
Website: en.femmesenemploi.org
Email: info@femmesenemploi.org

151
Employment and Income Support


Eligibility: women in precarious situations, including those of foreign origin

Coverage area: Laval

Hours: Monday and Friday 10h00 to 16h00

Fees: none

Financing: municipal, provincial, federal, donations

Legal status: non-profit organization

Employment support for youth

CARREFOUR JEUNESSE-EMPOI DE LAVAL
500 Saint-Martin Boulevard West, Suite 150, Chomedey, Laval, QC, H7M 3Y2
450 967-2535 Fax: 450 967-1061
Website: www.cjelaval.qc.ca
Email: accueil@cjelaval.qc.ca


Eligibility: young adults 15 to 35 years old, PASI: 14 years and over

Coverage area: Laval

Hours: Monday, Tuesday and Friday 8h30 to 16h30, Wednesday and Thursday 8h30 to 20h00

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE VAL-MARTIN - PROJET ÇA CLIQ
820 79th Avenue, Chomedey, Laval, QC, H7V 3J1
450 973-8787 ext. 401 Fax: 450 973-8414
Website: www.ccvm.org
Email: cacliq@ccvm.org

Services: Project aiming personal and social development of youth 15 to 18 years old. * Encourage collaborative development. * Socioprofessional integration project for 18 to 35 years old.

Eligibility: youth from 15 to 18 years old in a situation of or at risk of dropping out of school or with problems such as absenteeism, lack of attendance and motivation, emotional problems, behavior problems or an identity deficit, people 18 to 35 years old

Coverage area: Laval

Financing: provincial, federal, Centraide of Greater Montréal

Legal status: non-profit organization

JEUNES AU TRAVAIL
2595 Haut-Saint-François Road, Duvernay, Laval, QC, H7E 4P2
450 661-1251 Fax: 450 661-6181
Website: www.jeunesautravail.ca
Email: jeunesautravail@gmail.com

Services: Socio-professional integration. * 6 months or more paid internship on an organic vegetable farm: greenhouse, gardens, seasonal kiosk, organic vegetables, woodworking, carpentry. * Individual and group monitoring and guidance.
Eligibility: youth in difficulties aged 16 to 25 years old
Capacity: 60 young people per year
Coverage area: Laval
Hours: Monday to Friday 8h00 to 16h00
Fees: free
Financing: provincial, federal, foundations, self-financing, donations
Legal status: non-profit organization

RELAIS COMMUNAUTAIRE DE LAVAL
111 des Laurentides Boulevard, Suite 101, Pont-Viau, Laval, QC, H7G 2T2
450 668-8727 Fax: 450 668-9615
Website: relais-communautaire.org
Email: info@relais-communautaire.org


Eligibility: people on a low income
Capacity: 50
Coverage area: Laval
Hours: food bags distribution: Tuesday and Friday 9h30 to 11h30, Écono Bouffe: Wednesday and Thursday 13h00 to 16h00, breakfast: Tuesday and Friday 9h30 to 11h00, lunch: Monday to Friday 12h00 to 13h00, day centre: Monday to Friday 9h30 to 15h30, Carrefour des Aubaines: Monday 13h00 to 19h00, Tuesday 9h30 to 19h00, Wednesday 9h30 to 20h30, Thursday 12h00 to 19h00, Friday 9h30 to 18h00, Saturday 10h00 to 16h00
Fees: membership card: $5 per year, meals: $3 for members, $5 for non-members
Financing: federal, provincial, municipal, Centraide of Greater Montréal, foundations, donations, self-financing
Legal status: non-profit organization

Tax clinics

CENTRE COMMUNAUTAIRE LE COUMBITE DE LAVAL - TAX CLINIC
111 des Laurentides Boulevard, Suite 220, Pont-Viau, Laval, QC, H7G 2T2
450 662-9771 Fax: 450 662-9319
Website: coumbitelaval.net
Email: coumbite@videotron.ca

Services: Tax clinic by appointment.
Eligibility: people on a low income, immigrants
Coverage area: Laval
Hours: 2022 clinic: March 7th to August 19th, by documents drop-off, call to make an appointment, Monday to Friday 10h00 to 15h00
Fees: $5
Financing: contributions, provincial, fundraising campaigns
Legal status: non-profit organization
CENTRE DE BÉNÉVOLAT ET MOISSON LAVAL - TAX CLINIC
1870 Michelin Street, Sainte-Rose, Laval, QC, H7L 4R3
450 681-6164 Fax: 450 681-5458
Website: benevolatlaval.qc.ca/en
Email: info@benevolatlaval.qc.ca
Services: Year-round tax clinic, by appointment.
Eligibility: single people, self-employed and newcomers with an annual income under $25,000, couples with an annual income under $30,000
Coverage area: Laval
Hours: 2022 clinic: by appointment, intensive period: March and April, by appointment
Fees: none
Financing: Centraide of Greater Montréal, provincial, foundations, donations
Legal status: non-profit organization

Vocational rehabilitation and disability-related employment

AIDE AUX PERSONNES ÂGÉES, DÉFAVORISÉES, HANDICAPÉES DE LAVAL
2388 35th Avenue, Laval-Ouest, Laval, QC, H7R 3P4
450 627-4641 Fax: 450 627-3148
Email: apadhl@hotmail.com
Services: * Supervised employment workshops.
Eligibility: people with an intellectual disability, an autism spectrum disorder or a mental health problem
Capacity: 90 persons
Coverage area: Laval
Hours: Monday to Friday 8h00 to 15h00
Fees: none
Financing: donations, provincial
Legal status: non-profit organization

ARRIMAGE (L’) - LAVAL OFFICE
1685 Fleetwood Street, Suite 110, Chomedey, Laval, QC, H7N 4B2
450 967-9611 Fax: 450 967-2391
Website: www.larrimage.ca
Email: infos.laval@larrimage.ca
Eligibility: people with a mental health problem diagnostic
Coverage area: Laval
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: non-profit organization

ATELIER DE TRI DES MATIÈRES PLASTIQUES RECYCLABLES DU QUÉBEC
3405 Industriel Boulevard, Sainte-Rose, Laval, QC, H7L 4S3
450 667-5347 Fax: 450 667-5603
Website: atmprq.com
Email: atmprq@atmprq.com
Eligibility: people 18 years and over, without a job and experiencing difficulties to find or maintain a job
Coverage area: Laval
Fees: none
Financing: grants, self-financing
Legal status: non-profit organization

CAFÉ LE SIGNET
295 Sainte-Rose Boulevard, Sainte-Rose, Laval, QC, H7L 1M1
450 625-1222
Website: www.cafelesignet.com
Email: info@cafelesignet.com
Eligibility: people living or who have lived with difficulties related to mental health, other services: open to all
Coverage area: Laval
Hours: Wednesday to Friday 9h00 to 17h00, Saturday 9h00 to 15h00
Financing: self-financing, grants
Legal status: non-profit organization

CAFGRAG (GROUPE D’ENTRAIDE EN SANTÉ MENTALE DE LAVAL)
62 Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7N 2H5
450 490-4224
Website: www.lecafgraf.org
Email: info@lecafgraf.org
Eligibility: people 16 years and over who have lived or are living with mental health, homelessness, addiction or psychosocial adaptation issues
Capacity: between 40 and 60 people
Coverage area: Laval
Hours: administration: Tuesday to Friday 9h00 to 17h00, day centre: Wednesday and Thursday 12h00 to 17h00, Friday 9h30 to 12h00, Saturday 11h30 to 16h00
Fees: membership: $2 per year
Financing: provincial, self-financing, federal, grants, membership fees
Legal status: non-profit organization

CAFGRAG (GROUPE D’ENTRAIDE EN SANTÉ MENTALE DE LAVAL) - ADULTS SERVICE POINT
62 Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7N 2H7
450 490-4224
Website: www.lecafgraf.org
Email: info@lecafgraf.org
Eligibility: people 18 years and over who have lived or are living with mental health, homelessness, addiction or psychosocial adaptation issues
Capacity: 40 to 50 people
Coverage area: Laval
Hours: Tuesday to Friday 9h30 to 17h00, Saturday 11h30 to 16h00
Fees: contribution: $2 per year
Financing: provincial, self-financing, federal, grants, membership fees
Legal status: non-profit organization

CAFGRAF (GROUPE D’ENTRAIDE EN SANTÉ MENTALE DE LAVAL) - YOUNG ADULTS
62 Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7N 2H5
450 490-4224
Website: www.lecafgraf.org
Email: info@lecafgraf.org
Eligibility: people 16 to 35 years old who have lived or are living with mental health, homelessness, addiction or psychosocial adaptation issues
Capacity: 50 people
Coverage area: Laval
Hours: administration and workshops: Tuesday to Friday 9h00 to 17h00, day centre: Wednesday 12h00 to 17h00, Thursday 12h00 to 19h00, Friday 9h30 to 12h00, Saturday 11h30 to 16h00
Fees: membership: $2 per year
Financing: provincial, self-financing, grants, federal, membership fees
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE PETIT ESPOIR
1235 Montée du Moulin, Suite 06, Saint-François, Laval, QC, H7A 3V6
450 936-1922 Fax: 450 936-1923
Website: www.petitespoir.org
Email: petitespoir@videotron.ca
Eligibility: newcomers, seniors, women on a low income
Coverage area: Laval: Saint-François, Saint-Vincent-de-Paul, Vimont, Duvernay neighbourhoods
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: grants, donations, self-financing
Legal status: non-profit organization

CENTRE D’IMPLICATION LIBRE DE LAVAL EN RÉADAPTATION SOCIALE
156 des Laurentides Boulevard, Laval-des-Rapides, Laval, QC, H7G 2T5
450 668-1771 Fax: 450 668-9010
Website: www.cill.qc.ca
Email: info@cill.qc.ca
Eligibility: adults 18 years old and over living or who have lived with mental health issues
Coverage area: Laval, North of Montréal
Hours: Monday to Friday 8h30 to 17h00, Saturday, Sunday and evenings depending on the activities
Financing: self-financing, grants
Legal status: non-profit organization
CENTRE D’IMPLICATION LIBRE DE LAVAL EN RÉADAPTATION SOCIALE - POINT DE SERVICE SAINTE-ROSE
295 A Sainte-Rose Boulevard, Sainte-Rose, Laval, QC, H7L 1M1
450 628-0468 Fax: 450 628-6713
Website: www.cill.qc.ca
Email: info.sterose@cill.qc.ca
Services: * Drop-in centre: trainings and workshops, social-cultural activities. * Social integration, accompaniment, listening and moral support. * Integration in the workplace: internship and accompaniment.
Eligibility: adults 18 years old and over, living or who have lived with mental health issues
Coverage area: Laval
Hours: Monday to Friday 8h30 to 16h30
Financing: self-financing, grants
Legal status: non-profit organization

CORPORATION INTÉGRATION À LA VIE ACTIVE DES PERSONNES HANDICAPÉES DE LAVAL
387 des Prairies Boulevard, Suite 210-B, Laval-des-Rapides, Laval, QC, H7N 2W4
450 668-1429 Fax: 450 668-7360
Website: civaphl.org
Email: info@civaphl.org
Services: Follow-up and individual support to ease social and vocational reintegration. * Information and referral. * Socioprofessional integration program and summer job program. * Group activities and day activities.
* Club propulsion: adapted day camp for youth 14 to 21 years old living with a physical disability. * Day camp for young adults 18 to 35 years old living with an intellectual disability or a pervasive development disorder (PDD). * Collective kitchens.
Eligibility: youth and young adults 14 to 35 years old living with physical, sensory and intellectual limitations
Capacity: 12 to 17 people per activity
Coverage area: Laval
Hours: Monday to Friday 8h30 to 15h30, collective kitchens: Saturday 9h00 to 12h00
Fees: membership card: $5, day camps: variable
Financing: provincial, donations, federal
Legal status: non-profit organization

ÉCO-NATURE
345 Sainte-Rose Boulevard, Sainte-Rose, Laval, QC, H7L 1M7
450 622-1020
Website: www.parc-mille-iles.qc.ca/en
Email: info@eco-nature.ca
* Social rehabilitation program: subsidized jobs.
Coverage area: Laval, Rive-Nord
Hours: 7 days, 8h30 to 17h00, activity centres: 9h00 to 20h00
Financing: municipal, provincial, federal, donations
Legal status: non-profit organization

ÉTAPE (L’) - POINT DE SERVICE DE LAVAL
1435 Saint-Martin Boulevard West, Suite 400, Chomedey, Laval, QC, H7S 2C6
450 667-9999 Fax: 450 667-5199 TTY: 450 667-5924
Website: letape.org/en
Email: letape-laval@letape.org
Services: Job integration and retention services for people with disabilities.
Eligibility: people with a physical, hearing or intellectual disability or an autism spectrum disorder
Capacity: 200 people
JARDIN DE LA FAMILLE DE FABREVILLE
3867 Sainte-Rose Boulevard, Fabreville, Laval, QC, H7P 1C8
450 622-9456     Fax: 450 622-0312
Website: www.jardindelafamille.org
Email: ajff@jardindelafamille.org


Eligibility: people living with an intellectual, physical or psychological limitation, families on a low income, immigrants

Coverage area: Laval-Ouest, Fabreville, Sainte-Rose

Hours: administration: Monday to Friday 9h00 to 16h00, thrift store (regular hours): Monday to Saturday 9h00 to 17h00, thrift store (summer hours): Monday to Friday 9h00 to 18h00, Saturday 9h00 to 17h00

Fees: free with some exceptions

Financing: grants, fundraising campaigns, self-financing, donations

Legal status: non-profit organization

JEUNES AU TRAVAIL
2595 Haut-Saint-François Road, Duvernay, Laval, QC, H7E 4P2
450 661-1251     Fax: 450 661-6181
Website: www.jeunesautravail.ca
Email: jeunesautravail@gmail.com

Services: Socio-professional integration. * 6 months or more paid internship on an organic vegetable farm: greenhouse, gardens, seasonal kiosk, organic vegetables, woodworking, carpentry. * Individual and group monitoring and guidance.

Eligibility: youth in difficulties aged 16 to 25 years old

Capacity: 60 young people per year

Coverage area: Laval

Hours: Monday to Friday 8h00 to 16h00

Fees: free

Financing: provincial, federal, foundations, self-financing, donations

Legal status: non-profit organization

OPEX’82 MANPOWER CENTRE - LAVAL
485 des Laurentides Boulevard, Suite 102, Pont-Viau, Laval, QC, H7G 2V2
450 975-7160     Fax: 450 975-0835
Website: www.viatravail.ca
Email: opex82laval@viatravail.ca


Eligibility: adults with a criminal record

Coverage area: Laval

Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00

Fees: none

Financing: provincial, federal

Legal status: non-profit organization
SERVICE CANADA CENTRE - LAVAL
1041 des Laurentides Boulevard, ground floor, Pont-Viau, Laval, QC, H7G 2W2
1 800 622-6232      TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fesco/sc-dsp.jsp?lang=eng&rc=2806


Coverage area: Laval
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

SERVICES DU CHAT BOTTÉ (LES)
2285 Francis Hughes Avenue, Suite 200, Chomedey, Laval, QC, H7S 1N5
450 663-5551 ext. 5     Fax: 450 663-0694
Website: autismelaval.org
Email: info@autismelaval.org


Eligibility: people with an autism spectrum disorder, day activities: semi-autonomous people 21 years and over with a behavioural problem, an intellectual disability or an autism spectrum disorder

Capacity: respite: 24
Coverage area: Laval
Hours: Monday to Friday 8h30 to 16h00
Fees: variable
Financing: provincial, membership fees
Legal status: non-profit organization

SERVICES QUÉBEC - CHOMEDEY
1438 Daniel-Johnson Boulevard, Chomedey, Laval, QC, H7V 4B5
450 680-6400     Fax: 450 680-6420
Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Chomedey
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

159
Employment and Income Support

Financing: provincial  
Legal status: provincial government agency

SERVICES QUÉBEC - DIRECTION RÉGIONALE DE LAVAL  
1041 des Laurentides Boulevard, Suite 203, Pont-Viau, Laval, QC, H7G 2W2  
450 972-3133  Fax: 450 972-3160  
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/directions-regionales/index_en.asp

Services: * Local employment centres locator: www.localisateur.servicesquebec.gouv.qc.ca/en  
* Info-emploi counter: job bank that can be consulted on site.  
* Job search assistance: redaction of resume and preparation to interview.  
* Multiservices room: access to phone, fax, computers and printing machines.  
* Workplace learning program.  
* Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities.  
* Business assistance: advices and financial support in human resources management.  
* Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities.  
* Last-resort financial and social assistance for asylum seekers and refugees.  
* Administration of oath.  
* Information on government programs and services and accompaniment in administrative procedures.  
* Services related to Directeur de l'état civil, Régie du bâtiment, Registre foncier, child support, pension plans and public sector pension plans.  

Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years old and over living with a long term occupational disability (physical or mental health, physical or intellectual disabilities), sponsored immigrants on or awaiting welfare and their sponsors

Coverage area: Laval  
Hours: Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30  

Financing: provincial  
Legal status: provincial government agency

SERVICES QUÉBEC - LAVAL-DES-RAPIDES  
3 Place-Laval, Suite 430, Chomedey, Laval, QC, H7N 1A2  
450 972-3050  Fax: 450 972-3069  
Website: www.localisateur.servicesquebec.gouv.qc.ca/en

Services: Accompaniment services regarding job market integration process and last-resort financial assistance.  
* Info-emploi counter: job bank that can be consulted on site.  
* Job search assistance: redaction of resume and preparation to interview.  
* Multiservices room: access to phone, fax, computers and printing machines.  
* Workplace learning program.  
* Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities.  
* Business assistance: advices and financial support in human resources management.  
* Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities.  
* Administration of oaths.  

Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Laval  
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30  

Financing: provincial  
Legal status: provincial government agency

TEXTIL'ART LAVAL  
2615 Le Corbusier Boulevard, Chomedey, Laval, QC, H7S 2E8  
450 682-7474 ext. 13  Fax: 450 978-1022  
Website: www.textilart.ca  
Email: info@textilart.ca

Eligibility: unemployed people, newcomers

Capacity: 55 people per year

Coverage area: Laval

Hours: Monday to Thursday 7h50 to 16h00, Friday 8h00 à 12h10

Fees: none

Financing: self-financing, grants

Legal status: non-profit organization
Food

CHRISTMAS BASKET

COLLECTIVE KITCHENS AND COOKING WORKSHOPS

COMMUNITY GARDENS AND MARKETS

FOOD ASSISTANCE

FOOD ASSISTANCE COORDINATION

FOOD ASSISTANCE IN SCHOOLS

LOW COST OR FREE MEALS

PREPARED MEALS AND MEALS-ON-WHEELS
Christmas basket

CENTRE COMMUNAUTAIRE PETIT ESPOIR
1235 Montée du Moulin, Suite 06, Saint-François, Laval, QC, H7A 3V6
450 936-1922  Fax: 450 936-1923
Website: www.petitespoir.org
Email: petitespoir@videotron.ca


Eligibility: newcomers, seniors, women on a low income

Coverage area: Laval: Saint-François, Saint-Vincent-de-Paul, Vimont, Duvernay neighbourhoods

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: grants, donations, self-financing

Legal status: non-profit organization

CENTRE D’AIDE PORTAIL
560 Justin Street, Fabreville, Laval, QC, H7P 5R2
450 622-7315
Email: info@centreaideportail.com


Eligibility: people in need

Capacity: 150 baskets per week

Coverage area: Laval

Hours: Tuesday to Thursday 9h00 to 16h00, baskets distribution: Thursday 14h15 to 17h00

Fees: none

Financing: donations

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT ET MOISSON LAVAL
1870 Michelin Street, Sainte-Rose, Laval, QC, H7L 4R3
450 681-6164  Fax: 450 681-5458
Website: benevolatlaval.qc.ca/en/
Email: info@benevolatlaval.qc.ca


Eligibility: residents, people and families on a low income, organizations helping people on a low income, newcomers, refugees

Capacity: 75 organizations

Coverage area: Laval

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00

Fees: emergency food counter: voluntary contribution of $5

Financing: Centraide of Greater Montréal, provincial, foundations, donations

Legal status: non-profit organization
ENTRAIDE SAINT-BRUNO
2287 Aladin Street, Vimont, Laval, QC, H7K 2T6
450 669-3001  Fax: 450 669-3001
Email: brunolaval@videotron.ca

Eligibility: people on a low income
Coverage area: Saint-Bruno Parish: postal code beginning with H7K except for those in Sainte-Béatrice
Hours: Monday to Thursday 13h30 to 16h30, possibility during days off if the parish priest is available
Fees: none
Financing: donations
Legal status: non-profit organization

HELLENIC SOCIAL SERVICES OF QUÉBEC - LAVAL
3860 Notre-Dame Boulevard, Suite 202, Chomedey, Laval, QC, H7V 1S1
450 688-2091  Fax: 450 688-2084
Website: hcgm.org
Email: info@hcgm.org

Eligibility: people of various origins, particularly Greek
Coverage area: Laval
Hours: Monday to Friday 9h00 to 17h00
Fees: annual membership: $15, less than $5 for clients of the food bank
Financing: donations, grants, provincial
Legal status: non-profit organization

OPÉRATION PÈRE NOËL
2478 des Oiseaux Boulevard, Sainte-Rose, Laval, QC, H7L 4W7
450 628-1328
Website: operationperenoel.com
Email: info@operationperenoel.com

Services: Program enable someone to be Santa for an underprivileged child: the person receives the letter that a child has written to Santa, buys them one of the presents on the list and gives it to the organization for distribution. * Monetary donations are welcome for last minute letters and for more expensive items.
Eligibility: children referred by a social worker
Coverage area: province of Québec
Financing: donations
Legal status: non-profit organization

RELAIS COMMUNAUTAIRE DE LAVAL
111 des Laurentides Boulevard, Suite 101, Pont-Viau, Laval, QC, H7G 2T2
450 668-8727   Fax: 450 668-9615
Website: relais-communaute.org
Email: info@relais-communaute.org

Eligibility: people on a low income
Capacity: 50
Coverage area: Laval
Hours: food bags distribution: Tuesday and Friday 9h30 to 11h30, Écono Bouffe: Wednesday and Thursday 13h00 to 16h00, breakfast: Tuesday and Friday 9h30 to 11h00, lunch: Monday to Friday 12h00 to 13h00, day centre: Monday to Friday 9h30 to 15h30, Carrefour des Aubaines: Monday 13h00 to 19h00, Tuesday 9h30 to 19h00, Wednesday 9h30 to 20h30, Thursday 12h00 to 19h00, Friday 9h30 to 18h00, Saturday 10h00 to 16h00
Fees: membership card: $5 per year, meals: $3 for members, $5 for non-members
Financing: federal, provincial, municipal, Centraide of Greater Montréal, foundations, donations, self-financing
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - BON-PASTEUR
400 Laurier Street, Laval-des-Rapides, Laval, QC, H7N 2P6
438 823-9105
Website: ssvp-mtl.org/en
Email: confbonpasteur@ssvp-mtl.org
Eligibility: people with a low income or financial difficulties
Coverage area: Laval-Des-Rapides, Chomedey
Hours: by appointment, usually on Thursdays and Fridays
Fees: none
Financing: donations, self-financing
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CONFÉRENCE SAINT-CLAUDE
80 Meunier Street West, Laval-des-Rapides, Laval, QC, H7N 1V6
438 488-4922 Fax: 450 669-8232
Eligibility: people on a low income
Capacity: 40 meetings (or families) per month
Coverage area: Saint-Claude Parish, including Notre-Dame-de-Pontmain merged Parish: between Saint-Martin Boulevard to the north, des Prairies Boulevard to the south, des Laurentides Boulevard to the east and the railway to the west
Hours: by appointment, open Tuesday and Friday for the last two weeks of each month
Financing: fundraising campaigns, donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - FRANÇOIS-DE-LAVAL
9 Saint-Louis Street, Pont-Viau, Laval, QC, H7G 2J1
450 490-9900

Eligibility: adults on a low income

Coverage area: Bienheureux-François-de-Montmorency-Laval Parish and Saint-Christophe, Saint-Gilles, Saint-Julien-Eymard, Saint-Louis-de-Montfort and Saint-Maurice-de-Duvernay merged parishes

Hours: Monday and Thursday 10h00 to 12h00, summer: Thursday 10h00 to 12h00

Financing: donations, fundraising campaigns

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINT-FERDINAND

3250 Esther Street, Fabreville, Laval, QC, H7P 4X3
514 991-7837   Fax: 450 625-4525

Services: * Distribution of food vouchers and food baskets. * Christmas baskets for people already benefiting from food assistance. * School supplies.

Eligibility: people on a low income

Coverage area: Saint-Ferdinand parish

Hours: Thursday, by appointment

Fees: none

Financing: donations

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINT-FRANÇOIS-DE-SALES

7070 des Mille-Îles Boulevard, Saint-François, Laval, QC, H7A 4B3
450 666-3563   Fax: 450 666-2761


Eligibility: people on a low income

Coverage area: Saint-François-de-Sales Parish

Hours: by appointment

Fees: free

Financing: donations

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINT-LÉOPOLD

3827 Sainte-Rose Boulevard, Fabreville, Laval, QC, H7P 4G1
450 625-1190   Fax: 450 622-5281

Email: latour_r@videotron.ca


Eligibility: people on a low income

Coverage area: Saint-Léopold Parish

Hours: Thursday 9h30 to 12h00 and 13h30 to 16h00, by appointment only

Financing: donations, self-financing

Legal status: non-profit financing

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINT-MARTIN

4080 Saint-Martin Boulevard West, Chomedey, Laval, QC, H7T 1C1
450 682-5493


Eligibility: people on a low income

Capacity: 15 requests per week

Coverage area: Saint-Martin, Saint-Pie-X and Saint-Urbain parishes

Hours: by appointment

Fees: none
Financing: donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINT-NOËL-CHABANEL
8560 de l'Église Street, Saint-François, Laval, QC, H7A 1K9
450 665-0550
Email: stnoelchabanel@ssvp-mtl.org
Eligibility: people on a low income
Coverage area: Saint-Noël-Chabanel Parish
Hours: by appointment, call return 7 days 9h00 to 16h00
Fees: none
Financing: donations, fundraising campaigns
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINTE-DOROTHÉ
400 Principale Street, Sainte-Dorothée, Laval, QC, H7X 3T9
438 395-8219
Email: stedorothee@ssvp-mtl.org
Eligibility: people on a low income
Coverage area: Sainte-Dorothée parish, Îles-Laval
Hours: thrift store: Wednesday 13h00 to 15h30, food assistance: by appointment
Financing: donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE SAINT-VINCENT-DE-PAUL (LAVAL)
1111 Place Jean-Eudes-Blanchard, Saint-Vincent-de-Paul, Laval, QC, H7C 1T1
450 661-3061
Eligibility: people on a low income
Coverage area: Saint-Vincent-de-Paul Parish
Hours: by appointment only
Fees: free, except thrift store
Financing: donations, self-financing
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINT-ELZÉAR
16 Saint-Elzéar Boulevard East, Vimont, Laval, QC, H7M 1C2
450 669-3681 Fax: 450 629-3415
Email: paroissesaintelzear@videotron.ca
Eligibility: people on a low income
Coverage area: Saint-Elzéar Parish (H7M)
Hours: thrift store: Monday 9h00 to 12h00, Thursday 19h00 to 20h30, food assistance: by appointment
Fees: free, thrift store: variables
Financing: donations, fundraising campaigns, self-financing
Legal status: non-profit organization
Food

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINT-THÉOPHILE
6000 31st Avenue, Laval-Ouest, Laval, QC, H7R 3N1
450 314-1219
Eligibility: people on a low income
Capacity: about 90 families per month
Coverage area: Saint-Théophile Parish
Hours: by appointment, food assistance: Friday 10h00 to 12h00
Fees: none
Financing: donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINTE-BÉATRICE
475 des Perron Avenue, Auteuil, Laval, QC, H7H 1E2
450 625-0725 Fax: 450 625-0726
Email: stebeatrice@hotmail.com
Eligibility: people on a low income
Coverage area: Sainte-Béatrice parish, Auteuil neighbourhood
Hours: by appointment
Financing: donations, self-financing
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINTE-ROSE-DE-LIMA
219 Sainte-Rose Boulevard, Sainte-Rose, Laval, QC, H7L 1L7
450 625-1963 Fax: 450 625-4677
Eligibility: people on a low income
Coverage area: Sainte-Rose-de-Lima Parish
Hours: Monday to Thursday 8h00 to 10h00, Soupière Sainte-Rose: Wednesday during the summer, Tuesday and Wednesday starting in September
Financing: donations, fundraising campaigns
Legal status: non-profit organization

YOUTH AND PARENTS AGAPE ASSOCIATION (THE)
3950 Notre-Dame Boulevard, Chomedey, Laval, QC, H7W 1S7
450 686-4333
Website: www.agapeassociationinc.com
Email: info@agapeassociationinc.com
Services: Support for English-speakers and multicultural communities of Laval. Food * Distribution of food according to the assessed needs. * Bread counter: distribution of free bread, pastries, pizzas and other baked goods. * Christmas and Hanukkah baskets. Family and community * Healing the family: support group for victims of abuse and violence. * Budget planning for families on a low income. * Clear head, clear soul: meetings for people coping with all types of addictions. * Social work. Seniors * Senior Wellness Centre: social activities, learning and health presentations, iPad courses, etc. Immigrants * Transitional housing for newcomers and refugees looking for permanent housing. Material assistance * On-site recovery of used toys, clothing and household items (dishes, blankets, etc.).
Eligibility: English-speaking people on a low income, multicultural communities, transition housing: newcomer and refugee families, Healing the family: women victims of domestic violence
Coverage area: Laval
Hours: Monday to Friday 8h30 to 17h00
Fees: free
Collective kitchens and cooking workshops

ASSOCIATION POUR AINÉS RÉSIDANT À LAVAL

4901 Saint-Joseph Street, Saint-Vincent-de-Paul, Laval, QC, H7C 1H6
450 661-5252 Fax: 450 661-2497
Website: www.aparl.org
Email: information@aparl.org


Eligibility: people 50 years and over

Coverage area: East of Laval, ITMAV: Saint-Vincent-de-Paul, Duvernay, Saint-François

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: membership card: $15

Financing: Centraide of Greater Montréal, provincial, municipal

Legal status: non-profit organization

BUREAU D’AIDE ET D’ASSISTANCE FAMILIALE PLACE SAINT-MARTIN

1885 Dumouchel Avenue, Suite 202, Chomedey, Laval, QC, H7S 1J7
450 681-9979 Fax: 450 681-2835
Website: baaf.ca
Email: baaf@videotron.ca


Eligibility: families with children 0 to 5 years old, people on a low income

Coverage area: Laval

Hours: Monday to Friday 8h00 to 16h00

Fees: minimal fees depending on the activity

Financing: grants, donations

Legal status: non-profit organization

CAFGRAF (GROUPE D’ENTRAIDE EN SANTÉ MENTALE DE LAVAL)

62 Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7N 2H5
450 490-4224
Website: www.lecafgraf.org
Email: info@lecafgraf.org


Eligibility: people 16 years and over who have lived or are living with mental health, homelessness, addiction or psychosocial adaptation issues

Capacity: between 40 and 60 people

Coverage area: Laval

Hours: administration: Tuesday to Friday 9h00 to 17h00, day centre: Wednesday and Thursday 12h00 to 17h00, Friday 9h30 to 12h00, Saturday 11h30 to 16h00

Fees: membership: $2 per year
Financing: provincial, self-financing, federal, grants, membership fees
Legal status: non-profit organization

CAFGRAF (GROUPE D'ENTRAIDE EN SANTÉ MENTALE DE LAVAL) - ADULTS SERVICE POINT
62 Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7N 2H7
450 490-4224
Website: www.lecafgraf.org
Email: info@lecafgraf.org
Eligibility: people 18 years and over who have lived or are living with mental health, homelessness, addiction or psychosocial adaptation issues
Capacity: 40 to 50 people
Coverage area: Laval
Hours: Tuesday to Friday 9h30 to 17h00, Saturday 11h30 to 16h00
Fees: contribution: $2 per year
Financing: provincial, self-financing, federal, grants, membership fees
Legal status: non-profit organization

CAFGRAF (GROUPE D'ENTRAIDE EN SANTÉ MENTALE DE LAVAL) - YOUNG ADULTS
62 Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7N 2H5
450 490-4224
Website: www.lecafgraf.org
Email: info@lecafgraf.org
Eligibility: people 16 to 35 years old who have lived or are living with mental health, homelessness, addiction or psychosocial adaptation issues
Capacity: 50 people
Coverage area: Laval
Hours: administration and workshops: Tuesday to Friday 9h00 to 17h00, day centre: Wednesday 12h00 to 17h00, Thursday 12h00 to 19h00, Friday 9h30 to 12h00, Saturday 11h30 to 16h00
Fees: membership: $2 per year
Financing: provincial, self-financing, grants, federal, membership fees
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE LE COUMBITE DE LAVAL
111 des Laurentides Boulevard, Suite 220, Pont-Viau, Laval, QC, H7G 2T2
450 662-9771     Fax: 450 662-9319
Website: coumbitelaval.net
Email: coumbite@videotron.ca
Eligibility: ethnocultural communities, especially the families of the Haitian community
Coverage area: Laval
Hours: Monday to Friday 9h00 to 17h00
Fees: membership card: $12
Financing: contributions, provincial, fundraising campaigns  
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE VAL-MARTIN - MAISON DE LA FAMILLE  
828 79th Avenue, Chomedey, Laval, QC, H7V 3J1  
450 973-8787 ext. 202  Fax: 450 973-8414  
Website: www.ccvm.org  
Email: intermdf@ccvm.org  

Eligibility: parents and children  
Coverage area: Chomedey East  
Hours: Monday to Friday 8h30 to 16h30  
Financing: provincial, federal, Centraide of Greater Montréal  
Legal status: non-profit organization

CORPORATION INTÉGRATION À LA VIE ACTIVE DES PERSONNES HANDICAPÉES DE LAVAL  
387 des Prairies Boulevard, Suite 210-B, Laval-des-Rapides, Laval, QC, H7N 2W4  
450 668-1429  Fax: 450 668-7360  
Website: civaphl.org  
Email: info@civaphl.org  

Services: Follow-up and individual support to ease social and vocational reintegration. * Information and referral. * Socioprofessional integration program and summer job program. * Group activities and day activities. * Club propulsion: adapted day camp for youth 14 to 21 years old living with a physical disability. * Day camp for young adults 18 to 35 years old living with an intellectual disability or a pervasive development disorder (PDD). * Collective kitchens.  
Eligibility: youth and young adults 14 to 35 years old living with physical, sensory and intellectual limitations  
Capacity: 12 to 17 people per activity  
Coverage area: Laval  
Hours: Monday to Friday 8h30 to 15h30, collective kitchens: Saturday 9h00 to 12h00  
Fees: membership card: $5, day camps: variable  
Financing: provincial, donations, federal  
Legal status: non-profit organization

GROUPE PROMO-SANTÉ LAVAL  
3235 Saint-Martin Boulevard East, Suite 210, Duvernay, Laval, QC, H7E 5G8  
450 668-2121  
Website: gpslaval.com  
Email: info@gpslaval.com  

Eligibility: general public, community organizations  
Coverage area: Laval  
Hours: Monday to Friday 8h00 to 16h00, variable  
Fees: physical activity support: free, other services: variable  
Financing: municipal, provincial, federal, foundations, self-financing  
Legal status: non-profit organization
MAISON DE LA FAMILLE DE LAVAL-OUEST
7190 21st Avenue, Laval-Ouest, Laval, QC, H7R 3G8
450 962-3367
Website: www.mfl-o.org
Email: mflo@videotron.ca


Eligibility: families with young children
Coverage area: Laval-West, Sainte-Dorothée, Fabreville-West
Hours: Monday to Friday 9h00 to 16h00, summer: closed from mid-June to mid-August, except for the walking club and the community garden

 Fees: annual membership: $5 per family
Financing: provincial, federal
Legal status: non-profit organization

MAISON DE LA FAMILLE DE SAINT-FRANÇOIS
8190 Lévesque Boulevard East, Saint-François, Laval, QC, H7A 1V4
450 665-6510     Fax: 450 665-9987
Website: maisonfamillesfrancois.com
Email: info@maisonfamillesfrancois.com


Eligibility: families
Coverage area: Laval East
Hours: administration: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, activities: variable hours

Fees: member: $5, daycare: $3 per child per block or $5 per family per block, collective kitchen: $5 per person, activities for 5 to 12 year olds: $5 per child, family outings: low cost
Financing: self-financing, Centraide of Greater Montréal, provincial, federal, municipal
Legal status: non-profit organization

MAISON DE QUARTIER DE FABREVILLE
3031 Dagenais Boulevard, Fabreville, Laval, QC, H7P 1T4
450 625-5453     Fax: 450 625-4140
Website: www.mqfabreville.org
Email: info@mqfabreville.org


Eligibility: children, teenagers, adults, families
Capacity: 25
Coverage area: Fabreville, Sainte-Rose
Hours: Monday to Friday 8h30 to 16h30
Fees: voluntary contribution
Financing: Centraide of Greater Montréal, donations, provincial, federal, municipal, self-financing
Legal status: non-profit organization

MAISON DES FAMILLES DE SAINT-VINCENT-DE-PAUL
4899 Saint-Joseph Street, Saint-Vincent-de-Paul, Laval, QC, H7C 1H6
450 664-4711
Website: www.rqsvp.com
Email: froustan@rqsvp.com
Eligibility: families
Coverage area: Saint-Vincent-de-Paul, Duvernay and Saint-François neighbourhoods
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, food bank: Thursday 11h15, summer: Monday to Thursday 8h30 to 16h30
Fees: food bank: $5, after 4 times beneficiaries must participate to a collective kitchen and the amount spent on the food bank will go towards it
Financing: self-financing, donations, grants
Legal status: non-profit organization

Community gardens and markets

BUREAU D’AIDE ET D’ASSISTANCE FAMILIALE PLACE SAINT-MARTIN
1885 Dumouchel Avenue, Suite 202, Chomedey, Laval, QC, H7S 1J7
450 681-9979 Fax: 450 681-2835
Website: baaf.ca
Email: baaf@videotron.ca
Eligibility: families with children 0 to 5 years old, people on a low income
Coverage area: Laval
Hours: Monday to Friday 8h00 to 16h00
Fees: minimal fees depending on the activity
Financing: grants, donations
Legal status: non-profit organization

ENFANT D’ABORD
3781 Lévesque Boulevard West, Suite 209, Chomedey, Laval, QC, H7V 1G5
450 681-1154
Website: www.enfantdabord.org
Email: info@enfantdabord.org
Eligibility: families on a low income with children under 18 years old, isolated seniors 55 years old and over
Coverage area: Laval, food assistance: Chomedey
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, food assistance: Tuesday and Thursday 12h00 to 15h00
Fees: free
**Financing:** provincial, self-financing, fundraising campaigns  
**Legal status:** non-profit organization

**MAISON DE LA FAMILLE DE LAVAL-OUEST**  
7190 21st Avenue, Laval-Ouest, Laval, QC, H7R 3G8  
450 962-3367  
**Website:** www.mfl-o.org  
**Email:** mflo@videotron.ca  
**Eligibility:** families with young children  
**Coverage area:** Laval-West, Sainte-Dorothée, Fabreville-West  
**Hours:** Monday to Friday 9h00 to 16h00, summer: closed from mid-June to mid-August, except for the walking club and the community garden  
**Fees:** annual membership: $5 per family  
**Financing:** provincial, federal  
**Legal status:** non-profit organization

**MAISON DES FAMILLES DE SAINT-VINCENT-DE-PAUL**  
4899 Saint-Joseph Street, Saint-Vincent-de-Paul, Laval, QC, H7C 1H6  
450 664-4711  
**Website:** www.rqsdp.com  
**Email:** froustan@rqsdp.com  
**Eligibility:** families  
**Coverage area:** Saint-Vincent-de-Paul, Duvernay and Saint-François neighbourhoods  
**Hours:** Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, food bank: Thursday 11h15, summer: Monday to Thursday 8h30 to 16h30  
**Fees:** food bank: $5, after 4 times beneficiaries must participate to a collective kitchen and the amount spent on the food bank will go towards it  
**Financing:** self-financing, donations, grants  
**Legal status:** non-profit organization

**PROJET HUMANITAIRE ETHNOCULTUREL MON PREMIER PANIER**  
976 Curé-Labelle Boulevard, Chomedey, Laval, QC, H7V 2V5  
450 687-7715  
**Website:** www.monpremierpanier.sitew.ca  
**Email:** ethnoculturelle@hotmail.com  
**Eligibility:** families on a low income or newly arrived  
**Coverage area:** Chomedey  
**Hours:** Monday to Friday 9h00 to 17h00  
**Financing:** donations, grants  
**Legal status:** non-profit organization
Food Assistance

ASSOCIATION LAVALLOISE POUR LA DÉFICIENCE INTELLECTUELLE ET LE TROUBLE DU SPECTRE DE L'AUTISME
73 Saint-Elzéar Boulevard West, Vimont, Laval, QC, H7M 1E7
450 972-1010   Fax: 450 972-1515
Website: aledia1959.com/en

Services: * Promotion of the interests and rights. * Demystification of intellectual disability and the autism spectrum disorder. * Development of services to encourage individual and social growth within the community. * Support and assistance for members and their relatives. * House-sitting. * Summer camp, recreational and sports activities, monthly outings. * One week long shelter to develop the residential autonomy of youth 16 years old and over. * Animated monitoring service for members 12 years and over. * Food assistance.

Eligibility: people living with an intellectual disability or an autism spectrum disorder, their parents and fieldworkers, food assistance: people living with an intellectual disability or an autism spectrum disorder, living alone or in a couple, families in need who have a child with a developmental disability or an autism spectrum disorder

Coverage area: Laval
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Fees: evaluation to become a member: $15, annual membership; $10 for people with a diagnosis, $20 for their parents or relatives, $25 for other people, variable fees for activities

Financing: provincial, self-financing

Legal status: non-profit organization

AU PANIER
3781 Lévesque Boulevard West, Chomedey, Laval, QC, H7V 1G5
450 681-1154
Website: www.aupanier.org/index.php/en
Email: info@aupanier.org


Eligibility: community grocery store: residents of Chomedey living below the low-income level, solidarity grocery store: general public, catering service: general public

Coverage area: Chomedey
Hours: Tuesday and Thursday 10h00 to 16h00, Friday 10h00 to 16h00
Fees: membership card: according to the income, between $10 and $20, solidarity and community grocery store: variable

Financing: municipal, provincial, foundations, donations

Legal status: non-profit organization

AVC-APHASIE LAVAL
3350 Dagenais Boulevard West, Fabreville, Laval, QC, H7P 1V6
450 937-3666
Website: www.avcaphasielaval.ca
Email: info@avcaphasielaval.ca


Eligibility: people who have had a stroke, with any after effects, people with aphasia, their close ones and the general public

Coverage area: Laval
Hours: Monday to Friday 8h30 to 16h30
Fees: annual membership: $25, activities: 25 to $35 per class
Financing: provincial, municipal, donations
Legal status: non-profit organization

CAFGRAF (GROUPE D'ENTRAIDE EN SANTÉ MENTALE DE LAVAL)
62 Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7N 2H5
450 490-4224
Website: www.lecafgraf.org
Email: info@lecafgraf.org


Eligibility: people 16 years and over who have lived or are living with mental health, homelessness, addiction or psychosocial adaptation issues
Capacity: between 40 and 60 people
Coverage area: Laval
Hours: administration: Tuesday to Friday 9h00 to 17h00, day centre: Wednesday and Thursday 12h00 to 17h00, Friday 9h30 to 12h00, Saturday 11h30 to 16h00
Fees: membership: $2 per year
Financing: provincial, self-financing, federal, grants, membership fees
Legal status: non-profit organization

CAFGRAF (GROUPE D'ENTRAIDE EN SANTÉ MENTALE DE LAVAL) - ADULTS SERVICE POINT
62 Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7N 2H7
450 490-4224
Website: www.lecafgraf.org
Email: info@lecafgraf.org


Eligibility: people 18 years and over who have lived or are living with mental health, homelessness, addiction or psychosocial adaptation issues
Capacity: 40 to 50 people
Coverage area: Laval
Hours: Tuesday to Friday 9h30 to 17h00, Saturday 11h30 to 16h00
Fees: contribution: $2 per year
Financing: provincial, self-financing, federal, grants, membership fees
Legal status: non-profit organization

CAFGRAF (GROUPE D'ENTRAIDE EN SANTÉ MENTALE DE LAVAL) - YOUNG ADULTS
62 Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7N 2H5
450 490-4224
Website: www.lecafgraf.org
Email: info@lecafgraf.org


Eligibility: people 16 to 35 years old who have lived or are living with mental health, homelessness, addiction or psychosocial adaptation issues
Capacity: 50 people
Coverage area: Laval
CENTRE COMMUNAUTAIRE LE RENDEZ-VOUS DES AÎNÉS
10 Proulx Street West, Laval-des-Rapides, Laval, QC, H7N 1N3
450 667-8836  Fax: 450 667-5810
Website: ccrva.org
Email: info@ccrva.org


Eligibility: people 50 years old and over, adapted recreational activities: people 35 years old and over

Coverage area: Laval

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, thrift store: Monday and Thursday 9h00 to 16h00

Fees: membership: $15 per year, meals: $6.50 for members and $8 for non-members, frozen meals: variable prices, fresh meal of the day: $4.50

Financing: Centraide of Greater Montréal, provincial, self-financing

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE PETIT ESPOIR
1235 Montée du Moulin, Suite 06, Saint-François, Laval, QC, H7A 3V6
450 936-1922  Fax: 450 936-1923
Website: www.petitespoir.org
Email: petitespoir@videotron.ca


Eligibility: newcomers, seniors, women on a low income

Coverage area: Laval: Saint-François, Saint-Vincent-de-Paul, Vimont, Duvernay neighbourhoods

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: grants, donations, self-financing

Legal status: non-profit organization

CENTRE D’AIDE PORTAIL
560 Justin Street, Fabreville, Laval, QC, H7P 5R2
450 622-7315
Email: info@centreaideportail.com


Eligibility: people in need

Capacity: 150 baskets per week

Coverage area: Laval

Hours: Tuesday to Thursday 9h00 to 16h00, baskets distribution: Thursday 14h15 to 17h00
Fees: none
Financing: donations
Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT ET MOISSON LAVAL
1870 Michelin Street, Sainte-Rose, Laval, QC, H7L 4R3
450 681-6164 Fax: 450 681-5458
Website: benevolatlaval.qc.ca/en/
Email: info@benevolatlaval.qc.ca

Eligibility: residents, people and families on a low income, organizations helping people on a low income, newcomers, refugees
Capacity: 75 organizations
Coverage area: Laval
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00
Fees: emergency food counter: voluntary contribution of $5
Financing: Centraide of Greater Montréal, provincial, foundations, donations
Legal status: non-profit organization

CENTRE LAVALLOIS POUR L'INTÉGRATION ET LA COHÉSION SOCIALE
1876 des Laurentides Boulevard, Suite 205, Chomedey, Laval, QC, H7M 2P9
438 808-9242
Email: clicslaval@gmail.com

Eligibility: immigrants, JEU program: immigrants from 12 to 17 years old
Coverage area: Laval, school supplies: Montréal Island, Laval
Hours: Monday, Wednesday, Friday 9h00 to 16h00, Tuesday and Thursday 12h00 to 20h00
Fees: none
Financing: self-financing
Legal status: non-profit organization

COMPASSION LAVAL
1645 des Laurentides boulevard, Vimont, Laval, QC, H7M2P2
450 669-7072 Fax: 450 662-7152
Email: compassionlaval450@gmail.com

Eligibility: people on a low income
Coverage area: Laval
Hours: thrift shop: Thursday 11h00 to 16h30, food bank: by appointment, on-site recovery of donations: Tuesday to Thursday, summer: closed from June 22nd to September
Fees: free
Financing: donations, municipal
Legal status: non-profit organization

DIVISION URGENCE SOCIALE DU SERVICE DE POLICE DE LAVAL
2785, Francis-Hugues Avenue, Chomedey, Laval, QC, H7L 3J6
450 662-4595     Fax: 450-662-8534
Website: laval.ca/police
Email: urgence.sociale@laval.ca
Eligibility: citizens 18 years and over in a crisis situation, food vouchers: families with pending social benefit
Coverage area: Laval
Hours: Monday to Friday 8h15 to 17h30
Fees: none
Financing: municipal
Legal status: municipal agency

ENFANT D’ABORD
3781 Lévesque Boulevard West, Suite 209, Chomedey, Laval, QC, H7V 1G5
450 681-1154
Website: www.enfantdabord.org
Email: info@enfantdabord.org
Eligibility: families on a low income with children under 18 years old, isolated seniors 55 years old and over
Coverage area: Laval, food assistance: Chomedey
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, food assistance: Tuesday and Thursday 12h00 to 15h00
Fees: free
Financing: provincial, self-financing, fundraising campaigns
Legal status: non-profit organization

ENTRAIDE (PONT-VIAU ET LAVAL DES RAPIDES) INC. (L’)
664 Saint-André Street, Pont-Viau, Laval, QC, H7G 3A5
450 663-8039 ext. 0     Fax: 450 663-9796
Website: www.entraidelaval.org
Email: coqlicorne@gmail.com
Eligibility: children, adults, newcomers, families, LGBTQIA2+ people
Coverage area: Laval
Hours: Monday, Wednesday and Friday 9h00 to 16h00, Tuesday and Thursday 9h00 to 18h30
Fees: annual membership: $25, services: variable
Financing: federal, provincial, foundations  
Legal status: non-profit organization

ENTRAIDE SAINT-BRUNO  
2287 Aladin Street, Vimont, Laval, QC, H7K 2T6  
450 669-3001     Fax: 450 669-3001  
Email: brunolaval@videotron.ca  
Eligibility: people on a low income  
Coverage area: Saint-Bruno Parish: postal code beginning with H7K except for those in Sainte-Béatrice  
Hours: Monday to Thursday 13h30 to 16h30, possibility during days off if the parish priest is available  
Fees: none  
Financing: donations  
Legal status: non-profit organization

GROUPE D’ENTRAIDE LA ROSÉE  
5565 Dagenais Boulevard, Laval-Ouest, Laval, QC, H7R 1M1  
450 962-9971     Fax: 450 962-4420  
Website: www.larosee.qc.ca  
Email: reception@larosee.qc.ca  
Services: * Thrift store: sale and on-site recovery of clothing, furniture, books and bicycles at affordable prices.  
Eligibility: people on a low income or with a loss of autonomy  
Coverage area: Laval-Ouest, Fabreville, Sainte-Dorothée (postal codes starting with H7R, H7P, H7Y and H7X)  
Hours: thrift store: Tuesday to Friday 12h00 to 17h00, Saturday 12h00 to 15h00, meals on wheels: 5 times a week, at lunchtime, emergency food assistance: Monday to Friday, in the afternoon  
Fees: meals on wheels: $6.75 per meal  
Financing: donations, self-financing, provincial  
Legal status: non-profit organization

HELLENIC SOCIAL SERVICES OF QUÉBEC - LAVAL  
3860 Notre-Dame Boulevard, Suite 202, Chomedey, Laval, QC, H7V 1S1  
450 688-2091     Fax: 450 688-2084  
Website: hcgm.org  
Email: info@hcgm.org  
* Occasional clinics and workshops in collaboration with the CLSC. * Assistance to seniors, families and youth.  
Eligibility: people of various origins, particularly Greek  
Coverage area: Laval  
Hours: Monday to Friday 9h00 to 17h00  
Fees: annual membership: $15, less than $5 for clients of the food bank  
Financing: donations, grants, provincial  
Legal status: non-profit organization
MAISON DE LA FAMILLE DE LAVAL-OUEST
7190 21st Avenue, Laval-Ouest, Laval, QC, H7R 3G8
450 962-3367
Website: www.mfl-o.org
Email: mfl-o@videotron.ca
Eligibility: families with young children
Coverage area: Laval-West, Sainte-Dorothée, Fabreville-West
Hours: Monday to Friday 9h00 to 16h00, summer: closed from mid-June to mid-August, except for the walking club and the community garden
Fees: annual membership: $5 per family
Financing: provincial, federal
Legal status: non-profit organization

MAISON DE LA FAMILLE DE SAINT-FRANÇOIS
8190 Lévesque Boulevard East, Saint-François, Laval, QC, H7A 1V4
450 665-6510     Fax: 450 665-9987
Website: maisonfamillestfrancois.com
Email: info@maisonfamillestfrancois.com
Eligibility: families
Coverage area: Laval East
Hours: administration: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, activities: variable hours
Fees: member: $5, daycare: $3 per child per block or $5 per family per block, collective kitchen: $5 per person, activities for 5 to 12 year olds: $5 per child, family outings: low cost
Financing: self-financing, Centraide of Greater Montréal, provincial, federal, municipal
Legal status: non-profit organization

MAISON DE QUARTIER DE FABREVILLE
3031 Dagenais Boulevard, Fabreville, Laval, QC, H7P 1T4
450 625-5453     Fax: 450 625-4140
Website: www.mqfabreville.org
Email: info@mqfabreville.org
Eligibility: children, teenagers, adults, families
Capacity: 25
Coverage area: Fabreville, Sainte-Rose
Hours: Monday to Friday 8h30 to 16h30
Fees: voluntary contribution
MAISON DES FAMILLES DE SAINT-VINCENT-DE-PAUL
4899 Saint-Joseph Street, Saint-Vincent-de-Paul, Laval, QC, H7C 1H6
450 664-4711
Website: www.rqsvp.com
Email: froustan@rqsvp.com


Eligibility: families
Coverage area: Saint-Vincent-de-Paul, Duvernay and Saint-François neighbourhoods
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, food bank: Thursday 11h15, summer: Monday to Thursday 8h30 to 16h30
Fees: food bank: $5, after 4 times beneficiaries must participate to a collective kitchen and the amount spent on the food bank will go towards it
Financing: self-financing, donations, grants
Legal status: non-profit organization

PARTAGE SAINT-MAXIME
3700 Lévesque Boulevard West, Suite 1, Chomedey, Laval, QC, H7V 1E8
450 973-4242     Fax: 450 973-3549
Website: www.paroissesaintmaxime.org
Email: partagesaintmaxime@videotron.ca

Eligibility: individuals and families who are on a low income, marginalized, single parents or immigrants
Coverage area: Chomedey: Saint-Maxime parish sector
Hours: Monday to Friday 9h00 to 16h00, food distribution: Monday to Friday 9h00 to 11h00 by appointment
Fees: variable
Financing: donations
Legal status: non-profit organization

PRO-VISION LAVAL
34-K Cartier Street West, Laval-des-Rapides, Laval, QC, H7N 2H3
579 631-3663
Website: www.provisionlaval.ca
Email: info@provisionlaval.ca

Eligibility: people in need or experiencing homelessness
Capacity: 50
Coverage area: Laval
Hours: food bank: Tuesday 8h30 to 11h00
Fees: variable
Financing: donations, foundations, fundraising campaigns
Legal status: non-profit organization
PROJET HUMANITAIRE ETHNOCULTUREL MON PREMIER PANIER

976 Curé-Labelle Boulevard, Chomedey, Laval, QC, H7V 2V5
450 687-7715
Website: www.monpremierpanier.sitew.ca
Email: ethnoculturelle@hotmail.com


Eligibility: families on a low income or newly arrived

Coverage area: Chomedey
Hours: Monday to Friday 9h00 to 17h00
Financing: donations, grants
Legal status: non-profit organization

RELAI COMMUNAUTAIRE DE LAVAL

111 des Laurentides Boulevard, Suite 101, Pont-Viau, Laval, QC, H7G 2T2
450 668-8727     Fax: 450 668-9615
Website: relais-communautaire.org
Email: info@relais-communautaire.org


Eligibility: people on a low income

Capacity: 50

Coverage area: Laval

Hours: food bags distribution: Tuesday and Friday 9h30 to 11h30, Écono Bouffe: Wednesday and Thursday 13h00 to 16h00, breakfast: Tuesday and Friday 9h30 to 11h00, lunch: Monday to Friday 12h00 to 13h00, day centre: Monday to Friday 9h30 to 15h30, Carrefour des Aubaines: Monday 13h00 to 19h00, Tuesday 9h30 to 19h00, Wednesday 9h30 to 20h30, Thursday 12h00 to 19h00, Friday 9h30 to 18h00, Saturday 10h00 to 16h00

Fees: membership card: $5 per year, meals: $3 for members, $5 for non-members

Financing: federal, provincial, municipal, Centraide of Greater Montréal, foundations, donations, self-financing

Legal status: non-profit organization

RELAI FAMILIAL D’AUTEUIL (LE)

6135 des Laurentides Boulevard, Suite 1, Auteuil, Laval, QC, H7H 2V3
450 628-3246     Fax: 450 628-0885
Website: relais-familial-auteuil.org
Email: info@relais-familial-auteuil.org


Eligibility: families, HLM: single-parent families on a low income

Coverage area: Laval

Hours: Monday to Thursday 8h30 to 16h30
**SCAMA**

3168 Cartier Boulevard West, Chomedey, Laval, QC, H7V 1J7

450 681-4240  Fax: 450 681-0264

Website: centrescoama.org

Email: info@centrescoama.org

**Services:** Community centre for social and recreational activities. * Mutual aid and home support services: friendly visits and calls, meals on wheels, food assistance and delivery of healthy frozen meals. * Chair exercise, coffee chats, French conversation workshops, conferences, outings, bingo, etc. * Allô Sam: small works, carport building, furniture assembly, air conditioner assembly and disassembly, house cleaning and computer assistance. * Amperâge project: multilingual accompaniment for seniors, to avoid isolation and identify at-risk situations. * Christmas baskets.

**Eligibility:** seniors 50 years old and over

**Coverage area:** meals on wheels and Amperâge: Chomedey, other services: Chomedey, Laval, Sainte-Dorothée

**Hours:** Monday to Friday 8h00 to 16h30

**Fees:** membership: $15, meals on wheels: $6.50 per meal, Amperâge: free, Allô Sam: $25 per hour, minimum of 2 hours and $10 travel fee, meals on site: $5

**Financing:** provincial, grants

**Legal status:** non-profit organization

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**SOCIÉTÉ DE SAINT-VINCENT DE PAUL - BON-PASTEUR**

400 Laurier Street, Laval-des-Rapides, Laval, QC, H7N 2P6

438 823-9105

Website: ssvp-mtl.org/en

Email: confbonpasteur@ssvp-mtl.org

**Services:** * Food assistance: distribution of food vouchers and food. * Activities for children. * Christmas baskets. * Assistance for school supplies.

**Eligibility:** people with a low income or financial difficulties

**Coverage area:** Laval-Dés-Rapides, Chomedey

**Hours:** by appointment, usually on Thursdays and Fridays

**Fees:** none

**Financing:** donations, self-financing

**Legal status:** non-profit organization

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**SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CONFÉRENCE SAINT-CLAUDE**

80 Meunier Street West, Laval-des-Rapides, Laval, QC, H7N 1V6

438 488-4922  Fax: 450 669-8232

**Services:** * Food vouchers and food bags. * Christmas baskets. * Vouchers for school supplies for members.

**Eligibility:** people on a low income

**Capacity:** 40 meetings (or families) per month

**Coverage area:** Saint-Claude Parish, including Notre-Dame-de-Pontmain merged Parish: between Saint-Martin Boulevard to the north, des Prairies Boulevard to the south, des Laurentides Boulevard to the east and the railway to the west

**Hours:** by appointment, open Tuesday and Friday for the last two weeks of each month

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization
SOCIÉTÉ DE SAINT-VINCENT DE PAUL - FRANÇOIS-DE-LAVAL
9 Saint-Louis Street, Pont-Viau, Laval, QC, H7G 2J1
450 490-9900
Eligibility: adults on a low income
Coverage area: Bienheureux-François-de-Montmorency-Laval Parish and Saint-Christophe, Saint-Gilles, Saint-Julien-Eymard, Saint-Louis-de-Montfort and Saint-Maurice-de-Duvernay merged parishes
Hours: Monday and Thursday 10h00 to 12h00, summer: Thursday 10h00 to 12h00
Financing: donations, fundraising campaigns
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINT-FERDINAND
3250 Esther Street, Fabreville, Laval, QC, H7P 4X3
514 991-7837 Fax: 450 625-4525
Services: * Distribution of food vouchers and food baskets. * Christmas baskets for people already benefiting from food assistance. * School supplies.
Eligibility: people on a low income
Coverage area: Saint-Ferdinand parish
Hours: Thursday, by appointment
Fees: none
Financing: donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINT-FRANÇOIS-DE-SALES
7070 des Mille-Îles Boulevard, Saint-François, Laval, QC, H7A 4B3
450 666-3563 Fax: 450 666-2761
Eligibility: people on a low income
Coverage area: Saint-François-de-Sales Parish
Hours: by appointment
Fees: free
Financing: donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINT-LÉOPOLD
3827 Sainte-Rose Boulevard, Fabreville, Laval, QC, H7P 4G1
450 625-1190 Fax: 450 622-5281
Email: latour_r@videotron.ca
Services: * Distribution of goods and food vouchers. * Christmas baskets.
Eligibility: people on a low income
Coverage area: Saint-Léopold Parish
Hours: Thursday 9h30 to 12h00 and 13h30 to 16h00, by appointment only
Financing: donations, self-financing
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINT-MARTIN
4080 Saint-Martin Boulevard West, Chomedey, Laval, QC, H7T 1C1
450 682-5493
Eligibility: people on a low income
Capacity: 15 requests per week
Coverage area: Saint-Martin, Saint-Pie-X and Saint-Urbain parishes
Hours: by appointment
Fees: none
Financing: donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINT-NOËL-CHABANEL
8560 de l'Église Street, Saint-François, Laval, QC, H7A 1K9
450 665-0550
Email: stnoelchabanel@ssvp-mtl.org
Eligibility: people on a low income
Coverage area: Saint-Noël-Chabanel Parish
Hours: by appointment, call return 7 days 9h00 to 16h00
Fees: none
Financing: donations, fundraising campaigns
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINTE-DOROTHÉ
400 Principale Street, Sainte-Dorothée, Laval, QC, H7X 3T9
438 395-8219
Email: stedorothee@ssvp-mtl.org
Eligibility: people on a low income
Coverage area: Sainte-Dorothée parish, Îles-Laval
Hours: thrift store: Wednesday 13h00 to 15h30, food assistance: by appointment
Financing: donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE SAINT-VINCENT-DE-PAUL (LAVAL)
1111 Place Jean-Eudes-Blanchard, Saint-Vincent-de-Paul, Laval, QC, H7C 1T1
450 661-3061
Eligibility: people on a low income
Coverage area: Saint-Vincent-de-Paul Parish
Hours: by appointment only
Fees: free, except thrift store
Financing: donations, self-financing
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINT-ELZÉAR
16 Saint-Elzéar Boulevard East, Vimont, Laval, QC, H7M 1C2
450 669-3681 Fax: 450 629-3415
Email: paroissesaintelzear@videotron.ca
Eligibility: people on a low income
Coverage area: Saint-Elzéar Parish (H7M)
Hours: thrift store: Monday 9h00 to 12h00, Thursday 19h00 to 20h30, food assistance: by appointment
Fees: free, thrift store: variables  
Financing: donations, fundraising campaigns, self-financing  
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINT-THÉOPHILE  
6000 31st Avenue, Laval-Ouest, Laval, QC, H7R 3N1  
450 314-1219  
Eligibility: people on a low income  
Capacity: about 90 families per month  
Coverage area: Saint-Théophile Parish  
Hours: by appointment, food assistance: Friday 10h00 to 12h00  
Fees: none  
Financing: donations  
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINTE-BÉATRICE  
475 des Perron Avenue, Auteuil, Laval, QC, H7H 1E2  
450 625-0725    Fax: 450 625-0726  
Email: stebeatrice@hotmail.com  
Eligibility: people on a low income  
Coverage area: Sainte-Béatrice parish, Auteuil neighbourhood  
Hours: by appointment  
Financing: donations, self-financing  
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINTE-ROSE-DE-LIMA  
219 Sainte-Rose Boulevard, Sainte-Rose, Laval, QC, H7L 1L7  
450 625-1963    Fax: 450 625-4677  
Eligibility: people on a low income  
Coverage area: Sainte-Rose-de-Lima Parish  
Hours: Monday to Thursday 8h00 to 10h00, Soupière Sainte-Rose: Wednesday during the summer, Tuesday and Wednesday starting in September  
Financing: donations, fundraising campaigns  
Legal status: non-profit organization

TRAVAIL DE RUE ÎLE DE LAVAL  
106 de la Concorde Boulevard East, Pont-Viau, Laval, QC, H7G 2B9  
450 662-1031    Fax: 450 662-3727  
Website: www.trilstation.org  
Email: info@letril.ca  
Eligibility: youth and young adults 12 to 21 years old  
Coverage area: Laval  
Hours: administration: Monday to Friday 9h00 à 16h30, Youth station: Monday to Wednesday 12h00 to 18h00, Tuesday and Thursday 18h00 to 22h00, DOPE project: Friday 15h30 à 18h30  
Fees: none
Financing: provincial, federal, Centraide of Greater Montréal, donations

Legal status: non-profit organization

YOUTH AND PARENTS AGAPE ASSOCIATION (THE)
3950 Notre-Dame Boulevard, Chomedey, Laval, QC, H7W 1S7
450 686-4333
Website: www.agapeassociationinc.com
Email: info@agapeassociationinc.com

Services: Support for English-speakers and multicultural communities of Laval. Food * Distribution of food according to the assessed needs. * Bread counter: distribution of free bread, pastries, pizzas and other baked goods. * Christmas and Hanukkah baskets. Family and community * Healing the family: support group for victims of abuse and violence. * Budget planning for families on a low income. * Clear head, clear soul: meetings for people coping with all types of addictions. * Social work. Seniors * Senior Wellness Centre: social activities, learning and health presentations, iPad courses, etc. Immigrants * Transitional housing for newcomers and refugees looking for permanent housing. Material assistance * On-site recovery of used toys, clothing and household items (dishes, blankets, etc.).

Eligibility: English-speaking people on a low income, multicultural communities, transition housing: newcomer and refugee families, Healing the family: women victims of domestic violence

Coverage area: Laval

Hours: Monday to Friday 8h30 to 17h00

Fees: free

Legal status: non-profit organization

ASSOCIATION DES POPOTES ROULANTES DE LAVAL
1870 Michelin Street, Sainte-Rose, Laval, QC, H7L 4R3
579 934-3980
Website: popotesroulantes.org
Email: administration@popoteroulantelaval.org

Services: * Network, representation and communication between at-home meal delivery services for seniors and people with a loss of autonomy. * Information to the population about the meals on wheels services. * Christmas market.

Eligibility: meals on wheels services, seniors, persons with a permanent or temporary loss of autonomy

Coverage area: Laval

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial, donations

Legal status: non-profit organization

AU PANIER
3781 Lévesque Boulevard West, Chomedey, Laval, QC, H7V 1G5
450 681-1154
Website: www.aupanier.org/index.php/en
Email: info@aupanier.org


Eligibility: community grocery store: residents of Chomedey living below the low-income level, solidarity grocery store: general public, catering service: general public

Coverage area: Chomedey

Hours: Tuesday and Thursday 10h00 to 16h00, Friday 10h00 to 16h00

Fees: membership card: according to the income, between $10 and $20, solidarity and community grocery store: variable

Food assistance coordination
Financing: municipal, provincial, foundations, donations
Legal status: non-profit organization

AUBERGE DU COEUR L'ENVOLÉE - LOGEMENTS DE TRANSITION
1620 des Patriotes Street, Sainte-Rose, Laval, QC, H7L 2N6
450 628-0907  Fax: 450 238-1129
Website: www.envolee.qc.ca
Email: aubergeducoeur@envolee.qc.ca
Services: Mixed social affiliation place for youth with adaptation issues and who are temporarily without a fixed residence. * Short-term and long-term stay. * Studios for young mothers.
Eligibility: youth 16 to 22 years old, facing difficulties and temporarily without a fixed residence
Capacity: 16 single rooms
Coverage area: Laval
Hours: 24 hours / 7 days
Fees: $10 per day
Financing: provincial, self-financing
Legal status: non-profit organization

BONJOUR AUJOURD'HUI ET APRÈS
800 Montrose Street, Duvernay, Laval, QC, H7E 3M5
450 661-6716  Fax: 450 661-5300
Website: bonjouraujourdhui.ca
Email: direction@bonjouraujourdhui.com
Eligibility: seniors and people of all ages with temporary or permanent loss of autonomy
Coverage area: CLSC des Mille-Îles: Duvernay, Duvernay-East Saint-François and Saint-Vincent-de-Paul in Laval (postal codes beginning with H7A, H7B, H7C, H7E and H7J)
Hours: Monday to Friday 8h00 to 15h00, lunch everyday 11h30 to 13h00
Fees: annual membership: $25, meals on wheels: $7.50 per meal, payment at the end of the month
Financing: provincial, fundraising campaigns, donations
Legal status: non-profit organization

CAFÉ LE SIGNET
295 Sainte-Rose Boulevard, Sainte-Rose, Laval, QC, H7L 1M1
450 625-1222
Website: www.cafelesignet.com
Email: info@cafelesignet.com
Eligibility: people living or who have lived with difficulties related to mental health, other services: open to all
Coverage area: Laval
Hours: Wednesday to Friday 9h00 to 17h00, Saturday 9h00 to 15h00
Financing: self-financing, grants
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE LE RENDEZ-VOUS DES AÎNÉS
10 Proulx Street West, Laval-des-Rapides, Laval, QC, H7N 1N3
450 667-8836  Fax: 450 667-5810
Website: ccrva.org
Email: info@ccrva.org
Food


Eligibility: people 50 years old and over, adapted recreational activities: people 35 years old and over

Coverage area: Laval

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, thrift store: Monday and Thursday 9h00 to 16h00

Fees: membership: $15 per year, meals: $6.50 for members and $8 for non-members, frozen meals: variable prices, fresh meal of the day: $4.50

Financing: Centraide of Greater Montréal, provincial, self-financing

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT ET MOISSON LAVAL

1870 Michelin Street, Sainte-Rose, Laval, QC, H7L 4R3
450 681-6164 Fax: 450 681-5458
Website: benevolatlaval.qc.ca/en/
Email: info@benevolatlaval.qc.ca


Eligibility: residents, people and families on a low income, organizations helping people on a low income, newcomers, refugees

Capacity: 75 organizations

Coverage area: Laval

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00

Fees: emergency food counter: voluntary contribution of $5

Financing: Centraide of Greater Montréal, provincial, foundations, donations

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT ET MOISSON LAVAL - ITEMS RECOVERY

1870 Michelin Street, Sainte-Rose, Laval, QC, H7L 4R3
450 681-6164 Fax: 450 681-5458
Website: benevolatlaval.qc.ca/en/
Email: info@benevolatlaval.qc.ca

Services: * On-site recovery and donations pick-up of food and new school supplies.

Coverage area: Laval

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00

Financing: Centraide of Greater Montréal, provincial, foundations, donations

Legal status: non-profit organization

COMITÉ D’ACTION EN SÉCURITÉ ALIMENTAIRE DE LAVAL

800 Chomedey Boulevard, Tower A, Chomedey, Laval, QC, H7V 3Y4
450 978-2121
Website: www.securitealimentairelaval.org/casal

Services: * Intersectoral consultation table grouping representatives from various sectors whose mandate is to encourage and promote food security in Laval.

Eligibility: representatives, organizations and partners working in food security

Coverage area: Laval

190
COMITÉ D’ANIMATION DU TROISIÈME ÂGE DE LAVAL
140 Nadon Street, Sainte-Rose, Laval, QC, H7L 1T5
450 622-1228    Fax: 450 625-3078
Website: www.lecatal.ca    Email: cia@lecatal.ca
Eligibility: seniors 50 years and over, volunteer transportation: people on the waiting list for paratransit
Coverage area: Laval
Hours: Monday to Thursday 8h30 to 16h00, Friday 8h30 to 13h30
Fees: membership: $15, off-territory member: $22
Financing: contributions, Centraide of Greater Montréal, provincial, municipal
Legal status: non-profit organization

COMITÉ DE DÉVELOPPEMENT LOCAL DE CHOMEDEY
3781 Lévesque Boulevard West, Suite 210, Chomedey, Laval, QC, H7V 1G5
450 688-9800    Fax: 450 668-9419
Website: www.cdlchomedey.org    Email: cdlc.coordination@gmail.com
Services: Local concertation and neighbourhood roundtable. * Collective projects and initiatives to improve the living conditions and equal opportunities based on the commitment of citizens and partners. * Themes addressed: citizen mobilization, food security, continuum of services, educational success, local partnerships. * Fighting poverty and social exclusion as part of an Integrated Urban Revitalization approach.
Eligibility: general public
Coverage area: Chomedey
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: Centraide of Greater Montréal, municipal, provincial
Legal status: non-profit organization

COMPASSION LAVAL
1645 des Laurentides boulevard, Vimont, Laval, QC, H7M2P2
450 669-7072    Fax: 450 662-7152
Email: compassionlaval450@gmail.com
Eligibility: people on a low income
Coverage area: Laval
Hours: thrift shop: Thursday 11h00 to 16h30, food bank: by appointment, on-site recovery of donations: Tuesday to Thursday, summer: closed from June 22nd to September
Fees: free
Financing: donations, municipal
Legal status: non-profit organization
ENFANT D'ABORD
3781 Lévesque Boulevard West, Suite 209, Chomedey, Laval, QC, H7V 1G5
450 681-1154
Website: www.enfantdabord.org
Email: info@enfantdabord.org


Eligibility: families on a low income with children under 18 years old, isolated seniors 55 years old and over
Coverage area: Laval, food assistance: Chomedey
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, food assistance: Tuesday and Thursday 12h00 to 15h00
Fees: free

INITIATIVE LOCALE ST-FRANÇOIS EN ACTION
8495 Adrien Street, Suite 303, Saint-François, Laval, QC, H7A 1J9
450 936-2557  Fax: 450 936-2558
Website: www.stfrancoisenaction.org
Email: info@stfrancoisenaction.org

Services: Mobilization and coordination for the social development of Saint-François neighbourhood. * Youth committee: development of activities for young people. * Food security committee: mobilization around food security. * Infrastructure and services committee: development of a community centre and improvement of local services. * Studies, analyses and territorial portrait.

Eligibility: residents, community organizations, institutions
Coverage area: Saint-François neighbourhood, food security community: Saint-François and Saint-Vincent-de-Paul neighbourhoods
Hours: Monday to Friday 9h00 to 16h00
Fees: none

MAISON DE LA FAMILLE DE SAINT-FRANÇOIS
8190 Lévesque Boulevard East, Saint-François, Laval, QC, H7A 1V4
450 665-6510  Fax: 450 665-9987
Website: maisonfamillestfrancois.com
Email: info@maisonfamillestfrancois.com


Eligibility: families
Coverage area: Laval East
Hours: administration: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, activities: variable hours
Fees: member: $5, daycare: $3 per child per block or $5 per family per block, collective kitchen: $5 per person, activities for 5 to 12 year olds: $5 per child, family outings: low cost

Legal status: provincial, self-financing, fundraising campaigns
Legal status: non-profit organization
MAISON DE QUARTIER DE FABREVILLE
3031 Dagenais Boulevard, Fabreville, Laval, QC, H7P 1T4
450 625-5453    Fax: 450 625-4140
Website: www.mqfabreville.org
Email: info@mqfabreville.org


Eligibility: children, teenagers, adults, families
Capacity: 25
Coverage area: Fabreville, Sainte-Rose
Hours: Monday to Friday 8h30 to 16h30
Fees: voluntary contribution
Financing: Centraide of Greater Montréal, donations, provincial, federal, municipal, self-financing
Legal status: non-profit organization

MAISON DES FAMILLES DE SAINT-VINCENT-DE-PAUL
4899 Saint-Joseph Street, Saint-Vincent-de-Paul, Laval, QC, H7C 1H6
450 664-4711
Website: www.rqsvp.com
Email: froustan@rqsvp.com


Eligibility: families
Coverage area: Saint-Vincent-de-Paul, Duvernay and Saint-François neighbourhoods
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, food bank: Thursday 11h15, summer: Monday to Thursday 8h30 to 16h30
Fees: food bank: $5, after 4 times beneficiaries must participate to a collective kitchen and the amount spent on the food bank will go towards it
Financing: self-financing, donations, grants
Legal status: non-profit organization

PARTAGE SAINT-MAXIME
3700 Lévesque Boulevard West, Suite 1, Chomedey, Laval, QC, H7V 1E8
450 973-4242    Fax: 450 973-3549
Website: www.paroissesaintmaxime.org
Email: partagestmaxime@videotron.ca


Eligibility: individuals and families who are on a low income, marginalized, single parents or immigrants
Coverage area: Chomedey: Saint-Maxime parish sector
Hours: Monday to Friday 9h00 to 16h00, food distribution: Monday to Friday 9h00 to 11h00 by appointment
Fees: variable
Financing: donations
Legal status: non-profit organization
PRO-VISION LAVAL - USED ITEMS RECOVERY
34-K Cartier Street West, Laval-des-Rapides, Laval, QC, H7N 2H3
579 631-3663    Fax: 450 667-2011
Website: www.provisionlaval.ca
Email: info@provisionlaval.ca
Services: * Donations recovery and at-home pick-up: food, clothing, small household items and school supplies.
Eligibility: general public
Coverage area: Laval: postal codes H7G, H7V and H7N
Hours: Monday 8h30 to 10h30
Financing: donations, foundations, fundraising campaigns
Legal status: non-profit organization

RELAI COMMUNAUTAIRE DE LAVAL - USED ITEMS RECOVERY
111 des Laurentides Boulevard, Suite 101, Pont-Viau, Laval, QC, H7G 2T2
450 668-8727 ext. 180    Fax: 450 668-9615
Website: relais-communautaire.org/page/carrefour-des-aubaines/dons-et-ramassage-darticles
Services: * Used items recycling on site: food, clothes, furniture, appliances, household items, toys and sport equipment. * Collected at home: appliances and furniture.
Coverage area: Laval
Hours: by appointment
Financing: federal, provincial, municipal, Centraide of Greater Montréal, foundations, donations, self-financing
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CONFÉRENCE SAINT-CLAUDE
80 Meunier Street West, Laval-des-Rapides, Laval, QC, H7N 1V6
438 488-4922    Fax: 450 669-8232
Eligibility: people on a low income
Capacity: 40 meetings (or families) per month
Coverage area: Saint-Claude Parish, including Notre-Dame-de-Pontmain merged Parish: between Saint-Martin Boulevard to the north, des Prairies Boulevard to the south, des Laurentides Boulevard to the east and the railway to the west
Hours: by appointment, open Tuesday and Friday for the last two weeks of each month
Financing: fundraising campaigns, donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - FRANÇOIS-DE-LAVAL
9 Saint-Louis Street, Pont-Viau, Laval, QC, H7G 2J1
450 490-9900
Eligibility: adults on a low income
Coverage area: Bienheureux-François-de-Montmorency-Laval Parish and Saint-Christophe, Saint-Gilles, Saint-Julien-Eymard, Saint-Louis-de-Montfort and Saint-Maurice-de-Duvernay merged parishes
Hours: Monday and Thursday 10h00 to 12h00, summer: Thursday 10h00 to 12h00
Financing: donations, fundraising campaigns
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINT-FERDINAND
3250 Esther Street, Fabreville, Laval, QC, H7P 4X3
514 991-7837    Fax: 450 625-4525
**Food**

**Services:** * Distribution of food vouchers and food baskets. * Christmas baskets for people already benefitting from food assistance. * School supplies.

**Eligibility:** people on a low income

**Coverage area:** Saint-Ferdinand parish

**Hours:** Thursday, by appointment

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

**SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINT-NOËL-CHABANEL**

8560 de l’Église Street, Saint-François, Laval, QC, H7A 1K9

450 665-0550

Email: stnoelchabanel@ssvp-mtl.org

**Services:** * Distribution of food vouchers and food bags. * Christmas baskets. * Distribution of school supplies. * On-site recovery of food and school supplies.

**Eligibility:** people on a low income

**Coverage area:** Saint-Noël-Chabanel Parish

**Hours:** by appointment, call return 7 days 9h00 to 16h00

**Fees:** none

**Financing:** donations, fundraising campaigns

**Legal status:** non-profit organization

**SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINTE-DOROTHÉ**

400 Principale Street, Sainte-Dorothée, Laval, QC, H7X 3T9

438 395-8219

Email: stedorothee@ssvp-mtl.org

**Services:** * Regular and emergency food assistance: food baskets and vouchers. * Christmas baskets. * School supplies. * Thrift store: donation and sale of used clothing and household items. * On-site recovery of non-perishable food items, clothing, kitchen utensils, books, toys, etc.

**Eligibility:** people on a low income

**Coverage area:** Sainte-Dorothée parish, Îles-Laval

**Hours:** thrift store: Wednesday 13h00 to 15h30, food assistance: by appointment

**Financing:** donations

**Legal status:** non-profit organization

**SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINT-THÉOPHILE**

6000 31st Avenue, Laval-Ouest, Laval, QC, H7R 3N1

450 314-1219

**Services:** * Distribution of food vouchers and food bags. * Christmas baskets. * School supplies.

**Eligibility:** people on a low income

**Capacity:** about 90 families per month

**Coverage area:** Saint-Théophile Parish

**Hours:** by appointment, food assistance: Friday 10h00 to 12h00

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

**SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINTE-ROSE-DE-LIMA**

219 Sainte-Rose Boulevard, Sainte-Rose, Laval, QC, H7L 1L7

450 625-1963     Fax: 450 625-4677


**Eligibility:** people on a low income
Coverage area: Sainte-Rose-de-Lima Parish
Hours: Monday to Thursday 8h00 to 10h00, Soupière Sainte-Rose: Wednesday during the summer, Tuesday and Wednesday starting in September
Financing: donations, fundraising campaigns
Legal status: non-profit organization

TRAVAIL DE RUE ÎLE DE LAVAL
106 de la Concorde Boulevard East, Pont-Viau, Laval, QC, H7G 2B9
450 662-1031    Fax: 450 662-3727
Website: www.trilstation.org
Email: info@letril.ca


Eligibility: youth and young adults 12 to 21 years old
Coverage area: Laval
Hours: administration: Monday to Friday 9h00 à 16h30, Youth station: Monday to Wednesday 12h00 to 18h00, Tuesday and Thursday 18h00 to 22h00, DOPE project: Friday 15h30 à 18h30

Fees: none
Financing: provincial, federal, Centraide of Greater Montréal, donations
Legal status: non-profit organization

YOUTH AND PARENTS AGAPE ASSOCIATION (THE)
3950 Notre-Dame Boulevard, Chomedey, Laval, QC, H7W 1S7
450 686-4333
Website: www.agapeassociationinc.com
Email: info@agapeassociationinc.com

Services: Support for English-speakers and multicultural communities of Laval.  Food * Distribution of food according to the assessed needs. * Bread counter: distribution of free bread, pastries, pizzas and other baked goods. * Christmas and Hanukkah baskets. * Family and community * Healing the family: support group for victims of abuse and violence. * Budget planning for families on a low income. * Clear head, clear soul: meetings for people coping with all types of addictions. * Social work. * Seniors * Senior Wellness Centre: social activities, learning and health presentations, iPad courses, etc. * Immigrants * Transitional housing for newcomers and refugees looking for permanent housing. Material assistance * On-site recovery of used toys, clothing and household items (dishes, blankets, etc.).

Eligibility: English-speaking people on a low income, multicultural communities, transition housing: newcomer and refugee families, Healing the family: women victims of domestic violence
Coverage area: Laval
Hours: Monday to Friday 8h30 to 17h00

Fees: free
Financing: donations, provincial, federal
Legal status: non-profit organization

Food assistance in schools

CENTRE DE BÉNÉVOLAT ET MOISSON LAVAL
1870 Michelin Street, Sainte-Rose, Laval, QC, H7L 4R3
450 681-6164    Fax: 450 681-5458
Website: benevolatlaval.qc.ca/en/
Email: info@benevolatlaval.qc.ca

Eligibility: residents, people and families on a low income, organizations helping people on a low income, newcomers, refugees

Capacity: 75 organizations

Coverage area: Laval

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00

Fees: emergency food counter: voluntary contribution of $5

Financing: Centraide of Greater Montréal, provincial, foundations, donations

Legal status: non-profit organization

Low cost or free meals

AMICALE DE SAINT-VINCENT-DE-PAUL (L’)
1111 Place J.-Eudes-Blanchard, Saint-Vincent-de-Paul, Laval, QC, H7C 1T1
450 661-4372
Email: francine1051@videotron.ca


Eligibility: people 40 years old and over, recreational activities: people 50 and over

Coverage area: Saint-Vincent-de-Paul district

Hours: Thursday 19h30 to 22h00

Fees: membership card: $8

Financing: fundraising campaigns, membership

Legal status: non-profit organization

ASSOCIATION POUR AINÉS RÉSIDANT À LAVAL
4901 Saint-Joseph Street, Saint-Vincent-de-Paul, Laval, QC, H7C 1H6
450 661-5252 Fax: 450 661-2497
Website: www.aparl.org
Email: information@aparl.org


Eligibility: people 50 years and over

Coverage area: East of Laval, ITMAV: Saint-Vincent-de-Paul, Duvernay, Saint-François

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: membership card: $15

Financing: Centraide of Greater Montréal, provincial, municipal

Legal status: non-profit organization

BONJOUR AUJOURD’HUI ET APRÈS
800 Montrose Street, Duvernay, Laval, QC, H7E 3M5
450 661-6716 Fax: 450 661-5300
Website: bonjouraujourd'hui.ca
Email: direction@bonjouraujourd'hui.com

Eligibility: seniors and people of all ages with temporary or permanent loss of autonomy

Coverage area: CLSC des Mille-Îles: Duvernay, Duvernay-East Saint-François and Saint-Vincent-de-Paul in Laval (postal codes beginning with H7A, H7B, H7C, H7E and H7J)

Hours: Monday to Friday 8h00 to 15h00, lunch everyday 11h30 to 13h00

Fees: annual membership: $25, meals on wheels: $7.50 per meal, payment at the end of the month

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

CAFÉ DE RUE
3550 Lévesque Boulevard West, Chomedey, Laval, QC, H7V 1E8
579 640-6040


Eligibility: people who are homeless or at risk of becoming homeless, people who are socially excluded or marginalized and who are rarely reached by regular social services

Coverage area: Laval

Hours: winter: Monday, Thursday to Saturday 7h30 to 14h30, summer: Monday and Friday 9h00 to 16h30, Tuesday to Thursday 13h00 to 20h00, Saturday and Sunday 14h30 to 21h30

Fees: free

Financing: grants, municipal

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE EBEN-EZER
8488 Lévesque Boulevard East, Saint-François, Laval, QC, H7A 1W5
450 665-1798     Fax: 450 665-5264
Email: emmanuellaurent@hotmail.fr


Eligibility: people on a low income, seniors, people with a loss of autonomy, newcomers

 Coverage area: Saint-François

Hours: Monday to Friday 10h00 to 16h00

Financing: donations

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE LE RENDEZ-VOUS DES AÎNÉS
10 Proulx Street West, Laval-des-Rapides, Laval, QC, H7N 1N3
450 667-8836     Fax: 450 667-5810
Website: ccrva.org
Email: info@ccrva.org


Eligibility: people 50 years old and over, adapted recreational activities: people 35 years old and over

Coverage area: Laval

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, thrift store: Monday and Thursday 9h00 to 16h00

Fees: membership: $15 per year, meals: $6.50 for members and $8 for non-members, frozen meals: variable prices, fresh meal of the day: $4.50
Financing: Centraide of Greater Montréal, provincial, self-financing
Legal status: non-profit organization

CENTRE D’ENTRAIDE DU MARIGOT
131 de la Concorde Boulevard East, Pont-Viau, Laval, QC, H7G 2C3
450 668-5375 ext. 221    Fax: 450 668-5634
Website: cemarigot.com
Email: reception@cemarigot.com
Eligibility: home support services: seniors and people with a loss of autonomy, Café de la Concorde: open to all
Coverage area: home support services: CLSC du Marigot (Pont-Viau, Laval-des-Rapides, Vimont-Sud), Café de la Concorde: Laval
Hours: Monday to Friday 8h00 to 16h00, Café de la Concorde: Monday to Friday 8h00 to 18h00
Fees: meals on wheels: $7.50, take-out meals: starting at $4.75
Financing: provincial, self-financing, donations
Legal status: non-profit organization

CENTRE DES FEMMES DYNAMIQUES DE LAVAL
3509 de la Concorde Boulevard East, Suite 202, Duvernay, Laval, QC, H7E 4C1
450 661-5409    Fax: 450 661-6584
Email: femmedynamique@live.ca
Eligibility: women 50 years and over
Coverage area: Greater Montréal
Hours: Monday to Thursday 9h00 to 16h00
Fees: annual membership: $15
Financing: provincial, self-financing, municipal
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR DE VIMONT
1900 Bédard Street, Vimont, Laval, QC, H7M 2M7
450 625-9499
Services: Social and recreational activities for seniors. * Bingo, cards, petanque, military whist, etc. * Community lunches.
Eligibility: seniors 55 years old and over
Coverage area: Laval
Hours: Monday and Tuesday 13h00 to 16h30, Thursday 13h00 to 16h30 and 17h00 to 21h00
Fees: annual membership: $10
Financing: self-financing, contributions
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR SAINT-MARTIN DE LAVAL
4080 Saint-Martin Boulevard West, Chomedey, Laval, QC, H7T 1C1
514 883-4108
Email: mmorin0000@gmail.com
Eligibility: seniors 50 years and over
Coverage area: Montréal Island, Laval
Hours: Thursday 18h30 to 22h00, dance classes: Tuesday 10h30 to 14h00, light exercise: Tuesday 9h30 to 11h30
Fees: membership card: $12 per year
Financing: self-financing
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR SAINT-NOËL CHABANEL
8560 de l’Église Street, Saint-François, Laval, QC, H7A 1K9
450 665-8715
Services: * Various activities: bingo, card games, sandbag game, themed dinners, outings.
Eligibility: people 50 years and over
Coverage area: Duvernay, Saint-François, Saint-Vincent-de-Paul
Hours: Monday 11h00 to 15h30
Fees: membership card: $15
Financing: self-financing
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR SAINT-URBAIN DE LAVAL
1885 Dumouchel Avenue, Chomedey, Laval, QC, H7S 1J8
514 815-1212
Services: * Bingo, card games, community meals, outings, petanque during summer.
Eligibility: seniors 55 years and older
Coverage area: Greater Montréal
Hours: Wednesday 10h30 to 16h00
Fees: membership card: $10
Financing: self-financing
Legal status: non-profit organization

COMITÉ D’ANIMATION DU TROISIÈME ÂGE DE LAVAL
140 Nadon Street, Sainte-Rose, Laval, QC, H7L 1T5
450 622-1228 Fax: 450 625-3078
Website: www.lecatal.ca
Email: cia@lecatal.ca
Eligibility: seniors 50 years and over, volunteer transportation: people on the waiting list for paratransit
Coverage area: Laval
Hours: Monday to Thursday 8h30 to 16h00, Friday 8h30 to 13h30
Fees: membership: $15, off-territory member: $22
Financing: contributions, Centraide of Greater Montréal, provincial, municipal
Legal status: non-profit organization

GROUPE DE LOISIRS LA RELANCE
3235 Saint-Martin Boulevard East, Suite 110, Duvernay, Laval, QC, H7E 5G8
450 661-4276
Website: groupe-loisirs-relance.org
Email: info@loisirsrelance.org
Eligibility: seniors 50 years and over
Coverage area: Laval
Hours: office: Monday to Thursday 9h00 to 12h00 and 13h00 to 14h00, Friday 9h00 to 12h00, activities: Monday to Friday 9h00 to 16h00
Fees: annual fee: $20
Financing: self-financing
Legal status: non-profit organization

MAISON DE QUARTIER DE FABREVILLE - SECTEUR JEUNESSE
727 Montée Montrougeau, Fabreville, Laval, QC, H7P 3M1
450 937-1702 Fax: 450 628-3148
Website: www.mqfabreville.org/local-ados
Email: info@mqfabreville.org
* Recreational activities. * Creativity workshops. * Aire ouverte service point: advice, support and mental health services for adolescents.
Eligibility: youth 12 to 17 years old
Capacity: 25
Coverage area: Fabreville, Sainte-Rose
Hours: Tuesday and Wednesday 15h30 to 20h00, Thursday 15h30 to 21h00, Friday 15h30 to 22h00
Fees: voluntary contribution
Financing: Centraide of Greater Montréal, self-financing, provincial, federal, municipal, donations
Legal status: non-profit organization

MARDIS DE L’AMITIÉ SAINTE-BÉATRICE (LES)
475 des Perron Avenue, Suite 4, Auteuil, Laval, QC, H7H 1E2
514 506-4687
Eligibility: seniors
Capacity: 200
Coverage area: Laval
Hours: dance lessons: Tuesday 10h00 to 11h30, games: Tuesday 13h00 to 16h00
Fees: membership: $10
Financing: membership fees, self-financing
Legal status: non-profit organization

PROJET HUMANITAIRE ETHNOCULTUREL MON PREMIER PANIER
976 Curé-Labelle Boulevard, Chomedey, Laval, QC, H7V 2V5
450 687-7715
Website: www.monpremierpanier.sitew.ca
Email: ethnoculturelle@hotmail.com
Eligibility: families on a low income or newly arrived
Coverage area: Chomedey
Hours: Monday to Friday 9h00 to 17h00
Financing: donations, grants
Legal status: non-profit organization
RELAIS COMMUNAUTAIRE DE LAVAL
111 des Laurentides Boulevard, Suite 101, Pont-Viau, Laval, QC, H7G 2T2
450 668-8727    Fax: 450 668-9615
Website: relais-communautaire.org
Email: info@relais-communautaire.org


Eligibility: people on a low income
Capacity: 50
Coverage area: Laval
Hours: food bags distribution: Tuesday and Friday 9h30 to 11h30, Écono Bouffe: Wednesday and Thursday 13h00 to 16h00, breakfast: Tuesday and Friday 9h30 to 11h00, lunch: Monday to Friday 12h00 to 13h00, day centre: Monday to Friday 9h30 to 15h30, Carrefour des Aubaines: Monday 13h00 to 19h00, Tuesday 9h30 to 19h00, Wednesday 9h30 to 20h30, Thursday 12h00 to 19h00, Friday 9h30 to 18h00, Saturday 10h00 to 16h00
Fees: membership card: $5 per year, meals: $3 for members, $5 for non-members
Financing: federal, provincial, municipal, Centraide of Greater Montréal, foundations, donations, self-financing
Legal status: non-profit organization

SERVICE BÉNÉVOLE D'ENTRAIDE DE VIMONT-AUTEUIL
2287-B Aladin Street, Vimont, Laval, QC, H7K 2T6
450 662-1341    Fax: 450 662-3560
Website: www.sbeva.com
Email: sbeva@videotron.ca


Eligibility: people with a permanent or temporary loss of autonomy, meals on wheels and frozen meals: people with a permanent or temporary loss of autonomy and caregivers, friendly lunches: seniors and people with a slight loss of autonomy
Coverage area: Laval: postal codes starting by H7L, H7K, H7H
Hours: Monday to Friday 8h00 to 15h30, friendly lunch: Tuesday
Fees: lunches or meals on wheels: $6.75, frozen meals: $4.75
Financing: grants, self-financing, donations
Legal status: non-profit organization

SOCIÉTÉ CANADIENNE DE LA SCLÉROSE EN PLAQUES - DIVISION DU QUÉBEC - SECTION LAVAL
387 des Prairies Boulevard, Suite 210A, Laval-des-Rapides, Laval, QC, H7N 2W4
450 663-4911
Website: mssociety.ca
Email: info.laval@scleroseenplaques.ca

**Eligibility:** people with multiple sclerosis, caregivers, spouses

**Capacity:** about ten participants per course

**Coverage area:** Laval

**Hours:** Monday to Friday 9h00 to 16h00

**Fees:** free

**Financing:** donations, fundraising campaigns, grants

**Legal status:** non-profit organization

**SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINTE-ROSE-DE-LIMA**

219 Sainte-Rose Boulevard, Sainte-Rose, Laval, QC, H7L 1L7

450 625-1963     Fax: 450 625-4677


**Eligibility:** people on a low income

**Coverage area:** Sainte-Rose-de-Lima Parish

**Hours:** Monday to Thursday 8h00 to 10h00, Soupière Sainte-Rose: Wednesday during the summer, Tuesday and Wednesday starting in September

**Financing:** donations, fundraising campaigns

**Legal status:** non-profit organization

## Prepared meals and Meals-on-wheels

### ASSOCIATION DES POPOTES ROULANTES DE LAVAL

1870 Michelin Street, Sainte-Rose, Laval, QC, H7L 4R3

579 934-3980

**Website:** popotesroulantes.org

**Email:** administration@popoteroulantelaval.org

**Services:** * Network, representation and communication between at-home meal delivery services for seniors and people with a loss of autonomy. * Information to the population about the meals on wheels services. * Christmas market.

**Eligibility:** meals on wheels services, seniors, persons with a permanent or temporary loss of autonomy

**Coverage area:** Laval

**Hours:** Monday to Friday 8h30 to 16h30

**Financing:** provincial, donations

**Legal status:** non-profit organization

### AU PANIER

3781 Lévesque Boulevard West, Chomedey, Laval, QC, H7V 1G5

450 681-1154

**Website:** www.aupanier.org/index.php/en

**Email:** info@aupanier.org

**Services:** * Solidarity and community grocery store. * Coffee-chats and activities. * Information, informal networking, etc. * Training: workshops and volunteering. * Catering service.

**Eligibility:** community grocery store: residents of Chomedey living below the low-income level, solidarity grocery store: general public, catering service: general public

**Coverage area:** Chomedey

**Hours:** Tuesday and Thursday 10h00 to 16h00, Friday 10h00 to 16h00

**Fees:** membership card: according to the income, between $10 and $20, solidarity and community grocery store: variable
Financing: municipal, provincial, foundations, donations
Legal status: non-profit organization

BONJOUR AUJOURD'HUI ET APRÈS
800 Montrose Street, Duvernay, Laval, QC, H7E 3M5
450 661-6716  Fax: 450 661-5300
Website: bonjouraujourdhui.ca
Email: direction@bonjouraujourdhui.com
Eligibility: seniors and people of all ages with temporary or permanent loss of autonomy
Coverage area: CLSC des Mille-Îles: Duvernay, Duvernay-East Saint-François and Saint-Vincent-de-Paul in Laval (postal codes beginning with H7A, H7B, H7C, H7E and H7J)
Hours: Monday to Friday 8h00 to 15h00, lunch everyday 11h30 to 13h00
Fees: annual membership: $25, meals on wheels: $7.50 per meal, payment at the end of the month
Financing: provincial, fundraising campaigns, donations
Legal status: non-profit organization

CAFÉ LE SIGNET
295 Sainte-Rose Boulevard, Sainte-Rose, Laval, QC, H7L 1M1
450 625-1222
Website: www.cafelesignet.com
Email: info@cafelesignet.com
Eligibility: people living or who have lived with difficulties related to mental health, other services: open to all
Coverage area: Laval
Hours: Wednesday to Friday 9h00 to 17h00, Saturday 9h00 to 15h00
Financing: self-financing, grants
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE LE RENDEZ-VOUS DES AÎNÉS
10 Proulx Street West, Laval-des-Rapides, Laval, QC, H7N 1N3
450 667-8836  Fax: 450 667-5810
Website: ccrva.org
Email: info@ccrva.org
Eligibility: people 50 years old and over, adapted recreational activities: people 35 years old and over
Coverage area: Laval
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, thrift store: Monday and Thursday 9h00 to 16h00
Fees: membership: $15 per year, meals: $6.50 for members and $8 for non-members, frozen meals: variable prices, fresh meal of the day: $4.50
Financing: Centraide of Greater Montréal, provincial, self-financing
Legal status: non-profit organization
CENTRE D'ENTRAIDE DU MARIGOT
131 de la Concorde Boulevard East, Pont-Viau, Laval, QC, H7G 2C3
450 668-5375 ext. 221     Fax: 450 668-5634
Website: cemarigot.com
Email: reception@cemarigot.com
Eligibility: home support services: seniors and people with a loss of autonomy, Café de la Concorde: open to all
Coverage area: home support services: CLSC du Marigot (Pont-Viau, Laval-des-Rapides, Vimont-Sud), Café de la Concorde: Laval
Hours: Monday to Friday 8h00 to 16h00, Café de la Concorde: Monday to Friday 8h00 to 18h00
Fees: meals on wheels: $7.50, take-out meals: starting at $4.75
Financing: provincial, self-financing, donations
Legal status: non-profit organization

GROUPE D'ENTRAIDE LA ROSÉE
5565 Dagenais Boulevard, Laval-Ouest, Laval, QC, H7R 1M1
450 962-9971     Fax: 450 962-4420
Website: www.larosee.qc.ca
Email: reception@larosee.qc.ca
Eligibility: people on a low income or with a loss of autonomy
Coverage area: Laval-Ouest, Fabreville, Sainte-Dorothée (postal codes starting with H7R, H7P, H7Y and H7X)
Hours: thrift store: Tuesday to Friday 12h00 to 17h00, Saturday 12h00 to 15h00, meals on wheels: 5 times a week, at lunchtime, emergency food assistance: Monday to Friday, in the afternoon
Fees: meals on wheels: $6.75 per meal
Financing: donations, self-financing, provincial
Legal status: non-profit organization

POPOTE ROULANTE SAINT-NOËL-CHABANEL
8560 de l’Église Street, Saint-François, Laval, QC, H7A 1K9
450 665-3919
Email: cournoyerdiane@videotron.ca
Services: Cooking and distribution of warm meals.
Eligibility: seniors who are isolated, disabled or with a temporary or permanent loss of autonomy
Coverage area: Laval
Hours: Tuesday to Thursday 9h00 to 13h00, delivery: Tuesday, Wednesday and Thursday
Fees: $7.50 per meal
Financing: self-financing, grants
Legal status: non-profit organization

SCAMA
3168 Cartier Boulevard West, Chomedey, Laval, QC, H7V 1J7
450 681-4240     Fax: 450 681-0264
Website: centrescoama.org
Email: info@centrescoama.org
**Services:** Community centre for social and recreational activities. * Mutual aid and home support services: friendly visits and calls, meals on wheels, food assistance and delivery of healthy frozen meals. * Chair exercise, coffee chats, French conversation workshops, conferences, outings, bingo, etc. * Allô Sam: small works, carport building, furniture assembly, air conditioner assembly and disassembly, house cleaning and computer assistance. * Amperâge project: multilingual accompaniment for seniors, to avoid isolation and identify at-risk situations. * Christmas baskets.

**Eligibility:** seniors 50 years old and over

**Coverage area:** meals on wheels and Amperâge: Chomedey, other services: Chomedey, Laval, Sainte-Dorothée

**Hours:** Monday to Friday 8h00 to 16h30

**Fees:** membership: $15, meals on wheels: $6.50 per meal, Amperâge: free, Allô Sam: $25 per hour, minimum of 2 hours and $10 travel fee, meals on site: $5

**Financing:** provincial, grants

**Legal status:** non-profit organization

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**SERVICE BÉNÉVOLE D’ENTRAIDE DE VIMONT-AUTEUIL**

2287-B Aladin Street, Vimont, Laval, QC, H7K 2T6

450 662-1341     Fax: 450 662-3560

Website: www.sbeva.com

Email: sbeva@videotron.ca


**Eligibility:** people with a permanent or temporary loss of autonomy, meals on wheels and frozen meals: people with a permanent or temporary loss of autonomy and caregivers, friendly lunches: seniors and people with a slight loss of autonomy

**Coverage area:** Laval: postal codes starting by H7L, H7K, H7H

**Hours:** Monday to Friday 8h00 to 15h30, friendly lunch: Tuesday

**Fees:** lunches or meals on wheels: $6.75, frozen meals: $4.75

**Financing:** grants, self-financing, donations

**Legal status:** non-profit organization

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**SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINTE-ROSE-DE-LIMA**

219 Sainte-Rose Boulevard, Sainte-Rose, Laval, QC, H7L 1L7

450 625-1963     Fax: 450 625-4677


**Eligibility:** people on a low income

**Coverage area:** Sainte-Rose-de-Lima Parish

**Hours:** Monday to Thursday 8h00 to 10h00, Soupière Sainte-Rose: Wednesday during the summer, Tuesday and Wednesday starting in September

**Financing:** donations, fundraising campaigns

**Legal status:** non-profit organization

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Food
Government services

FEDERAL SERVICES

INCOME STATEMENTS

MUNICIPAL SERVICES

OFFICIAL DOCUMENTS

PROVINCIAL SERVICES
Federal services

LAVAL PASSPORT CANADA OFFICE
3 Place Laval, 5th floor, Suite 500, Chomedey, Laval, QC, H7N 1A1
1 800 567-6868      TTY: 1 866 255-7655
Website: www.canada.ca/en/immigration-refugees-citizenship/services/canadian-passports.html
Email: cic-media-relations@cic.gc.ca

Services: Issuance of Canadian passports and other travel documents.
Coverage area: Canada
Hours: Monday to Friday 8h30 to 16h00
Fees: variable, according to the type of passport
Financing: federal
Legal status: federal government agency

SERVICE CANADA CENTRE - LAVAL
1041 des Laurentides Boulevard, ground floor, Pont-Viau, Laval, QC, H7G 2W2
1 800 622-6232      TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fSCO/sc-dsp.jsp?lang=eng&rc=2806


Coverage area: Laval
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

Income statements

LAVAL - MULTISERVICE COUNTER
1333 Chomedey Boulevard, Chomedey, Laval, QC, H7V 3Z4
311
Website: www.laval.ca/pages-verdes/Pages/Fr/comptoir-multiservice.aspx


Coverage area: Laval
Hours: by phone: Monday to Friday 7h00 to 21h00, Saturday and Sunday 8h00 to 17h00, on site: Monday to Friday 8h30 to 16h30, by appointment
Financing: municipal
Legal status: municipal agency

REVENU QUÉBEC - LAVAL
5 Place-Laval, Suite 147, Chomedey, Laval, QC, H7N 5Y3
1 800 267-6299      TTY: 1 800 361-3795
Website: www.revenuquebec.ca/en

Services: * Administration of Québec's tax system through the collection of income tax and consumption taxes. * Administration of programs and services related to income: tax credits, housing benefit, work bonus, maintenance allowances, provisional administration of unclaimed property, Registraire des Entreprises.
Government services

Coverage area: Province of Québec
Hours: Monday to Friday 10h00 to 16h30, phone service: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - CHOMEDEY
1438 Daniel-Johnson Boulevard, Chomedey, Laval, QC, H7V 4B5
450 680-6400 Fax: 450 680-6420
Website: www.localisateur.servicesquebec.gouv.qc.ca/en

Services:
* Info-emploi counter: job bank that can be consulted on site.
* Job search assistance: redaction of resume and preparation to interview.
* Multiservices room: access to phone, fax, computers and printing machines.
* Workplace learning program.
* Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities.
* Business assistance: advices and financial support in human resources management.
* Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities.
* Last-resort financial and social assistance.
* Administration of oath.
* Information on government programs and services and accompaniment in administrative procedures.

Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Chomedey
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - DIRECTION RÉGIONALE DE LAVAL
1041 des Laurentides Boulevard, Suite 203, Pont-Viau, Laval, QC, H7G 2W2
450 972-3133 Fax: 450 972-3160
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/directions-regionales/index_en.asp

Services:
* Local employment centres locator: www.localisateur.servicesquebec.gouv.qc.ca/en
* Info-emploi counter: job bank that can be consulted on site.
* Job search assistance: redaction of resume and preparation to interview.
* Multiservices room: access to phone, fax, computers and printing machines.
* Workplace learning program.
* Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities.
* Business assistance: advices and financial support in human resources management.
* Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities.
* Last-resort financial and social assistance for asylum seekers and refugees.
* Last-resort financial and social assistance.
* Administration of oath.
* Information on government programs and services and accompaniment in administrative procedures.
* Services related to Directeur de l'état civil, Régie du bâtiment, Registre foncier, child support, pension plans and public sector pension plans.

Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years old and over living with a long term occupational disability (physical or mental health, physical or intellectual disabilities), sponsored immigrants on or awaiting welfare and their sponsors

Coverage area: Laval
Hours: Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency
Municipal services

COMPTOIR D'ACCUEIL DES CITOYENS - EST DE LAVAL
8495 Adrien Street, Saint-François, Laval, QC, H7A 1J9
450 662-4310
Website: www.laval.ca/police/Pages/En/home.aspx


Coverage area: Saint-François, Saint-Vincent-de-Paul, Duvernay-East

Hours: Monday to Wednesday 9h00 to 17h30, Thursday and Friday 9h00 to 21h00, Saturday 9h00 to 17h30

Financing: municipal

Legal status: municipal agency

COMPTOIR D'ACCUEIL DES CITOYENS - OUEST DE LAVAL
6500 Arthur-Sauvé Boulevard, Suite 500, Laval-Ouest, Laval, QC, H7R 3X7
450 662-7140
Website: www.laval.ca/police/Pages/En/home.aspx


Coverage area: Laval-Ouest, Laval-sur-le-Lac, Fabreville-Ouest, Laval-les-Îles, Sainte-Dorothée

Hours: Monday to Wednesday 9h00 to 17h30, Thursday and Friday 9h00 to 21h00, Saturday 9h00 to 17h30

Financing: municipal

Legal status: municipal agency

CONSEIL RÉGIONAL DE L'ENVIRONNEMENT DE LAVAL
3235 Saint-Martin Boulevard East, Suite 208-209, Duvernay, Laval, QC, H7E 5G8
450 664-3503
Website: www.credelaval.qc.ca/en/homepage
Email: credelaval@credelaval.qc.ca


Eligibility: individuals and organizations dedicated to environmental protection

Coverage area: Laval

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 17h00

Financing: membership fees, donations, municipal

Legal status: non-profit organization

DEBRIS SITE
4026 Dagenais Boulevard West, Fabreville, Laval, QC, H7R 6E9
311 Fax: 450 662-7279
Website: www.laval.ca/Pages/En/Citizens/ecocentre.aspx


Eligibility: citizens, businesses

Coverage area: Laval
DIVISION URGENCE SOCIALE DU SERVICE DE POLICE DE LAVAL
2785, Francis-Hugues Avenue, Chomedey, Laval, QC, H7L 3J6
450 662-4595 Fax: 450-662-8534
Website: laval.ca/police
Email: urgence.sociale@laval.ca


Eligibility: citizens 18 years and over in a crisis situation, food vouchers: families with pending social benefit

Coverage area: Laval

Hours: Monday to Friday 8h15 to 17h30

Fees: none

Financing: municipal

Legal status: municipal agency

LAVAL - BUREAU MUNICIPAL LAVALLOIS SECTOR 1
4010 Saint-Martin Boulevard East, Duvernay, Laval, QC, H7E 5B3
450 662-8422 Fax: 450 664-7502
Website: www.ville.laval.qc.ca/wlav2/mvmp.site.show?p_id=86
Email: bml1@ville.laval.qc.ca

Services: Information on neighbourhood activities and municipal buildings. * Special events and leisure activities. * Arenas, community centres, parks and green spaces, etc. * Issuance of the Avantages Laval card.

Coverage area: Duvernay, Saint-François and Saint-Vincent-de-Paul

Hours: Monday to Friday 8h15 to 12h00 and 13h00 to 21h00

Financing: municipal

Legal status: municipal agency

LAVAL - BUREAU MUNICIPAL LAVALLOIS SECTOR 1 - SATELLITE OFFICE
1245 Montée du Moulin, Saint-François, Laval, QC, H7A 3V6
450 662-8422
Website: ville.laval.qc.ca/wlav2/mvmp.site.show?p_id=87
Email: bml1@laval.ca

Services: Information on neighbourhood activities and municipal buildings. * Special events and leisure activities. * Issuance of the Avantages Laval card. * Arenas, community centres, parks and green spaces, etc.

Coverage area: Duvernay, Saint-François and Saint-Vincent-de-Paul

Hours: Monday to Friday 17h00 to 21h00

Financing: municipal

Legal status: municipal agency
LAVAL - BUREAU MUNICIPAL LAVALLOIS SECTOR 2
62 Saint-Florent Street, Pont-Viau, Laval, QC, H7G 2H9
450 662-4902     Fax: 450 662-5252
Website: ville.laval.qc.ca/wlav2/mvmp.site.show?p_id=166
Email: bml2@ville.laval.qc.ca
Services: Information on neighbourhood activities and municipal buildings. * Special events and leisure activities. * Arenas, community centres, parks and green spaces, etc. * Issuance of the Avantages Laval card.
Coverage area: Pont-Viau, Renaud-Coursol and Laval-des-Rapides
Hours: Monday to Friday 8h15 to 12h00 and 13h00 to 21h00
Financing: municipal
Legal status: municipal agency

LAVAL - BUREAU MUNICIPAL LAVALLOIS SECTOR 3
435 Curé-Labelle Boulevard, Suite 104, Chomedey, Laval, QC, H7V 2S8
450 978-8903     Fax: 450 978-8958
Website: ville.laval.qc.ca/wlav2/mvmp.site.show?p_id=223
Email: bml3@ville.laval.qc.ca
Services: Information on neighbourhood activities and municipal buildings. * Special events and leisure activities. * Arenas, community centres, parks and green spaces, etc. * Issuance of the Avantages Laval card.
Coverage area: Chomedey
Hours: Monday to Friday 8h15 to 12h00 and 13h00 to 21h00
Financing: municipal
Legal status: municipal agency

LAVAL - BUREAU MUNICIPAL LAVALLOIS SECTOR 4
6500 Arthur-Sauvé Boulevard, Suite 110, Laval-Ouest, Laval, QC, H7R 3X7
450 978-8904     Fax: 450 978-8930
Website: ville.laval.qc.ca/wlav2/mvmp.site.show?p_id=290&p_showMap=0
Email: bml4@ville.laval.qc.ca
Services: Information on neighbourhood activities and municipal buildings. * Special events and leisure activities. * Arenas, community centres, parks and green spaces, etc. * Issuance of the Avantages Laval card.
Coverage area: Sainte-Dorothée, Laval-Ouest, Laval-Les Îles, Fabreville-Ouest and Laval-sur-le-Lac
Hours: Monday to Friday 8h15 to 12h00 and 13h00 to 21h00
Financing: municipal
Legal status: municipal agency

LAVAL - BUREAU MUNICIPAL LAVALLOIS SECTOR 5
2975 Dagenais Boulevard West, Fabreville, Laval, QC, H7P 1T3
450 978-8905     Fax: 450 978-8999
Website: ville.laval.qc.ca/wlav2/mvmp.site.show?p_id=367
Email: bml5@ville.laval.qc.ca
Services: Information on neighbourhood activities and municipal buildings. * Special events and leisure activities. * Arenas, community centres, parks and green spaces, etc. * Issuance of the Avantages Laval card.
Coverage area: Fabreville-East and Sainte-Rose
Hours: Monday to Friday 8h15 to 12h00 and 13h00 to 21h00
Financing: municipal
Legal status: municipal agency

LAVAL - BUREAU MUNICIPAL LAVALLOIS SECTOR 6
55 de Belgrade Street West, Auteuil, Laval, QC, H7K 2Z7
450 662-4906     Fax: 450 662-5208
Website: ville.laval.qc.ca/wlav2/mvmp.site.show?p_id=413
Email: bml6@ville.laval.qc.ca
Government services

Services: Information on neighbourhood activities and municipal buildings. * Special events and leisure activities. * Arenas, community centres, parks and green spaces, etc. * Issuance of the Avantages Laval card.

Coverage area: Vimont and Auteuil

Hours: Monday to Friday 8h15 to 12h00 and 13h00 to 21h00

Financing: municipal

Legal status: municipal agency

LAVAL - CITY

1333 Chomedey Boulevard, Chomedey, Laval, QC, H7V 3Z4

311

Website: www.laval.ca/Pages/En/home.aspx


Coverage area: Laval

Hours: by phone: Monday to Friday 7h00 to 21h00, Saturday and Sunday 8h00 to 17h00, on site: Monday to Friday 8h30 to 16h30, by appointment

Financing: municipal

Legal status: municipal agency

LAVAL - CULTURE, LOISIRS, SPORT ET DÉVELOPPEMENT SOCIAL

1200 Chomedey Boulevard, 9th floor, Chomedey, Laval, QC, H7V 3Z4
450 978-6888 ext. 5026 Fax: 450 978-5835

Website: www.laval.ca/Pages/En/About/culture-loisirs-sport-developpement-social.aspx

Services: * Promoting citizen participation and partnerships in the fields of culture, recreation, sports and social development. * Front-line proximity service addressing the needs of the population and organizations.

Coverage area: Laval

Fees: variable

Financing: municipal

Legal status: municipal agency

LAVAL - ÉCOCENTRE PRINCIPAL

1205 Dagenais Boulevard West, Sainte-Rose, Laval, QC, H7L 0A5

311

Website: www.laval.ca/Pages/En/Citizens/ecocentre.aspx


Eligibility: citizens, businesses

Coverage area: Laval

Hours: Monday to Tuesday 8h30 to 17h30, Wednesday, Thursday and Friday 8h00 to 19h30, Saturday and Sunday 8h00 to 17h30

Financing: municipal

Legal status: municipal agency

LAVAL - MULTISERVICE COUNTER

1333 Chomedey Boulevard, Chomedey, Laval, QC, H7V 3Z4

311

Website: www.laval.ca/pages-vertes/Pages/Fr/comptoir-multiservice.aspx
Government services


**Coverage area:** Laval

**Hours:** by phone: Monday to Friday 7h00 to 21h00, Saturday and Sunday 8h00 to 17h00, on site: Monday to Friday 8h30 to 16h30, by appointment

**Financing:** municipal

**Legal status:** municipal agency

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**LAVAL - USED ITEMS RECOVERY**

1333 Chomedey Boulevard, Chomedey, Laval, QC, H7V 3Z4

311

**Website:** www.laval.ca/Pages/En/Citizens/refrigerating-appliances.aspx

**Services:** * Refrigerating appliances recovery: refrigerators, freezers, cellars, electric coolers, air conditioners, dehumidifiers and coolers. * At-home pickup.

**Coverage area:** Laval

**Hours:** Monday to Friday 7h00 to 21h00, Saturday and Sunday 8h00 to 17h00, by appointment

**Fees:** none

**Financing:** municipal

**Legal status:** municipal agency

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**PAGES VERTES DE LAVAL**

1333 Chomedey Boulevard, Chomedey, Laval, QC, H7V 3Z4

311

**Website:** www.laval.ca

**Services:** Directory of collection points for recyclable materials: www.laval.ca/pages-vertes  * Mobile Ecocentre: reception of household waste that cannot be collected during regular trash pickup, including household hazardous waste (HHW) and computer (IT) equipment. * Mobile Ecocentre Tour: www.laval.ca/Pages/En/Calendar/ecocentre-tour.aspx

**Eligibility:** citizens

**Coverage area:** Laval

**Fees:** free

**Financing:** municipal

**Legal status:** municipal agency

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**SERVICE DE POLICE DE LAVAL - HEADQUARTERS**

2911 Chomedey Boulevard, Chomedey, Laval, QC, H7V 3Z4

450 662-4242  **Fax:** 450 662-7282  **TTY:** 911

**Website:** www.laval.ca/police/Pages/Fr/accueil.aspx

**Email:** spl@laval.ca


**Coverage area:** Laval

**Financing:** municipal

**Legal status:** municipal agency

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SERVICE DE POLICE DE LAVAL - POLICE STATION 2 - PONT-VIAU, DUVERNAY, VAL-DES-ARBRES, LAVAL-DES-RAPIDES, RENAUD, CHOMEDEY

289 Cartier Street West, Laval-des-Rapides, Laval, QC, H7N 2J1
450 662-7820
Website: www.laval.ca/police/Pages/En/home.aspx
Email: pdq2.spc@laval.ca


Coverage area: Pont-Viau, Duvernay, Val-des-Arbres, Laval-des-Rapides, Renaud, Chomedey

Hours: Monday to Wednesday, Saturday 9h00 to 17h30, Thursday and Friday 9h00 to 21h00

Financing: municipal

Legal status: municipal agency

SERVICE DE POLICE DE LAVAL - POLICE STATION 5 - SAINTE-ROSE, FABREVILLE-EST, VIMONT, AUTEUIL, VAL-DES-BRISES

187 Sainte-Rose Boulevard, Sainte-Rose, Laval, QC, H7L 1L5
450 978-6850
Website: www.laval.ca/police/Pages/En/home.aspx
Email: pdq2.spc@laval.ca


Coverage area: Sainte-Rose, Fabreville-Est, Vimont, Auteuil, Val-des-Brises

Hours: Monday to Wednesday 9h00 to 17h30, Thursday and Friday 9h00 to 21h00, Saturday 9h00 to 17h30

Financing: municipal

Legal status: municipal agency

Official documents

CARREFOUR D'INTERCULTURES DE LAVAL

1536 Curé-Labelle Boulevard, Suite 226, Chomedey, Laval, QC, H7V 2W2
450 686-0554
Website: www.carrefourintercultures.com
Email: info@carrefourintercultures.com


Eligibility: immigrants and newcomers

Coverage area: Laval

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Fees: variable, French courses: none

Financing: grants, self-financing, provincial, municipal, federal

Legal status: non-profit organization

CENTRE DE PROTECTION DE L’ENFANCE ET DE LA JEUNESSE DE LAVAL

308 Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7N 2J2
450 975-4150
Website: www.lavalensante.com
**Government services**

**Services:** Management of youth centres. * Reception and assessment of reports of acts of neglect, violence or abuse according to the Loi sur la protection de la jeunesse. * Adaptation, rehabilitation and social integration in boarding or group homes. * Outreach and crisis intervention, educational support for families. * Psychosocial services for young offenders when necessary (under the Youth Criminal Justice Act). * Adoption, biological background research and expertise related to custody.

**Eligibility:** youth in difficulty 0 to 18 years old, young offenders, parents, guardians, counsellors

**Coverage area:** Laval

**Hours:** Monday to Friday 8h30 to 16h30

**Financing:** provincial

**Legal status:** parapublic organization

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**COMPTOIR D'ACCUEIL DES CITOYENS - EST DE LAVAL**

8495 Adrien Street, Saint-François, Laval, QC, H7A 1J9

450 662-4310

Website: www.laval.ca/police/Pages/En/home.aspx

**Services:** Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offences. * Criminal record check-up. * Sociocommunity sector, specialized units and awareness-raising.

**Coverage area:** Saint-François, Saint-Vincent-de-Paul, Duvernay-East

**Hours:** Monday to Wednesday 9h00 to 17h30, Thursday and Friday 9h00 to 21h00, Saturday 9h00 to 17h30

**Financing:** municipal

**Legal status:** municipal agency

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**COMPTOIR D'ACCUEIL DES CITOYENS - OUEST DE LAVAL**

6500 Arthur-Sauvé Boulevard, Suite 500, Laval-Ouest, Laval, QC, H7R 3X7

450 662-7140

Website: www.laval.ca/police/Pages/En/home.aspx

**Services:** Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offences. * Criminal record check-up. * Sociocommunity sector, specialized units and awareness-raising.

**Coverage area:** Laval-Ouest, Laval-sur-le-Lac, Fabreville-Ouest, Laval-les-Îles, Sainte-Dorothée

**Hours:** Monday to Wednesday 9h00 to 17h30, Thursday and Friday 9h00 to 21h00, Saturday 9h00 to 17h30

**Financing:** municipal

**Legal status:** municipal agency

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**LAVAL - MULTISERVICE COUNTER**

1333 Chomedey Boulevard, Chomedey, Laval, QC, H7V 3Z4

311

Website: www.laval.ca/pages-vertes/Pages/En/comptoir-multiservice.aspx


**Coverage area:** Laval

**Hours:** by phone: Monday to Friday 7h00 to 21h00, Saturday and Sunday 8h00 to 17h00, on site: Monday to Friday 8h30 to 16h30, by appointment

**Financing:** municipal

**Legal status:** municipal agency

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**LAVAL COURTHOUSE**

2800 Saint-Martin Boulevard West, Chomedey, Laval, QC, H7T 2S9

450 686-5001

Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/laval-courthouse

**Services:** Administration or court services of Laval. * Support to various courts constituting the judicial system of Québec and some specialized courts. * Judicial services: curatorships, tutorships and wills, civil wedding and partnership, divorce records, family mediation and alimony.

**Coverage area:** Laval judicial district
Government services

Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: provincial government agency

LAVAL PASSPORT CANADA OFFICE
3 Place Laval, 5th floor, Suite 500, Chomedey, Laval, QC, H7N 1A1
1 800 567-8668 TTY: 1 866 255-7655
Website: www.canada.ca/en/immigration-refugees-citizenship/services.canadian-passports.html
Email: cic-media-relations@cic.gc.ca
Services: Issuance of Canadian passports and other travel documents.
Coverage area: Canada
Hours: Monday to Friday 8h30 to 16h00
Fees: variable, according to the type of passport
Financing: federal
Legal status: federal government agency

SERVICE CANADA CENTRE - LAVAL
1041 des Laurentides Boulevard, ground floor, Pont-Viau, Laval, QC, H7G 2W2
1 800 622-6232 TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2806
Coverage area: Laval
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

SERVICE DE POLICE DE LAVAL - HEADQUARTERS
2911 Chomedey Boulevard, Chomedey, Laval, QC, H7V 3Z4
450 662-4242 Fax: 450 662-7282 TTY: 911
Website: www.laval.ca/police/Pages/Fr/accueil.aspx
Email: spl@laval.ca
Coverage area: Laval
Financing: municipal
Legal status: municipal agency

SERVICE DE POLICE DE LAVAL - POLICE STATION 2 - PONT-VIAU, DUVERNAY, VAL-DES-ARBRES, LAVAL-DES-RAPIDES, RENAUD, CHOMEDEY
289 Cartier Street West, Laval-des-Rapides, Laval, QC, H7N 2J1
450 662-7820
Website: www.laval.ca/police/Pages/En/home.aspx
Email: pdq2.spc@laval.ca
Government services

**Services:** Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offences. * Criminal record check-up. * Sociocommunity sector, specialized units and awareness-raising.

**Coverage area:** Pont-Viau, Duvernay, Val-des-Arbres, Laval-des-Rapides, Renaud, Chomedey

**Hours:** Monday to Wednesday, Saturday 9h00 to 17h30, Thursday and Friday 9h00 to 21h00

**Financing:** municipal

**Legal status:** municipal agency

**SERVICE DE POLICE DE LAVAL - POLICE STATION 5 - SAINTE-ROSE, FABREVILLE-EST, VIMONT, AUTEUIL, VAL-DES-BRIZES**

187 Sainte-Rose Boulevard, Sainte-Rose, Laval, QC, H7L 1L5

**Website:** www.laval.ca/police/Pages/En/home.aspx

**Email:** pdq2.spc@laval.ca

**Services:** Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offences. * Criminal record check-up. * Sociocommunity sector, specialized units and awareness-raising.

**Coverage area:** Sainte-Rose, Fabreville-Est, Vimont, Auteuil, Val-des-Brises

**Hours:** Monday to Wednesday 9h00 to 17h30, Thursday and Friday 9h00 to 21h00, Saturday 9h00 to 17h30

**Financing:** municipal

**Legal status:** municipal agency

**SERVICES QUÉBEC - CHOMEDEY**

1438 Daniel-Johnson Boulevard, Chomedey, Laval, QC, H7V 4B5

**Website:** www.localisateur.servicesquebec.gouv.qc.ca/en

**Services:** * Info-emploi counter: job bank that can be consulted on site. * Job search assistance: redaction of resume and preparation to interview. * Multiservices room: access to phone, fax, computers and printing machines. * Workplace learning program. * Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities. * Business assistance: advices and financial support in human resources management. * Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities. * Last-resort financial and social assistance. * Administration of oath. * Information on government programs and services and accompaniment in administrative procedures.

**Eligibility:** job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

**Coverage area:** Chomedey

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

**SERVICES QUÉBEC - DIRECTION RÉGIONALE DE LAVAL**

1041 des Laurentides Boulevard, Suite 203, Pont-Viau, Laval, QC, H7G 2W2

**Website:** www.mtess.gouv.qc.ca/services-a-la-clientele/directions-regionales/index_en.asp
Government services


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years old and over living with a long term occupational disability (physical or mental health, physical or intellectual disabilities), sponsored immigrants on or awaiting welfare and their sponsors

Coverage area: Laval
Hours: Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

Provincial services

COMMISSION DE LA SANTÉ ET DE LA SÉCURITÉ DU TRAVAIL DU QUÉBEC - LAVAL
1700 Laval Boulevard, Chomedey, Laval, QC, H7S 2G6
1 844 838-0808 Fax: 1 855 722-8081
Website: www.cnesst.gouv.qc.ca/en

Services: * Support for workers and employers in their efforts to eliminate hazards in their workplace. * Inspection of workplaces. * Promotion of occupational health and safety. * Compensation for workers who suffered an occupational injury. * Rehabilitation of workers who, because of an occupational injury, suffered a permanent impairment of physical or mental integrity.

Eligibility: employers and workers
Coverage area: Laval
Hours: office: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: membership fees, self-financing
Legal status: provincial government agency

COMMISSION DES NORMES DU TRAVAIL - LAVAL
1700 Laval Boulevard, Chomedey, Laval, QC, H7S 2G6
1 844 838-0808
Website: www.cnesst.gouv.qc.ca/en

Services: * Information on labour standards and the obligations stipulated by the law and regulations. * Registration of complaints. * Mediation for employees or employers involved in a complaint of psychological harassment, wrongful dismissal or prohibited practice.

Eligibility: public, employers, employees
Coverage area: Laval
Hours: office: by appointment for investigation and mediation
Financing: provincial
Legal status: provincial government agency
LEGAL AID OFFICE - MULTI-SECTOR OFFICE - LAVAL
1717 Saint-Martin Boulevard West, Suite 200, Chomedey, Laval, QC, H7S 1N2
450 680-6210     Fax: 450 680-6084
Website: www.aidejuridiquedemontreal.ca/en/points_services/laval-legal-aid-bureau
Email: baj.laval@ccjm.qc.ca

Services: Legal aid office in family law, criminal and penal law, right of youth, civil law, administrative (social assistance, SAAQ, CSST), housing law, bankruptcy, carceral. * Telephone consultation with a lawyer, available 24/7, for people who have been arrested or are being held in custody.

Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law

Coverage area: Laval

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, telephone consultation service: 24 hours / 7 days

Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website

Financing: provincial

Legal status: provincial government agency

REVENU QUÉBEC - LAVAL
5 Place-Laval, Suite 147, Chomedey, Laval, QC, H7N 5Y3
1 800 267-6299      TTY: 1 800 361-3795
Website: www.revenuquebec.ca/en

Services: * Administration of Québec’s tax system through the collection of income tax and consumption taxes.
* Administration of programs and services related to income: tax credits, housing benefit, work bonus, maintenance allowances, provisional administration of unclaimed property, Registraire des Entreprises.

Coverage area: Province of Québec

Hours: Monday to Friday 10h00 to 16h30, phone service: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: provincial government agency

REVENU QUÉBEC - SUPPORT - PAYMENT COLLECTION PROGRAM
5 Place-Laval, Suite 147, Chomedey, Laval, QC, H7N 5Y3
1 800 488-2323      TTY: 1 800 361-3795
Website: www.revenuquebec.ca/en/support-payments/support-payment-collection-program

Services: Amount paid periodically, pursuant to a judgment generally handed down in Québec, to cover the essential needs of children or of the creditor of support.

Coverage area: Province of Québec

Hours: Monday to Friday 10h00 to 16h30, phone services: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - CHOMEDEY
1438 Daniel-Johnson Boulevard, Chomedey, Laval, QC, H7V 4B5
450 680-6400     Fax: 450 680-6420
Website: www.localisateur.servicesquebec.gouv.qc.ca/en

Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Chomedey

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - DIRECTION RÉGIONALE DE LAVAL
1041 des Laurentides Boulevard, Suite 203, Pont-Viau, Laval, QC, H7G 2W2
450 972-3133 Fax: 450 972-3160
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/directions-regionales/index_en.asp


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years old and over living with a long term occupational disability (physical or mental health, physical or intellectual disabilities), sponsored immigrants on or awaiting welfare and their sponsors

Coverage area: Laval

Hours: Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - LAVAL-DES-RAPIDES
3 Place-Laval, Suite 430, Chomedey, Laval, QC, H7N 1A2
450 972-3050 Fax: 450 972-3069
Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Laval

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency
TRIBUNAL ADMINISTRATIF DU LOGEMENT - LAVAL
1434 Daniel-Johnson Boulevard, 2nd floor, Chomedey, Laval, QC, H7V 4B5
514 873-2245    Fax: 514 864-8077
Website: www.tal.gouv.qc.ca/en

Eligibility: tenants, landlords
Coverage area: Laval
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: variable
Financing: provincial
Legal status: provincial government agency
Health

DENTAL CARE

EYE CARE

FAMILY PLANNING

FUNERAL COOPERATIVES

HOME CARE

PALLIATIVE CARE

PATIENT SUPPORT ASSOCIATIONS

PUBLIC HEALTH
Health

**Dental care**

**SOURIRES SOLIDAIRES**
2550 Daniel-Johnson Boulevard, Suite 130, Chomedey, Laval, QC, H7T 2L1
450 232-5540
Website: souriressolidaires.com
Email: clinique@cliniquestoso.com

**Services**: Community dental clinic. * Accessible, adapted and safe pediatric dental services. * Pediatric oral health education and prevention.

**Eligibility**: children 0 to 17 years old, mainly those from disadvantaged background or living with a developmental or behavioural disorder

**Coverage area**: Laval

**Hours**: Monday to Friday 8h00 to 16h00

**Fees**: variable, children referred from disadvantaged background: none

**Financing**: municipal

**Legal status**: non-profit organization

**Eye care**

**ASSOCIATION POUR AÎNÉS RÉSIDANT À LAVAL**
4901 Saint-Joseph Street, Saint-Vincent-de-Paul, Laval, QC, H7C 1H6
450 661-5252     Fax: 450 661-2497
Website: www.aparl.org
Email: information@aparl.org


**Eligibility**: people 50 years and over

**Coverage area**: East of Laval, ITMAV: Saint-Vincent-de-Paul, Duvernay, Saint-François

**Hours**: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

**Fees**: membership card: $15

**Financing**: Centraide of Greater Montréal, provincial, municipal

**Legal status**: non-profit organization

**AVC-APHASIE LAVAL**
3350 Dagenais Boulevard West, Fabreville, Laval, QC, H7P 1V6
450 937-3666
Website: www.avcaphasielaval.ca
Email: info@avcaphasielaval.ca


**Eligibility**: people who have had a stroke, with any after effects, people with aphasia, their close ones and the general public

**Coverage area**: Laval

**Hours**: Monday to Friday 8h30 to 16h30

**Fees**: annual membership: $25, activities: 25 to $35 per class

**Financing**: provincial, municipal, donations

**Legal status**: non-profit organization
MAISON DE LA FAMILLE DE SAINT-FRANÇOIS
8190 Lévesque Boulevard East, Saint-François, Laval, QC, H7A 1V4
450 665-6510  Fax: 450 665-9987
Website: maisonfamillestfrancois.com
Email: info@maisonfamillestfrancois.com


Eligibility: families
Coverage area: Laval East
Hours: administration: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, activities: variable hours
Fees: member: $5, daycare: $3 per child per block or $5 per family per block, collective kitchen: $5 per person, activities for 5 to 12 year olds: $5 per child, family outings: low cost
Financing: self-financing, Centraide of Greater Montréal, provincial, federal, municipal
Legal status: non-profit organization

RELAI COMMUNAUTAIRE DE LAVAL
111 des Laurentides Boulevard, Suite 101, Pont-Viau, Laval, QC, H7G 2T2
450 668-8727  Fax: 450 668-9615
Website: relais-communautaire.org
Email: info@relais-communautaire.org


Eligibility: people on a low income
Capacity: 50
Coverage area: Laval
Hours: food bags distribution: Tuesday and Friday 9h30 to 11h30, Écono Bouffe: Wednesday and Thursday 13h00 to 16h00, breakfast: Tuesday and Friday 9h30 to 11h00, lunch: Monday to Friday 12h00 to 13h00, day centre: Monday to Friday 9h30 to 15h30, Carrefour des Aubaines: Monday 13h00 to 19h00, Tuesday 9h30 to 19h00, Wednesday 9h30 to 20h30, Thursday 12h00 to 19h00, Friday 9h30 to 18h00, Saturday 10h00 to 16h00
Fees: membership card: $5 per year, meals: $3 for members, $5 for non-members
Financing: federal, provincial, municipal, Centraide of Greater Montréal, foundations, donations, self-financing
Legal status: non-profit organization

Family planning

CLSC DES MILLE-ÎLES
775 Montrose Street, Duvernay, Laval, QC, H7E 3M3
450 661-2572
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1012905&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=0&ch_rayon=0&ch_code=H7E3M3

Coverage area: Laval

Hours: Monday to Friday 7h00 to 20h00, Saturday and Sunday 9h00 to 17h00, tests centre: Monday to Friday 7h00 to 12h00 and 13h15 to 15h00

Financing: provincial

Legal status: parapublic organization

CLSC DU MARIGOT - BOULEVARD CARTIER
250 Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7N 5S5
450 668-1803

Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=130125&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H7N5S5


Coverage area: Laval

Hours: Monday to Friday 7h30 to 20h00, Sunday and Saturday 9h00 to 17h00

Financing: provincial

Legal status: parapublic organization

CLSC DU MARIGOT - BOULEVARD DES LAURENTIDES
1351 des Laurentides Boulevard, Vimont, Laval, QC, H7M 2Y2
450 668-1803 ext. 45000

Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=57183&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H7M2Y2


Coverage area: Laval

Hours: Monday to Friday 7h00 to 20h00, Saturday and Sunday 7h30 to 12h00, tests centre: Monday to Friday 7h00 to 12h00 and 13h15 to 15h00

Financing: provincial

Legal status: parapublic organization

CLSC DUCHAINEAU-PAPINEAU - RUE DU COUVENT
1665 du Couvent Street, Chomedey, Laval, QC, H7W 3A8
450 687-5690

Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=840&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H7W3A8

226

Coverage area: Laval
Hours: Monday to Friday 7h30 to 20h00, Saturday, Sunday and holidays 9h00 to 17h00
Financing: provincial
Legal status: parapublic organization

HÔPITAL DE LA CITÉ-DE-LA-SANTÉ
1755 René-Laennec Boulevard, Vimont, Laval, QC, H7M 3L9
450 668-1010
Website: www.lavalensante.com
Coverage area: Province of Québec
Hours: 24 hours / 7 days, test centre: Monday to Friday 7h00 to 15h00
Financing: provincial
Legal status: parapublic organization

OASIS, UNITÉ MOBILE D'INTERVENTION
90 Lévesque Boulevard East, Pont-Viau, Laval, QC, H7G 1B9
450 967-0410     Fax: 450 967-5631
Website: oasisunitemobile.com
Email: interventant@oasisunitemobile.com
Eligibility: youth 12 years and over, adults
Coverage area: Laval
Hours: fixed location: Wednesday and Thursday 14h00 to 19h00, appointments: Tuesday to Thursday on call, deliveries of consumer equipment: Thursday 13h00 to 18h00, mobile unit: Tuesday to Thursday
Fees: none
Financing: provincial, federal, donations
Legal status: non-profit organization

SPHÈRE - SANTÉ SEXUELLE GLOBALE
90 Lévesque Boulevard East, Pont-Viau, Laval, QC, H7G 1B9
450 669-3099     Fax: 450 669-3421
Website: spheressg.org
Email: info@spheressg.org
Eligibility: people living with HIV/AIDS or other STIs, trans people, non-binary people, people who identify with the LGBTQ+ community or who are questioning, youth, men having sex with men, sex workers, users of injected or inhaled drugs, people from countries where HIV is endemic (Africa, Haiti, Caribbean), general public

Coverage area: Laval
Hours: Tuesday to Friday
Fees: none
Financing: grants, self-financing, donations
Legal status: non-profit organization

Funeral cooperatives

RÉSIDENCE FUNÉRAIRE LAVAL
2000 Cunard Street, Chomedey, Laval, QC, H7S 2G5
1 877 677-2230 Fax: 450 677-6221
Website: www.cfgrandmontreal.com/en
Email: laval@cfgrandmontreal.com
Services: Funeral cooperative.
Coverage area: Laval
Fees: 10% discount on services for members
Financing: self-financing
Legal status: cooperative

Home care

CENTRE COMMUNAUTAIRE EBEN-EZER
8488 Lévesque Boulevard East, Saint-François, Laval, QC, H7A 1W5
450 665-1798 Fax: 450 665-5264
Email: emmanuellaurent@hotmail.fr
Eligibility: people on a low income, seniors, people with a loss of autonomy, newcomers
Coverage area: Saint-François
Hours: Monday to Friday 10h00 to 16h00
Financing: donations
Legal status: non-profit organization

Palliative care

LITTLE BROTHERS - LAVAL
435 Curé-Labelle Boulevard South, Suite 205, Chomedey, Laval, QC, H7V 2S8
450 934-8955
Website: www.petitsfreres.ca/laval
Email: laval@petitsfreres.ca
Eligibility: seniors over 75 years without a present family or significant social contact
Coverage area: Laval
Hours: Monday to Friday 9h00 to 16h00
Fees: free
Financing: fundraising campaigns, self-financing, donations
Legal status: non-profit organization

LUMI-VIE
1850 Le Corbusier Boulevard, Suite 303, Chomedey, Laval, QC, H7S 2K1
450 687-8311
Website: www.lumivie.com/?lang=en
Email: info@lumivie.com
Eligibility: bereaved adults, adolescents and children, caregivers, people at the end of life
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 17h00, summer schedule: Monday to Thursday 8h30 to 17h00, Friday 8h30 to 12h00
Fees: variable
Financing: provincial
Legal status: non-profit organization

MAISON DE LA SÉRÉNITÉ
655 Bellevue Avenue, Saint-Vincent-de-Paul, Laval, QC, H7C 0A8
450 936-4300     Fax: 450 936-4301
Website: www.msplaval.ca
Email: admin@msplaval.ca
Services: Specialized palliative care. * Accompaniment and support.
Eligibility: people 18 years and over at the end of life
Capacity: 12 beds
Coverage area: Laval and North Shore, priority to Laval residents
Hours: administration: Monday to Friday 8h15 to 16h15
Fees: none
Financing: self-financing, fundraising campaigns, donations, provincial
Legal status: non-profit organization

Patient support associations

ACTION AUTISME
1705 des Laurentides Boulevard, Suite 250, Vimont, Laval, QC, H7M 2P5
450 627-2250
Website: actionautisme.org
Email: info@actionautisme.org
Services: Financial assistance for autistic people's treatments. * Information and referrals.
Eligibility: families of people living with autism, organizations
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 16h45
Financing: fundraising campaigns, donations
Legal status: non-profit organization
ALZHEIMER SOCIETY LAVAL
2525 René-Laennec Boulevard, Vimont, Laval, QC, H7K 0B2
450 975-0966  Fax: 450 975-0517
Website: alzheimerlaval.org
Email: info@alzheimerlaval.org

Services:  * Helpline.  * Individual or family counselling on site or at home with follow-up.  * Support groups for people with Alzheimer’s and caregivers.  * Activity and respite centre, emergency drop-in centre.  * At-home stimulation respite: 4 hours per week or 8 hours every 2 weeks.  * Temporary or permanent housing.  * Training for caregivers.

Eligibility:  people living with Alzheimer's disease or a neurocognitive disorder, caregivers, professionals

Capacity:  respite housing: 2 private rooms, permanent housing: 10 private rooms

Coverage area:  Laval

Hours:  Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, activity and respite centre: Monday to Friday 9h00 to 16h30, drop-in centre: Monday to Friday 16h00 to 22h00, Saturday and Sunday 8h00 to 22h00, support groups in daytime for people with Alzheimer's disease and in evening for caregivers, training workshops in the evening, temporary accommodation: year-round, 24 hours

Fees:  support groups and respite: 5 to $15 per day, home respite: $3 per hour for a maximum of $15 per day, training: $50 per session of 8 weeks

Financing:  fundraising campaigns, donations, grants

Legal status:  non-profit organization

ASSOCIATION DE LA FIBROMYALGIE DE LAVAL
2465 Honoré-Mercier Street, Suite 225, Sainte-Rose, Laval, QC, H7L 2S9
450 622-1414  Fax: 450 622-1414
Website: fibromyalgielaval.org
Email: info@fibromyalgielaval.org


Eligibility:  people with fibromyalgia or chronic pain, their close ones, students, health professionals

Coverage area:  Laval

Hours:  Monday to Thursday 10h00 to 16h00

Fees:  annual membership: $30, mutual aid groups: free

Financing:  membership fees, grants

Legal status:  non-profit organization

ASSOCIATION DU DIABÈTE LAVAL LAURENTIDES
3030 Le Carrefour Boulevard, Suite 1001, Chomedey, Laval, QC, H7T 2P5
450 686-0330
Website: www.diabetelaval.qc.ca
Email: info@diabetelaval.qc.ca


Eligibility:  people with diabetes

Coverage area:  Laval, Basses-Laurentides

Hours:  Monday to Friday 9h30 to 16h00

Financing:  fundraising campaigns, contributions, donations

Legal status:  non-profit organization
ASSOCIATION PULMONAIRE DU QUÉBEC - GROUPE D’ENTRAIDE MALADIES PULMONAIRES - LAVAL/RIVE-NORD
3500 Saint-Martin Boulevard West, 2nd floor, Chomedey, Laval, QC, H7V 2W4
1 888 768-6669 ext. 230
Website: poumonquebec.ca/en
Email: info@poumonquebec.ca
Services: Support group offered during the following months: March, April, May, September, October and November for people with one or more lung diseases, family members or caregivers. * Discussions on topics adapted to the group and lectures by health professionals.
Eligibility: people with respiratory diseases, family members and caregivers
Capacity: 40 people
Coverage area: Laval
Hours: March, April, May, September, October and November: last Tuesday of the month 13h30 to 15h30
Fees: none
Financing: fundraising campaigns, donations
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DES TRAUMATISÉS CRÂNIENS - RÉGION DE LAVAL
220 du Parc Avenue, Laval-des-Rapides, Laval, QC, H7N 3X4
514 274-7447 Fax: 450 629-8807
Website: www.aqtc.ca
Email: aqtc@aqtc.ca
Eligibility: people with traumatic brain injury (TBI), families, public, professionals
Capacity: support groups: 7 to 8 people
Coverage area: Laval
Hours: Monday to Friday 9h00 to 17h00
Fees: annual membership: $15, the first 2 years are free
Financing: provincial, grants
Legal status: parapublic organization

AVC-APHASIE LAVAL
3350 Dagenais Boulevard West, Fabreville, Laval, QC, H7P 1V6
450 937-3666
Website: www.avcaphasielaval.ca
Email: info@avcaphasielaval.ca
Eligibility: people who have had a stroke, with any after effects, people with aphasia, their close ones and the general public
Coverage area: Laval
Hours: Monday to Friday 8h30 to 16h30
Fees: annual membership: $25, activities: 25 to $35 per class
Financing: provincial, municipal, donations
Legal status: non-profit organization
CARREFOUR POUR AÎNÉS SEMI-AUTONOMES
475 des Perron Avenue, Suite A, Auteuil, Laval, QC, H7H 1E2
450 937-2335     Fax: 450 937-2447
Website: www.residencescasa.ca
Email: direction@residencescasa.ca

Eligibility: semi-autonomous seniors, their family, caregivers and professionals
Coverage area: Laval
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: grants, fundraising campaigns
Legal status: non-profit organization

CENTRE DE SERVICES AMBULATOIRES DE LAVAL
1515 Chomedey Boulevard, Chomedey, Laval, QC, H7V 3Y7
450 978-8300
Website: www.lavalensante.com

Coverage area: Laval
Hours: by appointment: Monday to Friday 7h00 to 12h00 and 13h15 to 15h00, without appointment tests centre: Monday to Friday 7h00 to 10h15
Financing: provincial
Legal status: parapublic organization

CLSC DES MILLE-ÎLES
775 Montrose Street, Duvernay, Laval, QC, H7E 3M3
450 661-2572
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1012905&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=0&ch_code=H7E3M3

Coverage area: Laval
Hours: Monday to Friday 7h00 to 20h00, Saturday and Sunday 9h00 to 17h00, tests centre: Monday to Friday 7h00 to 12h00 and 13h15 to 15h00
Financing: provincial
Legal status: parapublic organization

CLSC DU MARIGOT - BOULEVARD DES LAURENTIDES
1351 des Laurentides Boulevard, Vimont, Laval, QC, H7M 2Y2
450 668-1803 ext. 45000
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=57183&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=0&ch_code=H7M2Y2

Coverage area: Laval
Hours: Monday to Friday 7h00 to 20h00, Saturday and Sunday 7h30 to 12h00, tests centre: Monday to Friday 7h00 to 12h00 and 13h15 to 15h00
Financing: provincial
Legal status: parapublic organization

CLSC DU RUISSEAU-PAPINEAU - RUE DU COUVENT
1665 du Couvent Street, Chomedey, Laval, QC, H7W 3A8
450 687-5690
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=840&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_ rayon=0&ch_code=H7W3A8


Coverage area: Laval
Hours: Monday to Friday 7h30 to 20h00, Saturday, Sunday and holidays 9h00 to 17h00
Financing: provincial
Legal status: parapublic organization

COOPÉRATIVE DE SOUTIEN À DOMICILE DE LAVAL
312-A Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7N 2J2
450 972-1313     Fax: 450 972-1919
Website: cooplaval.com/en/home
Email: info@cooplaval.com


Eligibility: people aged 50 years old and over, people in temporary or permanent loss of autonomy, people with a temporary or permanent physical disability

Coverage area: Laval
Hours: Monday to Friday 8h00 to 17h00
Fees: social geriatrics: free, light house keeping: $31.50 per hour, heavy housekeeping: $35 per hour, RAMQ financial assistance program allowing for reductions depending on admissibility
Financing: self-financing
Legal status: cooperative

INSTITUT DES TROUBLES D’APPRENTISSAGE - SECTION LAVAL
100 Tourangeau Street East, Pont-Viau, Laval, QC, H7G 1L1
450 668-0123
Website: www.institutta.com
Email: section.laval@institutta.com

Eligibility: children and adults with learning or attention difficulties, including ADHD, their parents

Coverage area: Laval

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00

Fees: membership: $10

Financing: grants, contributions, fundraising campaigns

Legal status: non-profit organization

JEWSH REHABILITATION HOSPITAL - TECHNICAL AIDS AND ASSISTIVE COMMUNICATION AIDS

560 Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7V 1J1
450 688-5728 ext. 221
Website: www.lavalensante.com/hjr-jrh


Eligibility: adults and children with a physical disability, adults with significant and persisting difficulties communicating, speaking, writing, using a computer or controlling their environment

Coverage area: Montréal Island, Laval, North Shore, Lanaudière, emergency assistance: Laval

Fees: costs may be assumed by a paying agency (SAAQ, CSST, private insurance or other) if the person meets their criteria

Financing: provincial

Legal status: parapublic organization

OSTEOPOROSIS CANADA - GREATER MONTRÉAL CHAPTER

274 Antoine Forestier Street, Vimont, Laval, QC, H7M 6B9
1 800 977-1778 Fax: 514 933-2618
Website: osteoporosis.ca
Email: montreal@osteoporosecanada.ca


Eligibility: people living with osteoporosis, their relatives

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: membership: $25 for one year, $45 for two years

Financing: fundraising campaigns, contributions

Legal status: non-profit organization

SOCIÉTÉ CANADIENNE DE LA SCLÉROSE EN PLAQUES - DIVISION DU QUÉBEC - SECTION LAVAL

387 des Prairies Boulevard, Suite 210A, Laval-des-Rapides, Laval, QC, H7N 2W4
450 663-4911
Website: mssociety.ca
Email: info.laval@scleroseenplaques.ca


Eligibility: people with multiple sclerosis, caregivers, spouses

Capacity: about ten participants per course

Coverage area: Laval

Hours: Monday to Friday 9h00 to 16h00
SPHÈRE - SANTÉ SEXUELLE GLOBALE
90 Lévesque Boulevard East, Pont-Viau, Laval, QC, H7G 1B9
450 669-3099     Fax: 450 669-3421
Website: spheressg.org
Email: info@spheressg.org


Eligibility: people living with HIV/AIDS or other STIs, trans people, non-binary people, people who identify with the LGBTQ+ community or who are questioning, youth, men having sex with men, sex workers, users of injected or inhaled drugs, people from countries where HIV is endemic (Africa, Haiti, Caribbean), general public

Coverage area: Laval
Hours: Tuesday to Friday
Fees: none

FINANCING: grants, self-financing, donations
Legal status: non-profit organization

UNIVERSITÉ DE MONTRÉAL - CLINIQUE SATELLITE DE NEUROPSYCHOLOGIE
1700 Jacques-Tétreault Street, Suite 6111, Laval-des-Rapides, Laval, QC, H7N 0B6
514 343-7725     Fax: 514 343-7418
Website: psy.umontreal.ca/ressources-services/clinique-universitaire-de-psychologie
Email: clinique-universitaire@psy.umontreal.ca

Services: University teaching centre open to the public offering neuropsychological evaluation and intervention services.

Eligibility: people of all ages with a learning, adaptation or behavioural difficulty, an intellectual disability, an autism spectrum disorder, a neurological, mental health or degenerative issue

Coverage area: Greater Montréal
Hours: by appointment, from September to June
Financing: grants, self-financing
Legal status: non-profit organization

Public Health

ASSOCIATION DU DIABÈTE LAVAL LAURENTIDES
3030 Le Carrefour Boulevard, Suite 1001, Chomedey, Laval, QC, H7T 2P5
450 686-0330
Website: www.diabetelaval.qc.ca
Email: info@diabetelaval.qc.ca


Eligibility: people with diabetes

Coverage area: Laval, Basses-Laurentides
Hours: Monday to Friday 9h30 to 16h00
Financing: fundraising campaigns, contributions, donations
Legal status: non-profit organization
CENTRE DU SABLON
755 du Sablon Road, Chomedey, Laval, QC, H7W 4H5
450 688-8961  Fax: 450 688-8969
Website: centredusablon.ca/en
Email: info@centredusablon.com


Eligibility: general population, Special needs program: children with mild to moderate special needs (anxiety, autism spectrum disorder, down syndrome/trisomy, etc.)

Coverage area: Laval
Hours: Monday to Friday 7h00 to 22h00, Saturday and Sunday 8h00 to 20h00
Fees: variable

Financing: self-financing, provincial, federal, municipal, donations
Legal status: non-profit organization

CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DE LAVAL
1755 René-Laennec Boulevard, Vimont, Laval, QC, H7M 3L9
450 668-1010
Website: www.lavalensante.com/en
Email: informations.cisssslav@ssss.gouv.qc.ca

Services: Planning, coordination and organization of social and health services. * Responsibility of the availability of care to the entire population, including the most vulnerable. * Management of simplified access to services. * Administration of partnerships with intermediate resources. * Handling of complaints regarding dissatisfaction or users rights violation. * Information, assistance and accompaniment service to facilitate the access to the services offered by the CISSS.

Coverage area: Laval
Hours: information service for the population: Monday to Friday 8h30 to 16h30, except for public holidays
Financing: provincial
Legal status: parapublic organization

CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DE LAVAL - VACCINATION CONTRE LA GRIPPE
Confidential Address
811


Coverage area: Laval
Hours: registration: starting from October 18th 2021, appointments: starting from November 1st 2021
Fees: free for people at risk: women pregnant for 13 weeks or more, people with certain chronic illnesses over 6 months old, pregnant women with certain chronic illnesses, people 75 years and over, caregivers and people living under the same roof as these people or children under 6 months, health workers
Legal status: provincial government agency

CLSC DE L'OUEST-DE-L'ÎLE
4250 Dagenais Boulevard West, Fabreville, Laval, QC, H7R 1L4
450 627-2530
Website: sante.gouv.qc.ca/en/reertoire-ressources/ressource/?nolnich=484736&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H7R1L4
Health


Coverage area: Laval
Hours: Monday to Friday 8h00 to 20h00, tests centre: Monday to Friday 7h00 to 12h00 and 13h15 to 15h00
Financing: provincial
Legal status: parapublic organization

CLSC DE SAINTE-ROSE
280 du Roi-du-Nord Boulevard, Sainte-Rose, Laval, QC, H7L 4L2
450 622-5110
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1193&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H7L4L2


Coverage area: Laval
Hours: Monday to Friday 7h00 to 20h00, Saturday and Sunday 8h00 to 17h00, tests centre: Monday to Friday 7h00 to 12h00 and 13h15 to 15h00
Financing: provincial
Legal status: parapublic organization

CLSC DES MILLE-ÎLES
775 Montrose Street, Duvernay, Laval, QC, H7E 3M3
450 661-2572
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1012905&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H7E3M3


Coverage area: Laval
Hours: Monday to Friday 7h00 to 20h00, Saturday and Sunday 9h00 to 17h00, tests centre: Monday to Friday 7h00 to 12h00 and 13h15 to 15h00
Financing: provincial
Legal status: parapublic organization

CLSC DU MARIGOT - BOULEVARD CARTIER
250 Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7N 5S5
450 668-1803
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=130125&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H7N5S5


Coverage area: Laval
Hours: Monday to Friday 7h30 to 20h00, Sunday and Saturday 9h00 to 17h00
Financing: provincial
Legal status: parapublic organization

CLSC DU MARIGOT - BOULEVARD DES LAURENTIDES
1351 des Laurentides Boulevard, Vimont, Laval, QC, H7M 2Y2
450 668-1803 ext. 45000
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=57183&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H7M2Y2


Coverage area: Laval
Hours: Monday to Friday 7h00 to 20h00, Saturday and Sunday 7h30 to 12h00, tests centre: Monday to Friday 7h00 to 12h00 and 13h15 to 15h00
Financing: provincial
Legal status: parapublic organization

DIRECTION DE LA SANTÉ PUBLIQUE DE LAVAL
800 Chomedey Boulevard, Tower A, 3rd floor, Chomedey, Laval, QC, H7V 3Y4
450 978-2121 Fax: 450 978-2118
Website: www.lavalensante.com/employes-et-medecins/direction-de-sante-publique


Coverage area: Laval
Financing: provincial
Legal status: parapublic organization

GROUPE PROMO-SANTÉ LAVAL
3235 Saint-Martin Boulevard East, Suite 210, Duvernay, Laval, QC, H7E 5G8
450 668-2121
Website: gpslaval.com
Email: info@gpslaval.com


Eligibility: general public, community organizations
Coverage area: Laval
Hours: Monday to Friday 8h00 to 16h00, variable
Fees: physical activity support: free, other services: variable
Financing: municipal, provincial, federal, foundations, self-financing
Legal status: non-profit organization

LAVAL - AIR-CONDITIONED PUBLIC AREAS
Confidential Address
311
Website: www.laval.ca/Pages/En/Citizens/extreme-heat.aspx
Services: Public areas where it is possible to cool off in case of intense heat. * Online information: www.laval.ca/Pages/En/Citizens/extreme-heat.aspx
Coverage area: Laval
Hours: variable
Financing: municipal
Legal status: municipal agency

OASIS, UNITÉ MOBILE D’INTERVENTION
90 Lévesque Boulevard East, Pont-Viau, Laval, QC, H7G 1B9
450 967-0410  Fax: 450 967-5631
Website: oasisunitemobile.com
Email: intervenant@oasisunitemobile.com
Eligibility: youth 12 years and over, adults
Coverage area: Laval
Hours: fixed location: Wednesday and Thursday 14h00 to 19h00, appointments: Tuesday to Thursday on call, deliveries of consumer equipment: Thursday 13h00 to 18h00, mobile unit: Tuesday to Thursday
Fees: none
Financing: provincial, federal, donations
Legal status: non-profit organization

RELAIS COMMUNAUTAIRE DE LAVAL
111 des Laurentides Boulevard, Suite 101, Pont-Viau, Laval, QC, H7G 2T2
450 668-8727  Fax: 450 668-9615
Website: relais-communautaire.org
Email: info@relais-communautaire.org
Eligibility: people on a low income
Capacity: 50
Coverage area: Laval
Hours: food bags distribution: Tuesday and Friday 9h30 to 11h30, Écono Bouffe: Wednesday and Thursday 13h00 to 16h00, breakfast: Tuesday and Friday 9h30 to 11h00, lunch: Monday to Friday 12h00 to 13h00, day centre: Monday to Friday 9h30 to 15h30, Carrefour des Aubaines: Monday 13h00 to 19h00, Tuesday 9h30 to 19h00, Wednesday 9h30 to 20h30, Thursday 12h00 to 19h00, Friday 9h30 to 18h00, Saturday 10h00 to 16h00
Fees: membership card: $5 per year, meals: $3 for members, $5 for non-members
Financing: federal, provincial, municipal, Centraide of Greater Montréal, foundations, donations, self-financing
Legal status: non-profit organization
SPORTS LAVAL
3235 Saint-Martin Boulevard East, Suite 221, Duvernay, Laval, QC, H7E 5G8
450 664-1917
Website: www.sportslaval.qc.ca
Email: info@sportslaval.qc.ca


Eligibility: rising star or elite athletes, coaches, sports partners, physical education teachers and general population

Coverage area: Laval

Hours: Monday to Friday 8h00 to 16h00

Fees: free

Financing: municipal

Legal status: non-profit organization
Homelessness

ADVOCACY

DAY AND EVENING CENTRES

HEALTH CARE

MOBILE UNITS AND STREET WORK

SHELTERS

SUPPORTIVE HOUSING

TRANSITIONAL HOUSING

YOUTH SHELTERS
Advocacy

RÉSEAU DES ORGANISMES ET INTERVENANTS EN ITINÉRANCE DE LAVAL
151 Giroux Avenue, Laval-des-Rapides, Laval, QC, H7N 3H5
450 490-7645
Website: roii.l.squarespace.com
Email: roii.coordination.sra@gmail.com

Services: Sharing and discussion place for partners in order to provide alternatives, services and activities to people coping with residential instability, homelessness or poverty. * Social justice promotion. * Awareness of the population to homelessness. * Redistribution of donations to member organizations.

Eligibility: community organizations concerned by homelessness issues

Coverage area: Laval

Hours: by appointment

Fees: contributions

Financing: provincial, contributions

Legal status: non-profit organization

Day and evening centres

CAFÉ DE RUE
3550 Lévesque Boulevard West, Chomedey, Laval, QC, H7V 1E8
579 640-6040


Eligibility: people who are homeless or at risk of becoming homeless, people who are socially excluded or marginalized and who are rarely reached by regular social services

Coverage area: Laval

Hours: winter: Monday, Thursday to Saturday 7h30 to 14h30, summer: Monday and Friday 9h00 to 16h30, Tuesday to Thursday 13h00 to 20h00, Saturday and Sunday 14h30 to 21h30

Fees: free

Financing: grants, municipal

Legal status: non-profit organization

CAFGRaF (GROUPE D’ENTRAIDE EN SANTÉ MENTALE DE LAVAL)
62 Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7N 2H5
450 490-4224

Website: www.lecafrgraf.org
Email: info@lecafrgraf.org


Eligibility: people 16 years and over who have lived or are living with mental health, homelessness, addiction or psychosocial adaptation issues

Capacity: between 40 and 60 people

Coverage area: Laval

Hours: administration: Tuesday to Friday 9h00 to 17h00, day centre: Wednesday and Thursday 12h00 to 17h00, Friday 9h30 to 12h00, Saturday 11h30 to 16h00

Fees: membership: $2 per year

Financing: provincial, self-financing, federal, grants, membership fees

Legal status: non-profit organization
CAFGRAP (GROUPE D’ENTRAIDE EN SANTÉ MENTALE DE LAVAL) - YOUNG ADULTS
62 Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7N 2H5
450 490-4224
Website: www.lecafgraf.org
Email: info@lecafgraf.org
Eligibility: people 16 to 35 years old who have lived or are living with mental health, homelessness, addiction or psychosocial adaptation issues
Capacity: 50 people
Coverage area: Laval
Hours: administration and workshops: Tuesday to Friday 9h00 to 17h00, day centre: Wednesday 12h00 to 17h00, Thursday 12h00 to 19h00, Friday 9h30 to 12h00, Saturday 11h30 to 16h00
Fees: membership: $2 per year
Financing: provincial, self-financing, grants, federal, membership fees
Legal status: non-profit organization

LAVAL - AIR-CONDITIONED PUBLIC AREAS
Confidential Address
311
Website: www.laval.ca/Pages/En/Citizens/extreme-heat.aspx
Services: Public areas where it is possible to cool off in case of intense heat. * Online information: www.laval.ca/Pages/En/Citizens/extreme-heat.aspx
Coverage area: Laval
Hours: variable
Financing: municipal
Legal status: municipal agency

OFFICE MUNICIPAL D'HABITATION DE LAVAL - SERVICE D'AIDE À LA RECHERCHE DE LOGEMENT
3320 des Châteaux Street, Chomedey, Laval, QC, H7V 0B8
450 505-6025
Website: www.omhlaval.ca/fr/sarl
Email: sarl@omhlaval.ca
Services: * Customized follow-up. * Sharing of housing search tools and temporary solutions. * Support in finding suitable housing that corresponds to the needs and income of the household. * Referral to other appropriate resources or services.
Eligibility: families facing eviction, evicted or homeless, families without resources having difficulties finding proper housing
Coverage area: Laval
Hours: Monday to Friday 8h30 to 12h00 and 13h15 to 16h30, except Friday afternoons from June 24th to September 1st and holidays
Fees: none
Financing: municipal, provincial
Legal status: municipal agency

REFUGE D'URGENCE DE LAVAL
3550 Levesque Boulevard West, Chomedey, Laval, QC, H7V 1E8
438 378-8247
Eligibility: men alone or with children, women alone or with children
Homelessness

**Capacity:** 12 spots  
**Coverage area:** Laval  
**Hours:** winter: 7 days, 16h30 to 7h00, summer: 7 days, 17h00 to 7h00  
**Fees:** none  
**Financing:** federal, provincial, municipal, grants  
**Legal status:** non-profit organization

**RELAIS COMMUNAUTAIRE DE LAVAL**  
111 des Laurentides Boulevard, Suite 101, Pont-Viau, Laval, QC, H7G 2T2  
**450 668-8727**  
**Fax:** 450 668-9615  
**Website:** relais-communautaire.org  
**Email:** info@relais-communautaire.org


**Eligibility:** people on a low income  
**Capacity:** 50  
**Coverage area:** Laval  
**Hours:** food bags distribution: Tuesday and Friday 9h30 to 11h30, Écono Bouffe: Wednesday and Thursday 13h00 to 16h00, breakfast: Tuesday and Friday 9h30 to 11h00, lunch: Monday to Friday 12h00 to 13h00, day centre: Monday to Friday 9h30 to 15h30, Carrefour des Aubaines: Monday 13h00 to 19h00, Tuesday 9h30 to 19h00, Wednesday 9h30 to 20h30, Thursday 12h00 to 19h00, Friday 9h30 to 18h00, Saturday 10h00 to 16h00  
**Fees:** membership card: $5 per year, meals: $3 for members, $5 for non-members  
**Financing:** federal, provincial, municipal, Centraide of Greater Montréal, foundations, donations, self-financing  
**Legal status:** non-profit organization

**TRAVAIL DE RUE ÎLE DE LAVAL**  
106 de la Concorde Boulevard East, Pont-Viau, Laval, QC, H7G 2B9  
**450 662-1031**  
**Fax:** 450 662-3727  
**Website:** www.trilstation.org  
**Email:** info@letril.ca


**Eligibility:** youth and young adults 12 to 21 years old  
**Coverage area:** Laval  
**Hours:** administration: Monday to Friday 9h00 à 16h30, Youth station: Monday to Wednesday 12h00 to 18h00, Tuesday and Thursday 18h00 to 22h00, DOPE project: Friday 15h30 à 18h30  
**Fees:** none  
**Financing:** provincial, federal, Centraide of Greater Montréal, donations  
**Legal status:** non-profit organization
Health care

MAISON DOMINIQUE
Confidential Address
450 681-1441  Fax: 450 681-7745
Website: www.maisondominique.org
Email: info@maisondominique.org

Eligibility: homeless people living with a physical health problem such as HIV/AIDS, hepatitis, cancer or diabetes
Capacity: 9 people
Coverage area: Laval, Montréal Island
Hours: 24 hours / 7 days, administration: Monday to Friday 9h00 à 17h00
Fees: housing: variable monthly rent depending on the income
Financing: provincial, federal, foundations, self-financing
Legal status: non-profit organization

Mobile units and street work

CLSC DE L'OUEST-DE-L'ÎLE
4250 Dagenais Boulevard West, Fabreville, Laval, QC, H7R 1L4
450 627-2530
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=484736&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H7R1L4

Coverage area: Laval
Hours: Monday to Friday 8h00 to 20h00, tests centre: Monday to Friday 7h00 to 12h00 and 13h15 to 15h00
Financing: provincial
Legal status: parapublic organization

CLSC DE SAINTE-ROSE
280 du Roi-du-Nord Boulevard, Sainte-Rose, Laval, QC, H7L 4L2
450 622-5110
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1193&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch Rayon=0&ch_code=H7L4L2

Coverage area: Laval
Hours: Monday to Friday 7h00 to 20h00, Saturday and Sunday 8h00 to 17h00, tests centre: Monday to Friday 7h00 to 12h00 and 13h15 to 15h00
Financing: provincial
Legal status: parapublic organization
CLSC DES MILLE-ÎLES
775 Montrose Street, Duvernay, Laval, QC, H7E 3M3
450 661-2572
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1012905&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H7E3M3


Coverage area: Laval
Hours: Monday to Friday 7h00 to 20h00, Saturday and Sunday 9h00 to 17h00, tests centre: Monday to Friday 7h00 to 12h00 and 13h15 to 15h00
Financing: provincial
Legal status: parapublic organization

CLSC DU MARIGOT - BOULEVARD CARTIER
250 Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7N 5S5
450 668-1803
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=130125&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H7N5S5


Coverage area: Laval
Hours: Monday to Friday 7h30 to 20h00, Sunday and Saturday 9h00 to 17h00
Financing: provincial
Legal status: parapublic organization

CLSC DU MARIGOT - BOULEVARD DES LAURENTIDES
1351 des Laurentides Boulevard, Vimont, Laval, QC, H7M 2Y2
450 668-1803 ext. 45000
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=57183&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H7M2Y2


Coverage area: Laval
Hours: Monday to Friday 7h00 to 20h00, Saturday and Sunday 7h30 to 12h00, tests centre: Monday to Friday 7h00 to 12h00 and 13h15 to 15h00
Financing: provincial
Legal status: parapublic organization
CLSC DU RUISSEAU-PAPINEAU - RUE DU COUVENT
1665 du Couvent Street, Chomedey, Laval, QC, H7W 3A8
450 687-5690
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=840&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H7W3A8


Coverage area: Laval
Hours: Monday to Friday 7h30 to 20h00, Saturday, Sunday and holidays 9h00 to 17h00
Financing: provincial
Legal status: parapublic organization

OASIS, UNITÉ MOBILE D’INTERVENTION
90 Lévesque Boulevard East, Pont-Viau, Laval, QC, H7G 1B9
450 967-0410     Fax: 450 967-5631
Website: oasisunitemobile.com
Email: intervenant@oasisunitemobile.com

Eligibility: youth 12 years and over, adults
Coverage area: Laval
Hours: fixed location: Wednesday and Thursday 14h00 to 19h00, appointments: Tuesday to Thursday on call, deliveries of consumer equipment: Thursday 13h00 to 18h00, mobile unit: Tuesday to Thursday
Fees: none
Financing: provincial, federal, donations
Legal status: non-profit organization

SPHÈRE - SANTÉ SEXUELLE GLOBALE
90 Lévesque Boulevard East, Pont-Viau, Laval, QC, H7G 1B9
450 669-3099     Fax: 450 669-3421
Website: spheressg.org
Email: info@spheressg.org

Eligibility: people living with HIV/AIDS or other STIs, trans people, non-binary people, people who identify with the LGBTQ+ community or who are questioning, youth, men having sex with men, sex workers, users of injected or inhaled drugs, people from countries where HIV is endemic (Africa, Haiti, Carribean), general public
Coverage area: Laval
Hours: Tuesday to Friday
Fees: none
Financing: grants, self-financing, donations
Legal status: non-profit organization

247
Homelessness

TRAVAIL DE RUE ÎLE DE LAVAL
106 de la Concorde Boulevard East, Pont-Viau, Laval, QC, H7G 2B9
450 662-1031   Fax: 450 662-3727
Website: www.trilstation.org
Email: info@letril.ca


Eligibility: youth and young adults 12 to 21 years old
Coverage area: Laval
Hours: administration: Monday to Friday 9h00 à 16h30, Youth station: Monday to Wednesday 12h00 to 18h00, Tuesday and Thursday 18h00 to 22h00, DOPE project: Friday 15h30 à 18h30
Fees: none
Financing: provincial, federal, Centraide of Greater Montréal, donations
Legal status: non-profit organization

Shelters

AVIRON (L') - HÉBERGEMENT COMMUNAUTAIRE
1015 des Laurentides Boulevard, Pont-Viau, Laval, QC, H7G 2V8
450 933-6610 ext. 1   Fax: 450 933-7143
Website: www.laviron.org
Email: coordoclinique@laviron.org

Services: Temporary emergency housing service. * Emergency: 24 hours or 1 to 21 days. * Transition: 1 to 6 months. * Studio: 1 to 12 months. * Brazreau: 3½ supervised units with accompaniment, 6 months to 3 years.

Eligibility: people 18 years old and over experiencing homelessness or without a fixed address
Capacity: 30 housing units, including 6 emergency units
Coverage area: Laval
Hours: 24 hours / 7 days
Fees: emergency: free
Financing: federal, provincial, municipal, grants, self-financing
Legal status: non-profit organization

CAFÉ DE RUE
3550 Lévesque Boulevard West, Chomedey, Laval, QC, H7V 1E8
579 640-6040


Eligibility: people who are homeless or at risk of becoming homeless, people who are socially excluded or marginalized and who are rarely reached by regular social services
Coverage area: Laval
Hours: winter: Monday, Thursday to Saturday 7h30 to 14h30, summer: Monday and Friday 9h00 to 16h30, Tuesday to Thursday 13h00 to 20h00, Saturday and Sunday 14h30 to 21h30
Fees: free
Financing: grants, municipal
Legal status: non-profit organization

REFUGE D'URGENCE DE LAVAL
3550 Lévesque Boulevard West, Chomedey, Laval, QC, H7V 1E8
438 378-8247

Eligibility: men alone or with children, women alone or with children
Capacity: 12 spots
Coverage area: Laval
Hours: winter: 7 days, 16h30 to 7h00, summer: 7 days, 17h00 to 7h00
Fees: none
Financing: federal, provincial, municipal, grants
Legal status: non-profit organization

Supportive housing

AVIRON (L’) - HÉBERGEMENT COMMUNAUTAIRE - BRAZEAU
Confidential Address
450 933-6610 ext. 1
Website: www.laviron.org
Email: coordoclinique@laviron.org
Services: * Brazeau: 3½ supervised units with accompaniment, 6 months to 3 years.
Eligibility: people 18 years old and over experiencing homelessness or without a fixed address
Capacity: 12 apartments
Coverage area: Laval
Fees: 25% of monthly income
Financing: federal, provincial, municipal, grants, self-financing
Legal status: non-profit organization

Transitional housing

AUBERGE DU COEUR L’ENVOLÉE - LOGEMENTS DE TRANSITION
1620 des Patriotes Street, Sainte-Rose, Laval, QC, H7L 2N6
450 628-0907     Fax: 450 238-1129
Website: www.envolee.qc.ca
Email: aubergeducoeur@envolee.qc.ca
Services: Mixed social affiliation place for youth with adaptation issues and who are temporarily without a fixed residence. * Short-term and long-term stay. * Studios for young mothers
Eligibility: youth 16 to 22 years old, facing difficulties and temporarily without a fixed residence
Capacity: 16 single rooms
Coverage area: Laval
Hours: 24 hours / 7 days
Fees: $10 per day
Financing: provincial, self-financing
Legal status: non-profit organization

AUBERGE DU COEUR L’ENVOLÉE - LOGEMENTS DE TRANSITION - JEUNES MÈRES
Confidential Address
450 628-0907     Fax: 450 238-1129
Website: www.envolee.qc.ca
Email: aubergeducoeur@envolee.qc.ca
Services: Transitional housing for young mothers aged 16 to 22 years old.
Eligibility: young mothers 16 to 22 years old, facing difficulties and temporarily without a fixed residence
Capacity: 2 studios
Coverage area: Laval
Fees: $10 per day
Financing: provincial, self-financing
Legal status: non-profit organization
AVIRON (L') - HÉBERGEMENT COMMUNAUTAIRE - TRANSITIONAL HOUSING
Confidential Address
450 933-6610 ext. 1
Website: www.laviron.org
Email: coordoclinique@laviron.org
Services: * Transition: 1 to 6 months. * Studio: 1 to 12 months.
Eligibility: people 18 years old and over experiencing homelessness or without a fixed address
Capacity: 12 rooms
Coverage area: Laval
Financing: federal, provincial, municipal, grants, self-financing
Legal status: non-profit organization

MAISON DOMINIQUE
Confidential Address
450 681-1441  Fax: 450 681-7745
Website: www.maisondominique.org
Email: info@maisondominique.org
Eligibility: homeless people living with a physical health problem such as HIV/AIDS, hepatitis, cancer or diabetes
Capacity: 9 people
Coverage area: Laval, Montréal Island
Hours: 24 hours / 7 days, administration: Monday to Friday 9h00 à 17h00
Fees: housing: variable monthly rent depending on the income
Financing: provincial, federal, foundations, self-financing
Legal status: non-profit organization

MAISON LE PRÉLUDE (LA) - 2ND STEP
Confidential Address
450 682-3050  Fax: 450 682-1674
Website: www.maisonleprelude.com/index_en.html
Email: leprelude@videotron.ca
Services: * 2nd step apartments.
Eligibility: women victims of domestic violence with or without children and who have stayed in a shelter
Coverage area: Laval, Montréal Island and surroundings
Hours: 24 hours / 7 days
Financing: provincial, self-financing
Legal status: non-profit organization

Youth shelters
AUBERGE DU COEUR L’ENVOLÉE - REFUGE
1620 des Patriotes Street, Sainte-Rose, Laval, QC, H7L 2N6
450 628-0907  Fax: 450 238-1129
Website: www.envolee.qc.ca
Email: aubergeducoeur@envolee.qc.ca
Services: Shelter for youth 16 to 22 years old facing difficulties and temporarily without a fixed residence.
Eligibility: youth 16 to 22 years old, facing difficulties and temporarily without a fixed residence
Capacity: 1 room
Coverage area: Laval
Hours: 24 hours / 7 days
Homelessness

Fees: $10 per day
Financing: provincial, self-financing
Legal status: non-profit organization
Housing

ADVOCACY FOR HOUSING

EMERGENCY

HOUSING COOPERATIVES AND CORPORATIONS

HOUSING SEARCH ASSISTANCE

SOCIAL HOUSING AND HOUSING COOPERATIVES
Advocacy for housing

ASSOCIATION COOPÉRATIVE D'ÉCONOMIE FAMILIALE - ÎLE JÉSUS
1686 des Laurentides Boulevard, Suite 103, Vimont, Laval, QC, H7M 2P4
450 662-9428     Fax: 450 662-2647
Website: www.aceflaval.com
Email: info@aceflaval.com


Eligibility: Desjardins Mutual Aid Fund loan: people experiencing financial difficulties, people facing occasional emergency expenses

Coverage area: Laval

Hours: Monday to Thursday 8h30 to 16h30

Fees: voluntary contribution: $3

Financing: Centraide of Greater Montréal

Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE LAVAL
3320 des Châteaux Street, Chomedey, Laval, QC, H7V 0B8
450 688-0184     Fax: 450 688-9023
Website: www.omhlaval.ca
Email: info@omhlaval.ca


Eligibility: housing: individuals on a low or moderate income who are Canadian citizens or permanent residents and who have lived in the territory of the Montréal Metropolitan Community for 12 months in the 24 months preceding their application

Coverage area: Laval

Hours: Monday to Friday 8h30 to 12h00 and 13h15 to 16h30, summer (June 24th to Labor Day): Monday to Thursday 8h30 to 12h00 and 13h15 to 16h30, Friday 8h30 to 12h00

Financing: provincial, municipal

Legal status: non-profit organization

TRIBUNAL ADMINISTRATIF DU LOGEMENT - LAVAL
1434 Daniel-Johnson Boulevard, 2nd floor, Chomedey, Laval, QC, H7V 4B5
514 873-2245     Fax: 514 864-8077
Website: www.tal.gouv.qc.ca/en


Eligibility: tenants, landlords

Coverage area: Laval

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: variable

Financing: provincial

Legal status: provincial government agency
Emergency

DIVISION URGENCE SOCIALE DU SERVICE DE POLICE DE LAVAL
2785, Francis-Hugues Avenue, Chomedey, Laval, QC, H7L 3J6
450 662-4595  Fax: 450-662-8534
Website: laval.ca/police
Email: urgence.sociale@laval.ca


Eligibility: citizens 18 years and over in a crisis situation, food vouchers: families with pending social benefit

Coverage area: Laval

Hours: Monday to Friday 8h15 to 17h30

Fees: none

Financing: municipal

Legal status: municipal agency

LAVAL - AIR-CONDITIONED PUBLIC AREAS
Confidential Address
311
Website: www.laval.ca/Pages/En/Citizens/extreme-heat.aspx

Services: Public areas where it is possible to cool off in case of intense heat. * Online information: www.laval.ca/Pages/En/Citizens/extreme-heat.aspx

Coverage area: Laval

Hours: variable

Financing: municipal

Legal status: municipal agency

LAVAL - CITY
1333 Chomedey Boulevard, Chomedey, Laval, QC, H7V 3Z4
311
Website: www.laval.ca/Pages/En/home.aspx


Coverage area: Laval

Hours: by phone: Monday to Friday 7h00 to 21h00, Saturday and Sunday 8h00 to 17h00, on site: Monday to Friday 8h30 to 16h30, by appointment

Financing: municipal

Legal status: municipal agency

LAVAL - MULTISERVICE COUNTER
1333 Chomedey Boulevard, Chomedey, Laval, QC, H7V 3Z4
311
Website: www.laval.ca/pages-vertes/Pages/Fr/comptoir-multiservice.aspx

**Coverage area:** Laval

**Hours:** by phone: Monday to Friday 7h00 to 21h00, Saturday and Sunday 8h00 to 17h00, on site: Monday to Friday 8h30 to 16h30, by appointment

**Financing:** municipal

**Legal status:** municipal agency

**OFFICE MUNICIPAL D’HABITATION DE LAVAL - SERVICE D’AIDE À LA RECHERCHE DE LOGEMENT**

3320 des Châteaux Street, Chomedey, Laval, QC, H7V 0B8

450 505-6025

Website: www.omhlaval.ca/fr/sarl

Email: sarl@omhlaval.ca

**Services:** * Customized follow-up. * Sharing of housing search tools and temporary solutions. * Support in finding suitable housing that corresponds to the needs and income of the household. * Referral to other appropriate resources or services.

**Eligibility:** families facing eviction, evicted or homeless, families without resources having difficulties finding proper housing

**Coverage area:** Laval

**Hours:** Monday to Friday 8h30 to 12h00 and 13h15 to 16h30, except Friday afternoons from June 24th to September 1st and holidays

**Fees:** none

**Financing:** municipal, provincial

**Legal status:** municipal agency

**Housing cooperatives and corporations**

**ASSOCIATION COOPÉRATIVE D’ÉCONOMIE FAMILIALE - ÎLE JÉSUS**

1686 des Laurentides Boulevard, Suite 103, Vimont, Laval, QC, H7M 2P4

450 662-9428     Fax: 450 662-2647

Website: www.aceflaval.com

Email: info@aceflaval.com


**Eligibility:** Desjardins Mutual Aid Fund loan: people experiencing financial difficulties, people facing occasional emergency expenses

**Coverage area:** Laval

**Hours:** Monday to Thursday 8h30 to 16h30

**Fees:** voluntary contribution: $3

**Financing:** Centraide of Greater Montréal

**Legal status:** non-profit organization

**FÉDÉRATION DES OSBL D’HABITATION DES 3L**

Confidential Address

450 662-6950

Website: floh.rqoh.com

Email: info@foh3l.org

**Services:** * Political representation and consultation. * Organizational support. * Group and individual training for managers, administrators and tenants. * Financial and property management. * Community support.

**Eligibility:** non-profit housing organizations

**Coverage area:** Laval, Laurentians, Lanaudière, community support: Laval
Financing: provincial, federal, self-financing
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE LAVAL
3320 des Châteaux Street, Chomedey, Laval, QC, H7V 0B8
450 688-0184 Fax: 450 688-9023
Website: www.omhlaval.ca
Email: info@omhlaval.ca
Eligibility: housing: individuals on a low or moderate income who are Canadian citizens or permanent residents and who have lived in the territory of the Montréal Metropolitan Community for 12 months in the 24 months preceding their application
Coverage area: Laval
Hours: Monday to Friday 8h30 to 12h00 and 13h15 to 16h30, summer (June 24th to Labor Day): Monday to Thursday 8h30 to 12h00 and 13h15 to 16h30, Friday 8h30 to 12h00
Financing: provincial, municipal
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE LAVAL - ACCÈS LOGEMENT LAVAL
Confidential Address
450 682-3969
Website: www.acceslogementlaval.ca
Email: info@omhlaval.ca
Services: Simplified access service for subsidized housing in Laval. * Information and map on the website to know all housing options offered on the territory. * To submit a request: here
Eligibility: people 18 years old and over or emancipated minors who are Canadian citizens or permanent residents, who have resided in Greater Montréal for at least 12 months in the 24 months preceding the requests and who have an income equal or inferior to the CNIT
Coverage area: Greater Montréal
Hours: telephone service: Monday to Friday 8h30 to 12h00 and 13h15 to 16h30
Financing: municipal, provincial
Legal status: non-profit organization

RÉSEAU 2000 +
500 Saint-Martin Boulevard West, Chomedey, Laval, QC, H7M 3Y2
450 629-8830 Fax: 450 629-0477
Website: www.reseau2000plus.qc.ca
Email: info@reseau2000plus.qc.ca
Services: * Development of social housing, social economy projects and community housing organizations.
Eligibility: community organizations, private developers
Coverage area: Laval and Laurentides
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Financing: provincial, self-financing
Legal status: non-profit organization

TRIBUNAL ADMINISTRATIF DU LOGEMENT - LAVAL
1434 Daniel-Johnson Boulevard, 2nd floor, Chomedey, Laval, QC, H7V 4B5
514 873-2245 Fax: 514 864-8077
Website: www.tal.gouv.qc.ca/en
Eligibility: tenants, landlords
Coverage area: Laval
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: variable
Financing: provincial
Legal status: provincial government agency

Housing search assistance

DIVISION URGENCE SOCIALE DU SERVICE DE POLICE DE LAVAL
2785, Francis-Hugues Avenue, Chomedey, Laval, QC, H7L 3J6
450 662-4595    Fax: 450-662-8534
Website: laval.ca/police
Email: urgence.sociale@laval.ca

Eligibility: citizens 18 years and over in a crisis situation, food vouchers: families with pending social benefit
Coverage area: Laval
Hours: Monday to Friday 8h15 to 17h30
Fees: none
Financing: municipal
Legal status: municipal agency

LAVAL - SUPPORT FOR SENIORS AGED 65 AND OVER
1333 Chomedey Boulevard, Suite 101, Chomedey, Laval, QC, H7V 3Y1
450 978-5700
Website: www.laval.ca/Pages/En/Citizens/support-seniors-age-65-over.aspx
Email: taxation65ans@laval.ca

Services: Grant to support seniors 65 years and over. * $150 per dwelling, housing unit, complied establishments or intergenerational housing occupied by at least one person age 65 or over who is a tenant, occupant or owner. * $300 per dwelling, housing unit, complied establishments or intergenerational housing occupied by at least one person age 65 or over who is a tenant, occupant or owner and who receives the guaranteed income supplement from the Federal government in accordance with the Old Age Security Act.
Eligibility: residents 65 years or over who live on Laval territory as of May 1st, 2022 and use this dwelling or housing unit as their main residence
Coverage area: Laval
Financing: municipal
Legal status: municipal agency
OFFICE MUNICIPAL D'HABITATION DE LAVAL - SERVICE D'AIDE À LA RECHERCHE DE LOGEMENT
3320 des Châteaux Street, Chomedey, Laval, QC, H7V 0B8
450 505-6025
Website: www.omhlaval.ca/fr/sarl
Email: sarl@omhlaval.ca

Services: * Customized follow-up. * Sharing of housing search tools and temporary solutions. * Support in finding suitable housing that corresponds to the needs and income of the household. * Referral to other appropriate resources or services.

Eligibility: families facing eviction, evicted or homeless, families without resources having difficulties finding proper housing

Coverage area: Laval

Hours: Monday to Friday 8h30 to 12h00 and 13h15 to 16h30, except Friday afternoons from June 24th to September 1st and holidays

Fees: none

Financing: municipal, provincial

Legal status: municipal agency

REFUGE D'URGENCE DE LAVAL
3550 Levesque Boulevard West, Chomedey, Laval, QC, H7V 1E8
438 378-8247


Eligibility: men alone or with children, women alone or with children

Capacity: 12 spots

Coverage area: Laval

Hours: winter: 7 days, 16h30 to 7h00, summer: 7 days, 17h00 to 7h00

Fees: none

Financing: federal, provincial, municipal, grants

Legal status: non-profit organization

Social housing and housing cooperatives

CENTRE LAVALLOIS POUR L'INTÉGRATION ET LA COHÉSION SOCIALE
1876 des Laurentides Boulevard, Suite 205, Chomedey, Laval, QC, H7M 2P9
438 808-9242
Email: clicslaval@gmail.com


Eligibility: immigrants, JEU program: immigrants from 12 to 17 years old

Coverage area: Laval, school supplies: Montréal Island, Laval

Hours: Monday, Wednesday, Friday 9h00 to 16h00, Tuesday and Thursday 12h00 to 20h00

Fees: none

Financing: self-financing

Legal status: non-profit organization
OFFICE MUNICIPAL D'HABITATION DE LAVAL
3320 des Châteaux Street, Chomedey, Laval, QC, H7V 0B8
450 688-0184 Fax: 450 688-9023
Website: www.omhlaval.ca
Email: info@omhlaval.ca


Eligibility: housing: individuals on a low or moderate income who are Canadian citizens or permanent residents and who have lived in the territory of the Montréal Metropolitan Community for 12 months in the 24 months preceding their application

Coverage area: Laval

Hours: Monday to Friday 8h30 to 12h00 and 13h15 to 16h30, summer (June 24th to Labor Day): Monday to Thursday 8h30 to 12h00 and 13h15 to 16h30, Friday 8h30 to 12h00

Financing: provincial, municipal

Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE LAVAL - ACCÈS LOGEMENT LAVAL

Confidential Address
450 682-3969
Website: www.acceslogementlaval.ca
Email: info@omhlaval.ca

Services: Simplified access service for subsidized housing in Laval. * Information and map on the website to know all housing options offered on the territory. * To submit a request: here

Eligibility: people 18 years old and over or emancipated minors who are Canadian citizens or permanent residents, who have resided in Greater Montréal for at least 12 months in the 24 months preceding the requests and who have an income equal or inferior to the CNIT

Coverage area: Greater Montréal

Hours: telephone service: Monday to Friday 8h30 to 12h00 and 13h15 to 16h30

Financing: municipal, provincial

Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE LAVAL - SERVICE D'AIDE À LA RECHERCHE DE LOGEMENT

3320 des Châteaux Street, Chomedey, Laval, QC, H7V 0B8
450 505-6025
Website: www.omhlaval.ca/fr/sarl
Email: sarl@omhlaval.ca

Services: * Customized follow-up. * Sharing of housing search tools and temporary solutions. * Support in finding suitable housing that corresponds to the needs and income of the household. * Referral to other appropriate resources or services.

Eligibility: families facing eviction, evicted or homeless, families without resources having difficulties finding proper housing

Coverage area: Laval

Hours: Monday to Friday 8h30 to 12h00 and 13h15 to 16h30, except Friday afternoons from June 24th to September 1st and holidays

Fees: none

Financing: municipal, provincial

Legal status: municipal agency
RELAIS FAMILIAL D’AUTEUIL (LE)
6135 des Laurentides Boulevard, Suite 1, Auteuil, Laval, QC, H7H 2V3
450 628-3246  Fax: 450 628-0885
Website: relais-familial-auteuil.org
Email: info@relais-familial-auteuil.org


Eligibility: families, HLM: single-parent families on a low income

Coverage area: Laval

Hours: Monday to Thursday 8h30 to 16h30

Fees: annual membership: $5, contribution for some activities

Financing: grants, donations

Legal status: non-profit organization
Immigration and cultural communities

FRENCH COURSES

IMMIGRATION AND SPONSORSHIP

INTERPRETATION AND TRANSLATION

MULTICULTURAL ORGANIZATIONS

RECOGNITION OF PRIOR LEARNING AND DIPLOMAS

SETTLEMENT SERVICES FOR NEWCOMERS
French courses

BUREAU D’AIDE ET D’ASSISTANCE FAMILIALE PLACE SAINT-MARTIN
1885 Dumouchel Avenue, Suite 202, Chomedey, Laval, QC, H7S 1J7
450 681-9979     Fax: 450 681-2835
Website: baaf.ca
Email: baaf@videotron.ca
Eligibility: families with children 0 to 5 years old, people on a low income
Coverage area: Laval
Hours: Monday to Friday 8h00 to 16h00
Fees: minimal fees depending on the activity
Financing: grants, donations
Legal status: non-profit organization

CARREFOUR D’INTERCULTURES DE LAVAL
1536 Curé-Labelle Boulevard, Suite 226, Chomedey, Laval, QC, H7V 2W2
450 686-0554
Website: www.carrefourintercultures.com
Email: info@carrefourintercultures.com
Eligibility: immigrants and newcomers
Coverage area: Laval
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: variable, French courses: none
Financing: grants, self-financing, provincial, municipal, federal
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE LE COUMBITE DE LAVAL
111 des Laurentides Boulevard, Suite 220, Pont-Viau, Laval, QC, H7G 2T2
450 662-9771     Fax: 450 662-9319
Website: coumbitelaval.net
Email: coumbite@videotron.ca
Eligibility: ethnocultural communities, especially the families of the Haitian community
Coverage area: Laval
Hours: Monday to Friday 9h00 to 17h00
Fees: membership card: $12
Financing: contributions, provincial, fundraising campaigns
Legal status: non-profit organization
CENTRE COMMUNAUTAIRE PETIT ESPOIR
1235 Montée du Moulin, Suite 06, Saint-François, Laval, QC, H7A 3V6
450 936-1922 Fax: 450 936-1923
Website: www.petitespoir.org
Email: petitespoir@videotron.ca
Eligibility: newcomers, seniors, women on a low income
Coverage area: Laval: Saint-François, Saint-Vincent-de-Paul, Vimont, Duvernay neighbourhoods
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: grants, donations, self-financing
Legal status: non-profit organization

CENTRE DE SERVICES SCOLAIRE DE LAVAL
955 Saint-Martin Boulevard West, Chomedey, Laval, QC, H7S 1M5
450 662-7000 Fax: 450 625-2042
Website: www.csslaval.ca
Email: communications@cslaval.qc.ca
Eligibility: elementary, secondary, vocational and adult education students, businesses, citizens
Coverage area: Laval
Hours: Monday to Friday 7h30 to 16h30
Financing: provincial
Legal status: parapublic organization

COLLÈGE MONTMORENCY
475 de l'Avenir Boulevard, Laval-des-Rapides, Laval, QC, H7N 5H9
450 975-6100
Website: www.cmontmorency.qc.ca
Services: Public higher education institution at the college level. * Pre-university and technical programs (DEC), attestation of collegiate studies (AEC). * Ongoing training and services to enterprises. * French learning for newcomers. * Student residences.
Coverage area: Province of Québec
Hours: Monday to Friday 7h00 to 18h30, door 3: Monday to Sunday 7h00 à 22h00
Financing: provincial
Legal status: parapublic organization

HELLENIC SOCIAL SERVICES OF QUÉBEC - LAVAL
3860 Notre-Dame Boulevard, Suite 202, Chomedey, Laval, QC, H7V 1S1
450 688-2091 Fax: 450 688-2084
Website: hcgm.org
Email: info@hcgm.org

Eligibility: people of various origins, particularly Greek

Coverage area: Laval

Hours: Monday to Friday 9h00 to 17h00

Fees: annual membership: $15, less than $5 for clients of the food bank

Financing: donations, grants, provincial

Legal status: non-profit organization

JARDIN DE LA FAMILLE DE FABREVILLE
3867 Sainte-Rose Boulevard, Fabreville, Laval, QC, H7P 1C8
450 622-9456 Fax: 450 622-0312
Website: www.jardindelafamille.org
Email: ajff@jardindelafamille.org


Eligibility: people living with an intellectual, physical or psychological limitation, families on a low income, immigrants

Coverage area: Laval-Ouest, Fabreville, Sainte-Rose

Hours: administration: Monday to Friday 9h00 to 16h00, thrift store (regular hours): Monday to Saturday 9h00 to 17h00, thrift store (summer hours): Monday to Friday 9h00 to 18h00, Saturday 9h00 to 17h00

Fees: free with some exceptions

Financing: grants, fundraising campaigns, self-financing, donations

Legal status: non-profit organization

PERSPECTIVE CARRIÈRE
1772 le Corbusier Boulevard, Chomedey, Laval, QC, H7S 2K1
450 682-2278 Fax: 450 682-2924
Website: pcarriere.com/en
Email: info@pcarriere.com


Eligibility: unemployed people, employment insurance or social assistance beneficiaries, newcomers and immigrants

Coverage area: Laval

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 12h00

Fees: none

Financing: provincial

Legal status: non-profit organization
Immigration and sponsorship

CARREFOUR D'INTERCULTURES DE LAVAL
1536 Curé-Labelle Boulevard, Suite 226, Chomedey, Laval, QC, H7V 2W2
450 686-0554
Website: www.carrefourintercultures.com
Email: info@carrefourintercultures.com


Eligibility: immigrants and newcomers
Coverage area: Laval
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: variable, French courses: none
Financing: grants, self-financing, provincial, municipal, federal
Legal status: non-profit organization

FEMMES EN EMPLOI
1688 des Laurentides Boulevard, Suite 103, Vimont, Laval, QC, H7M 2P4
450 490-4895
Website: en.femmesenemploi.org
Email: info@femmesenemploi.org


Eligibility: women in precarious situations, including those of foreign origin
Coverage area: Laval
Hours: Monday and Friday 10h00 to 16h00
Fees: none
Financing: municipal, provincial, federal, donations
Legal status: non-profit organization

Interpretation and translation

ASSOCIATION DES PERSONNES VIVANT AVEC UNE SURDITÉ DE LAVAL
387 des Prairies Boulevard, Suite 211, Laval-des-Rapides, Laval, QC, H7N 2W4
450 967-8717      TTY: 450 967-9734
Website: www.apvsl.org/association-sourds-laval
Email: apvsl@videotron.ca

Services: * Awareness about the consequences of deafness. * Communication: explication of QSL texts, writing of formal documents, production of videos in QSL. * Activities: conferences, outings, cultural and recreational visits.

Eligibility: people living with deafness, their close ones
Coverage area: Laval
Hours: Monday to Friday 9h00 to 16h30
Fees: activities: variable
Financing: donations
Legal status: non-profit organization
CARREFOUR D'INTERCULTURES DE LAVAL
1536 Curé-Labelle Boulevard, Suite 226, Chomedey, Laval, QC, H7V 2W2
450 686-0554
Website: www.carrefourintercultures.com
Email: info@carrefourintercultures.com
Eligibility: immigrants and newcomers
Coverage area: Laval
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: variable, French courses: none
Financing: grants, self-financing, provincial, municipal, federal
Legal status: non-profit organization

CENTRE LAVALLOIS POUR L'INTÉGRATION ET LA COHÉSION SOCIALE
1876 des Laurentides Boulevard, Suite 205, Chomedey, Laval, QC, H7M 2P9
438 808-9242
Email: clicslaval@gmail.com
Eligibility: immigrants, JEU program: immigrants from 12 to 17 years old
Coverage area: Laval, school supplies: Montréal Island, Laval
Hours: Monday, Wednesday, Friday 9h00 to 16h00, Tuesday and Thursday 12h00 to 20h00
Fees: none
Financing: self-financing
Legal status: non-profit organization

FEMMES EN EMPLOI
1688 des Laurentides Boulevard, Suite 103, Vimont, Laval, QC, H7M 2P4
450 490-4895
Website: en.femmesenemploi.org
Email: info@femmesenemploi.org
Eligibility: women in precarious situations, including those of foreign origin
Coverage area: Laval
Hours: Monday and Friday 10h00 to 16h00
Fees: none
Financing: municipal, provincial, federal, donations
Legal status: non-profit organization
HELLENIC SOCIAL SERVICES OF QUÉBEC - LAVAL
3860 Notre-Dame Boulevard, Suite 202, Chomedey, Laval, QC, H7V 1S1
450 688-2091    Fax: 450 688-2084
Website: hcgm.org
Email: info@hcgm.org
Eligibility: people of various origins, particularly Greek
Coverage area: Laval
Hours: Monday to Friday 9h00 to 17h00
Fees: annual membership: $15, less than $5 for clients of the food bank
Financing: donations, grants, provincial
Legal status: non-profit organization

YOUTH AND PARENTS AGAPE ASSOCIATION (THE)
3950 Notre-Dame Boulevard, Chomedey, Laval, QC, H7W 1S7
450 686-4333
Website: www.agapeassociationinc.com
Email: info@agapeassociationinc.com
Services: Support for English-speakers and multicultural communities of Laval. Food * Distribution of food according to the assessed needs. * Bread counter: distribution of free bread, pastries, pizzas and other baked goods. * Christmas and Hanukkah baskets. Family and community * Healing the family: support group for victims of abuse and violence. * Budget planning for families on a low income. * Clear head, clear soul: meetings for people coping with all types of addictions. * Social work. Seniors * Senior Wellness Centre: social activities, learning and health presentations, iPad courses, etc. Immigrants * Transitional housing for newcomers and refugees looking for permanent housing. Material assistance * On-site recovery of used toys, clothing and household items (dishes, blankets, etc.).
Eligibility: English-speaking people on a low income, multicultural communities, transition housing: newcomer and refugee families, Healing the family: women victims of domestic violence
Coverage area: Laval
Hours: Monday to Friday 8h30 to 17h00
Fees: free
Financing: donations, provincial, federal
Legal status: non-profit organization

Multicultural organizations

ASSOCIATION QUÉBEC-FRANCE - LAVAL
3235 Saint-Martin Boulevard East, Duvernay, Laval, QC, H7E 5G8
450 963-0747
Website: www.quebec-france-laval.org
Email: info@quebecfrance.qc.ca
Eligibility: Francophiles and defenders of the French language
Coverage area: Laval
Fees: variable according to the membership type
Financing: membership fees
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE LE COUMBITE DE LAVAL
111 des Laurentides Boulevard, Suite 220, Pont-Viau, Laval, QC, H7G 2T2
450 662-9771 Fax: 450 662-9319
Website: coubmitelaval.net
Email: coubmite@videotron.ca

Services: Services to families and members of the Haitian community. * Promotion of the Haitian
and Québec culture. * Reception and integration of newcomers. * Francization courses for Creole-speakers. *
Literacy. * Dropout prevention: academic information, psychosocial support, presentations. * Seniors: activities
Tax clinic.

Eligibility: ethnocultural communities, especially the families of the Haitian community
Coverage area: Laval
Hours: Monday to Friday 9h00 to 17h00
Fees: membership card: $12
Financing: contributions, provincial, fundraising campaigns
Legal status: non-profit organization

RELAI COMMUNAUTAIRE DE LAVAL
111 des Laurentides Boulevard, Suite 101, Pont-Viau, Laval, QC, H7G 2T2
450 668-8727 Fax: 450 668-9615
Website: relais-communautaire.org
Email: info@relais-communautaire.org

assistance. * Distribution of soup and sandwiches to vulnerable people. Material assistance * Carrefour des
Aubaines: sale of used clothing and household items. * Point of service for Bonhomme à lunettes. Community *
Welcoming, information and referrals to resources and services. * Individualized follow-up and accompaniment.
on-site hairdressing and at-home hairdressing by request in nursing homes, makeup for special occasions,
eyebrow hair removal, etc. Education * Écono Bouffe: educational workshops on healthy and affordable eating
events. Immigration * Welcoming, information and referrals. * Integration and intercultural bridge-building. *
Thematic meals. Employment * Subsidized internships and jobs. * Volunteering. * Community and
compensatory work. Christmas activities * Christmas baskets for members. * Gifts for children. * Online
animation with draws and attendance prizes.

Eligibility: people on a low income
Capacity: 50
Coverage area: Laval
Hours: food bags distribution: Tuesday and Friday 9h30 to 11h30, Écono Bouffe: Wednesday and Thursday
13h00 to 16h00, breakfast: Tuesday and Friday 9h30 to 11h00, lunch: Monday to Friday 12h00 to 13h00, day
centre: Monday to Friday 9h30 to 15h00, Carrefour des Aubaines: Monday 13h00 to 19h00, Tuesday 9h30 to
19h00, Wednesday 9h30 to 20h30, Thursday 12h00 to 19h00, Friday 9h30 to 18h00, Saturday 10h00 to 16h00
Fees: membership card: $5 per year, meals: $3 for members, $5 for non-members
Financing: federal, provincial, municipal, Centraide of Greater Montréal, foundations, donations, self-financing
Legal status: non-profit organization

SERVICE DE MÉDIATION CITOYENNE DE LAVAL
234 des Laurentides Boulevard, Laval-des-Rapides, Laval, QC, H7G 2T6
450 663-7674 ext. 221
Website: smclaval.org
Email: info@smclaval.org
Immigration and cultural communities

**Services:** Conflict resolution accompaniment. * Citizen mediation accompaniment: neighbourhood conflicts, apartment sharing, work, bullying, family (divorce and child custody excluded). * Coaching on conflict resolution and communication. * Communication and coexistence workshops. * Intercultural communication.

**Eligibility:** citizens, organizations, corporations

**Coverage area:** Laval

**Hours:** Monday to Friday

**Fees:** none

**Financing:** grants, donations

**Legal status:** non-profit organization

**SPANISH-SPEAKING ASSOCIATION OF LAVAL**

1450 Pie-X Boulevard, Chomedey, Laval, QC, H7V 3C1

514 447-9984

**Website:** hispanolaval.com/fr/?lang=en

**Email:** info@hispanolaval.com


**Eligibility:** Spanish-speaking people or people interested in the culture

**Coverage area:** North Shore, Laval, Laurentians

**Hours:** Saturday 10h00 to 12h00

**Fees:** annual membership: $30

**Financing:** membership fees

**Legal status:** non-profit organization

**Recognition of prior learning and diplomas**

**SERVICE CANADA CENTRE - LAVAL**

1041 des Laurentides Boulevard, ground floor, Pont-Viau, Laval, QC, H7G 2W2

1 800 622-6232  TTY: 1 800 926-9105

**Website:** www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2806


**Coverage area:** Laval

**Hours:** Monday to Friday 8h30 to 16h00

**Financing:** federal

**Legal status:** federal government agency

**Settlement services for newcomers**

**BUREAU D’AIDE ET D’ASSISTANCE FAMILIALE PLACE SAINT-MARTIN**

1885 Dumouchel Avenue, Suite 202, Chomedey, Laval, QC, H7S 1J7

450 681-9979  Fax: 450 681-2835

**Website:** baaf.ca

**Email:** baaf@videotron.ca

Eligibility: families with children 0 to 5 years old, people on a low income

Coverage area: Laval

Hours: Monday to Friday 8h00 to 16h00

Fees: minimal fees depending on the activity

Financing: grants, donations

Legal status: non-profit organization

CARREFOUR D'INTERCULTURES DE LAVAL
1536 Curé-Labelle Boulevard, Suite 226, Chomedey, Laval, QC, H7V 2W2
450 686-0554
Website: www.carrefourintercultures.com
Email: info@carrefourintercultures.com


Eligibility: immigrants and newcomers

Coverage area: Laval

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Fees: variable, French courses: none

Financing: grants, self-financing, provincial, municipal, federal

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE EBEN-EZER
8488 Lévesque Boulevard East, Saint-François, Laval, QC, H7A 1W5
450 665-1798     Fax: 450 665-5264
Email: emmanuellaurent@hotmail.fr


Eligibility: people on a low income, seniors, people with a loss of autonomy, newcomers

Coverage area: Saint-François

Hours: Monday to Friday 10h00 to 16h00

Financing: donations

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE LE COUMBITE DE LAVAL
111 des Laurentides Boulevard, Suite 220, Pont-Viau, Laval, QC, H7G 2T2
450 662-9771     Fax: 450 662-9319
Website: coumbitelaval.net
Email: coumbite@videotron.ca


Eligibility: ethnocultural communities, especially the families of the Haitian community

Coverage area: Laval

Hours: Monday to Friday 9h00 to 17h00

Fees: membership card: $12
**Financing:** contributions, provincial, fundraising campaigns  
**Legal status:** non-profit organization

**CENTRE COMMUNAUTAIRE LE COUMBITE DE LAVAL - TAX CLINIC**  
111 des Laurentides Boulevard, Suite 220, Pont-Viau, Laval, QC, H7G 2T2  
450 662-9771  
Fax: 450 662-9319  
Website: coumbitelaval.net  
Email: coumbite@videotron.ca  
**Services:** Tax clinic by appointment.  
**Eligibility:** people on a low income, immigrants  
**Coverage area:** Laval  
**Hours:** 2022 clinic: March 7th to August 19th, by documents drop-off, call to make an appointment, Monday to Friday 10h00 to 15h00  
**Fees:** $5  
**Financing:** contributions, provincial, fundraising campaigns  
**Legal status:** non-profit organization

**CENTRE COMMUNAUTAIRE PETIT ESPOIR**  
1235 Montée du Moulin, Suite 06, Saint-François, Laval, QC, H7A 3V6  
450 936-1922  
Fax: 450 936-1923  
Website: www.petitespoir.org  
Email: petitespoir@videotron.ca  
**Eligibility:** newcomers, seniors, women on a low income  
**Coverage area:** Laval: Saint-François, Saint-Vincent-de-Paul, Vimon, Duvernay neighbourhoods  
**Hours:** Monday to Friday 9h00 to 16h00  
**Fees:** none  
**Financing:** grants, donations, self-financing  
**Legal status:** non-profit organization

**CENTRE DE BÉNÉVOLAT ET MOISSON LAVAL - TAX CLINIC**  
1870 Michelin Street, Sainte-Rose, Laval, QC, H7L 4R3  
450 681-6164  
Fax: 450 681-5458  
Website: benevolatlaval.qc.ca/en  
Email: info@benevolatlaval.qc.ca  
**Services:** Year-round tax clinic, by appointment.  
**Eligibility:** single people, self-employed and newcomers with an annual income under $25,000, couples with an annual income under $30,000  
**Coverage area:** Laval  
**Hours:** 2022 clinic: by appointment, intensive period: March and April, by appointment  
**Fees:** none  
**Financing:** Centraide of Greater Montréal, provincial, foundations, donations  
**Legal status:** non-profit organization

**CENTRE LAVALLOIS POUR L'INTÉGRATION ET LA COHÉSION SOCIALE**  
1876 des Laurentides Boulevard, Suite 205, Chomedey, Laval, QC, H7M 2P9  
438 808-9242  
Email: clicslaval@gmail.com

Eligibility: immigrants, JEU program: immigrants from 12 to 17 years old

Coverage area: Laval, school supplies: Montréal Island, Laval

Hours: Monday, Wednesday, Friday 9h00 to 16h00, Tuesday and Thursday 12h00 to 20h00

Fees: none

Financing: self-financing

Legal status: non-profit organization

COLLÈGE MONTMORENCY
475 de l’Avenir Boulevard, Laval-des-Rapides, Laval, QC, H7N 5H9
450 975-6100

Website: www.cmontmorency.qc.ca

Services: Public higher education institution at the college level. * Pre-university and technical programs (DEC), attestation of collegiate studies (AEC). * Ongoing training and services to enterprises. * French learning for newcomers. * Student residences.

Coverage area: Province of Québec

Hours: Monday to Friday 7h00 to 18h30, door 3: Monday to Sunday 7h00 à 22h00

Financing: provincial

Legal status: parapublic organization

ENTRAIDE (PONT-VIAU ET LAVAL DES RAPIDES) INC. (L’)
664 Saint-André Street, Pont-Viau, Laval, QC, H7G 3A5
450 663-8039 ext. 0        Fax: 450 663-9796

Website: www.entraidelaval.org


Eligibility: children, adults, newcomers, families, LGBTQIA2+ people

Coverage area: Laval

Hours: Monday, Wednesday and Friday 9h00 to 16h00, Tuesday and Thursday 9h00 to 18h30

Fees: annual membership: $25, services: variable

Financing: federal, provincial, foundations

Legal status: non-profit organization

FEMMES EN EMPLOI
1688 des Laurentides Boulevard, Suite 103, Vimont, Laval, QC, H7M 2P4
450 490-4895

Website: en.femmesenemploi.org

Email: info@femmesenemploi.org
Immigration and cultural communities

**Services:** Promote the social, cultural and professional integration of women in precarious situations, including those of foreign origin. * Employment training and job search programs. * Translation services. * Information programs on Canadian culture and laws and life in Canada, Quebec and Laval. * Counselling services. * Food assistance. * Referrals. * Seminars, workshops and other socio-educational activities on issues of discrimination and racial prejudice.

**Eligibility:** women in precarious situations, including those of foreign origin

**Coverage area:** Laval

**Hours:** Monday and Friday 10h00 to 16h00

**Fees:** none

**Financing:** municipal, provincial, federal, donations

**Legal status:** non-profit organization

**HELLENIC SOCIAL SERVICES OF QUÉBEC - LAVAL**

3860 Notre-Dame Boulevard, Suite 202, Chomedey, Laval, QC, H7V 1S1

450 688-2091  Fax: 450 688-2084

Website: hcgm.org

Email: info@hcgm.org


**Eligibility:** people of various origins, particularly Greek

**Coverage area:** Laval

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** annual membership: $15, less than $5 for clients of the food bank

**Financing:** donations, grants, provincial

**Legal status:** non-profit organization

**JARDIN DE LA FAMILLE DE FABREVILLE**

3867 Sainte-Rose Boulevard, Fabreville, Laval, QC, H7P 1C8

450 622-9456  Fax: 450 622-0312

Website: www.jardindelafamille.org

Email: ajff@jardindelafamille.org


**Eligibility:** people living with an intellectual, physical or psychological limitation, families on a low income, immigrants

**Coverage area:** Laval-Ouest, Fabreville, Sainte-Rose

**Hours:** administration: Monday to Friday 9h00 to 16h00, thrift store (regular hours): Monday to Saturday 9h00 to 17h00, thrift store (summer hours): Monday to Friday 9h00 to 18h00, Saturday 9h00 to 17h00

**Fees:** free with some exceptions

**Financing:** grants, fundraising campaigns, self-financing, donations

**Legal status:** non-profit organization

**PERSPECTIVE CARRIERE**

1772 le Corbusier Boulevard, Chomedey, Laval, QC, H7S 2K1

450 682-2278  Fax: 450 682-2924

Website: pcarriere.com/en

Email: info@pcarriere.com

273
Immigration and cultural communities

**PROJET HUMANITAIRE ETHNOCULTUREL MON PREMIER PANIER**
976 Curé-Labelle Boulevard, Chomedey, Laval, QC, H7V 2V5
450 687-7715
Website: www.monpremierpanier.sitew.ca
Email: ethnoculturelle@hotmail.com


**Eligibility:** families on a low income or newly arrived

**Coverage area:** Chomedey

**Hours:** Monday to Friday 9h00 to 17h00

**Financing:** donations, grants

**Legal status:** non-profit organization

**RELRAIS COMMUNAUTAIRE DE LAVAL**
111 des Laurentides Boulevard, Suite 101, Pont-Viau, Laval, QC, H7G 2T2
450 668-8727     Fax: 450 668-9615
Website: relais-communautaire.org
Email: info@relais-communautaire.org


**Eligibility:** people on a low income

**Capacity:** 50

**Coverage area:** Laval

**Hours:** food bags distribution: Tuesday and Friday 9h30 to 11h30, Écono Bouffe: Wednesday and Thursday 13h00 to 16h00, breakfast: Tuesday and Friday 9h30 to 11h00, lunch: Monday to Friday 12h00 to 13h00, day centre: Monday to Friday 9h30 to 15h30, Carrefour des Aubaines: Monday 13h00 to 19h00, Tuesday 9h30 to 19h00, Wednesday 9h30 to 20h30, Thursday 12h00 to 19h00, Friday 9h30 to 18h00, Saturday 10h00 to 16h00

**Fees:** membership card: $5 per year, meals: $3 for members, $5 for non-members

**Financing:** federal, provincial, municipal, Centraide of Greater Montréal, foundations, donations, self-financing

**Legal status:** non-profit organization
SPANISH-SPEAKING ASSOCIATION OF LAVAL
1450 Pie-X Boulevard, Chomedey, Laval, QC, H7V 3C1
514 447-9984
Website: hispanolaval.com/fr/?lang=en
Email: info@hispanolaval.com
Eligibility: Spanish-speaking people or people interested in the culture
Coverage area: North Shore, Laval, Laurentians
Hours: Saturday 10h00 to 12h00
Fees: annual membership: $30
Financing: membership fees
Legal status: non-profit organization

TEXTIL’ART LAVAL
2615 Le Corbusier Boulevard, Chomedey, Laval, QC, H7S 2E8
450 682-7474 ext. 13     Fax: 450 978-1022
Website: www.textilart.ca
Email: info@textilart.ca
Eligibility: unemployed people, newcomers
Capacity: 55 people per year
Coverage area: Laval
Hours: Monday to Thursday 7h50 to 16h00, Friday 8h00 à 12h10
Fees: none
Financing: self-financing, grants
Legal status: non-profit organization

YOUTH AND PARENTS AGAPE ASSOCIATION (THE)
3950 Notre-Dame Boulevard, Chomedey, Laval, QC, H7W 1S7
450 686-4333
Website: www.agapeassociationinc.com
Email: info@agapeassociationinc.com
Services: Support for English-speakers and multicultural communities of Laval. Food * Distribution of food according to the assessed needs. * Bread counter: distribution of free bread, pastries, pizzas and other baked goods. * Christmas and Hanukkah baskets. Family and community * Healing the family: support group for victims of abuse and violence. * Budget planning for families on a low income. * Clear head, clear soul: meetings for people coping with all types of addictions. * Social work. Seniors * Senior Wellness Centre: social activities, learning and health presentations, iPad courses, etc. Immigrants * Transitional housing for newcomers and refugees looking for permanent housing. Material assistance * On-site recovery of used toys, clothing and household items (dishes, blankets, etc.).
Eligibility: English-speaking people on a low income, multicultural communities, transition housing: newcomer and refugee families, Healing the family: women victims of domestic violence
Coverage area: Laval
Hours: Monday to Friday 8h30 to 17h00
Fees: free
Financing: donations, provincial, federal
Legal status: non-profit organization
Indigenous Peoples

EMPLOYMENT

GOVERNMENT SERVICES
Employment

OPEX’82 MANPOWER CENTRE - LAVAL
485 des Laurentides Boulevard, Suite 102, Pont-Viau, Laval, QC, H7G 2V2
450 975-7160  Fax: 450 975-0835
Website: www.viatravail.ca
Email: opex82laval@viatravail.ca

Services: Specialized manpower service aimed towards the reintegration of ex-offenders in the labour market.

Eligibility: adults with a criminal record

Coverage area: Laval
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00

Fees: none

Financing: provincial, federal

Legal status: non-profit organization

Government services

CLSC DU RUISSEAU-PAPINEAU - BOULEVARD CHOMEDEY
800 Chomedey Boulevard, Tower A, Chomedey, Laval, QC, H7V 3Y4
450 682-2952  Fax: 450 682-2475
Website: www.lavalensante.com

Services: * Expertise concerning health and safety at work in general and for pregnant women specifically. * No medical clinic.

Coverage area: Laval

Financing: provincial

Legal status: parapublic organization

COMMISSION DE LA SANTÉ ET DE LA SÉCURITÉ DU TRAVAIL DU QUÉBEC - LAVAL
1700 Laval Boulevard, Chomedey, Laval, QC, H7S 2G6
1 844 838-0808  Fax: 1 855 722-8081
Website: www.cnesst.gouv.qc.ca/en

Services: * Support for workers and employers in their efforts to eliminate hazards in their workplace. * Inspection of workplaces. * Promotion of occupational health and safety. * Compensation for workers who suffered an occupational injury. * Rehabilitation of workers who, because of an occupational injury, suffered a permanent impairment of physical or mental integrity.

Eligibility: employers and workers

Coverage area: Laval

Hours: office: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: membership fees, self-financing

Legal status: provincial government agency

COMMISSION DES NORMES DU TRAVAIL - LAVAL
1700 Laval Boulevard, Chomedey, Laval, QC, H7S 2G6
1 844 838-0808
Website: www.cnesst.gouv.qc.ca/en

Services: * Information on labour standards and the obligations stipulated by the law and regulations. * Registration of complaints. * Mediation for employees or employers involved in a complaint of psychological harassment, wrongful dismissal or prohibited practice.

Eligibility: public, employers, employees

Coverage area: Laval
Indigenous Peoples

Hours: office: by appointment for investigation and mediation
Financing: provincial
Legal status: provincial government agency

REVENU QUÉBEC - LAVAL
5 Place-Laval, Suite 147, Chomedey, Laval, QC, H7N 5Y3
1 800 267-6299   TTY: 1 800 361-3795
Website: www.revenuquebec.ca/en
Services: * Administration of Québec's tax system through the collection of income tax and consumption taxes. * Administration of programs and services related to income: tax credits, housing benefit, work bonus, maintenance allowances, provisional administration of unclaimed property, Registraire des Entreprises.
Coverage area: Province of Québec
Hours: Monday to Friday 10h00 to 16h30, phone service: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: provincial government agency

SERVICE CANADA CENTRE - LAVAL
1041 des Laurentides Boulevard, ground floor, Pont-Viau, Laval, QC, H7G 2W2
1 800 622-6232   TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2806
Coverage area: Laval
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

SERVICES QUÉBEC - CHOMEDEY
1438 Daniel-Johnson Boulevard, Chomedey, Laval, QC, H7V 4B5
450 680-6400   Fax: 450 680-6420
Website: www.localisateur.servicesquebec.gouv.qc.ca/en
Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)
Coverage area: Chomedey
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

278
SERVICES QUÉBEC - DIRECTION RÉGIONALE DE LAVAL
1041 des Laurentides Boulevard, Suite 203, Pont-Viau, Laval, QC, H7G 2W2
450 972-3133  Fax: 450 972-3160
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/directions-regionales/index_en.asp


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years old and over living with a long term occupational disability (physical or mental health, physical or intellectual disabilities), sponsored immigrants on or awaiting welfare and their sponsors

Coverage area: Laval

Hours: Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - LAVAL-DES-RAPIDES
3 Place-Laval, Suite 430, Chomedey, Laval, QC, H7N 1A2
450 972-3050  Fax: 450 972-3069
Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Laval

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency
Justice and Advocacy

ADVOCACY GROUPS

CONSUMER PROTECTION AND COMPLAINTS

CORRECTIONAL SERVICES

COURTHOUSES AND TRIBUNALS

LEGAL ASSISTANCE AND INFORMATION

PROFESSIONAL ORDERS AND ASSOCIATIONS

SUPPORT FOR OFFENDERS
Advocacy groups

ASSOCIATION COOPÉRATIVE D’ÉCONOMIE FAMILIALE - ÎLE JÉSUS
1686 des Laurentides Boulevard, Suite 103, Vimont, Laval, QC, H7M 2P4
450 662-9428     Fax: 450 662-2647
Website: www.aceflaval.com
Email: info@aceflaval.com

Eligibility: Desjardins Mutual Aid Fund loan: people experiencing financial difficulties, people facing occasional emergency expenses
Coverage area: Laval
Hours: Monday to Thursday 8h30 to 16h30
Fees: voluntary contribution: $3
Financing: Centraide of Greater Montréal
Legal status: non-profit organization

ASSOCIATION DE CITOYENS DE LAVAL-SUR-LE-LAC
Confidential Address
Website: aclsll.ca
Email: info@aclsll.ca

Services: * Defence and promotion of the neighbourhood residents’ interests. * Representation before the community authorities. * Directory of services and residents. * Family celebration every two years.
Eligibility: residents of the neighbourhood
Capacity: 300
Coverage area: Laval-sur-le-Lac
Fees: $75 per year per home
Financing: membership fees
Legal status: non-profit organization

ASSOCIATION DU DIABÈTE LAVAL LAURENTIDES
3030 Le Carrefour Boulevard, Suite 1001, Chomedey, Laval, QC, H7T 2P5
450 686-0330
Website: www.diabetelaval.qc.ca
Email: info@diabetelaval.qc.ca

Eligibility: people with diabetes
Coverage area: Laval, Basses-Laurentides
Hours: Monday to Friday 9h30 to 16h00
Financing: fundraising campaigns, contributions, donations
Legal status: non-profit organization

ASSOCIATION LAVALLOISE DE PARENTS ET AMIS POUR LE BIEN-ÊTRE MENTAL
645 des Laurentides Boulevard, Pont-Viau, Laval, QC, H7G 2V8
1 888 688-0541     Fax: 450 688-7061
Website: www.alpabem.qc.ca
Email: info@alpabem.qc.ca

Eligibility: parents, partners, friends, children 6 to 17 years old who are part of the circle of people living with mental illness
Capacity: trainings and support groups: 12 people
Coverage area: Laval
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, workshops and support groups during evening
Fees: membership card required for certain services: $25 for regular members, $30 for supporting members, $60 for an NPO, $120 for corporations, services: variable
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

ASSOCIATION LAVALLOISE POUR LA DÉFICIENCE INTELLECTUELLE ET LE TROUBLE DU SPECTRE DE L’AUTISME
73 Saint-Élzéar Boulevard West, Vimont, Laval, QC, H7M 1E7
450 972-1010 Fax: 450 972-1515
Website: aledia1959.com/en

Services: * Promotion of the interests and rights. * Demystification of intellectual disability and the autism spectrum disorder. * Development of services to encourage individual and social growth within the community. * Support and assistance for members and their relatives. * House-sitting. * Summer camp, recreational and sports activities, monthly outings. * One week long shelter to develop the residential autonomy of youth 16 years old and over. * Animated monitoring service for members 12 years and over. * Food assistance.
Eligibility: people living with an intellectual disability or an autism spectrum disorder, their parents and fieldworkers, food assistance: people living with an intellectual disability or an autism spectrum disorder, living alone or in a couple, families in need who have a child with a developmental disability or an autism spectrum disorder
Coverage area: Laval
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Fees: evaluation to become a member: $15, annual membership; $10 for people with a diagnosis, $20 for their parents or relatives, $25 for other people, variable fees for activities
Financing: provincial, self-financing
Legal status: non-profit organization

ASSOCIATION LAVALLOISE POUR LE TRANSPORT ADAPTÉ
155 Je-Me-Souviens Boulevard, Sainte-Rose, Laval, QC, H7L 1V6
450 933-6101 Fax: 450 933-7034
Website: altalaval-ass.org
Email: alta@altalaval-ass.org

Eligibility: people with a physical, intellectual, psychological and visual limitation, people with reduced mobility
Coverage area: Laval
Hours: Monday to Friday 9h00 to 16h30
Financing: fundraising campaigns, donations
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - LAVAL
1450 Pie-X Boulevard, Suite 202, Chomedey, Laval, QC, H7V 3C1
450 978-0807 Fax: 450 978-9808
Website: aqdrlaval.org
Email: aqdraval@aqdr.org

Services: Advocacy mainly on income, housing, home care and services, gender equality, transportation and health. * Thematic conferences.
Eligibility: retired and pre-retired people of 50 years old and over
Coverage area: Laurentians, Laval
Justice and Advocacy

CENTRE D'ASSISTANCE ET D'ACCOMPAGNEMENT AUX PLAINTES - LAVAL
672 des Laurentides Boulevard, Suite 217, Laval-des-Rapides, Laval, QC, H7G 4S6
450 662-6022   Fax: 450 662-9620
Website: www.caaplaval.com/en
Email: caaplaval@caaplaval.com

Services: * Confidential assistance and accompaniment for health and social services network users who wish to file a complaint at an institution or at the Québec Ombudsman. * Information and assistance to tenants of private residences for seniors (RPA) to formulate a complaint and accompaniment in the complaint process.

Eligibility: residents and people who received services in a Laval establishment of the health and social services network

Coverage area: Laval

CENTRE DES FEMMES DE LAVAL
69 8th Street, Laval-des-Rapides, Laval, QC, H7N 2C5
450 629-1991   Fax: 450 629-7433
Website: www.cf-laval.org
Email: info@cf-laval.org


Eligibility: women

CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DE LAVAL - COMMISSAIRE AUX PLAINTES ET À LA QUALITÉ DES SERVICES
800 Chomedey Boulevard, tower A, Suite 301, Chomedey, Laval, QC, H7V 3Y4
450 668-1010 poste 23628
Website: www.lavalensante.com/en/useful-information/service-quality-and-complaints
Email: plaintes.csssi@ssss.gouv.qc.ca

Services: Responsible of enforcing the users' rights. * Reception and analysis of complaints. * Makes recommendations to the establishment and to the executive board about the improvement of the quality and security of the provided services.

Coverage area: Laval

283
CLUBS 4-H DU QUÉBEC (LES)
6500 Arthur-Sauvé Boulevard, Suite 202, Laval-Ouest, Laval, QC, H7R 3X7
450 314-1942     Fax: 450 314-1952
Website: www.clubs4h.qc.ca
Email: info@clubs4h.qc.ca
Services: Grouping of 4-H Clubs in the province of Québec. * Development of eco-citizenship to help in the conservation and improvement of environmental quality. * Awakening to nature and to what surrounds it to ensure its preservation. * Awareness to the importance of the tree and the forest.
Eligibility: young people aged 4 to 17 years old
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 17h00
Fees: $100 per club
Financing: fundraising campaigns, grants, membership fees
Legal status: non-profit organization

COMITÉ D’ACTION EN SÉCURITÉ ALIMENTAIRE DE LAVAL
800 Chomedey Boulevard, Tower A, Chomedey, Laval, QC, H7V 3Y4
450 978-2121
Website: www.securitealimentairelaval.org/casal
Services: * Intersectoral consultation table grouping representatives from various sectors whose mandate is to encourage and promote food security in Laval.
Eligibility: representatives, organizations and partners working in food security
Coverage area: Laval
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: non-profit organization

COMITÉ DE DÉVELOPPEMENT LOCAL DE CHOMEDEY
3781 Lévesque Boulevard West, Suite 210, Chomedey, Laval, QC, H7V 1G5
450 688-9800     Fax: 450 668-9419
Website: www.cdlchomedey.org
Email: cdlc.coordination@gmail.com
Services: Local concertation and neighbourhood roundtable. * Collective projects and initiatives to improve the living conditions and equal opportunities based on the commitment of citizens and partners. * Themes addressed: citizen mobilization, food security, continuum of services, educational success, local partnerships. * Fighting poverty and social exclusion as part of an Integrated Urban Revitalization approach.
Eligibility: general public
Coverage area: Chomedey
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: Centraide of Greater Montréal, municipal, provincial
Legal status: non-profit organization

COMITÉ DES CITOYENS DE LAVAL-OUEST
6600 29th Avenue, Laval-Ouest, Laval, QC, H7R 3M3
514 473-3120
Website: www.citoyenslavalouest.com
Email: citoyenslavalouest@gmail.com
Eligibility: residents
Coverage area: Laval-Ouest, Fabreville-Ouest
Fees: none
Financing: self-financing  
Legal status: non-profit organization

COMITÉ DES USAGERS DE L’HÔPITAL JUIF DE RÉADAPTATION
Confidential Address  
450 688-9550 ext. 3789  
Website: www.lavalensante.com/en/comites-des-usagers-et-des-residents/comite-des-usagers-de-lhopital-juif-de-readaptation/  
Email: comitedesusagers_hjr@ssss.gouv.qc.ca

Eligibility: users of the Jewish Rehabilitation Hospital  
Coverage area: Laval  
Financing: provincial  
Legal status: parapublic organization

COMITÉ DES USAGERS DES CENTRES DE RÉADAPTATION EN DÉFICIENCE INTELLECTUELLE ET TROUBLE DU SPECTRE DE L’AUTISME
304 Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7N 2J2  
450 972-2099 ext. 42002  
Website: www.lavalensante.com  
Email: infocucrdi@videotron.ca

Eligibility: users of rehabilitation centres for intellectual disabilities and autism spectrum disorder  
Coverage area: Laval  
Financing: provincial  
Legal status: parapublic organization

COMITÉ DES USAGERS DU CISSS DE LAVAL  
304 Cartier Boulevard West, Suite 234, Laval-des-Rapides, Laval, QC, H7N 2J2  
450 972-2099 ext. 42079  
Website: www.lavalensante.com/comites-des-usagers-et-des-residents/comite-des-usagers-du-cisss-de-laval  
Email: cuci.cissslav@ssss.gouv.qc.ca

Eligibility: users of the CISSS de Laval  
Coverage area: Laval  
Financing: provincial  
Legal status: parapublic organization

COMITÉ DES USAGERS DU CSSS DE LAVAL
800 Chomedey Boulevard, tower A, Suite 232, Chomedey, Laval, QC, H7V 3Y4  
450 978-8609  
Website: www.cucssslaval.ca  
Email: cucssslaval@outlook.com

Eligibility: users of the CSSS de Laval  
Coverage area: Laval  
Financing: provincial  
Legal status: parapublic organization
COMMISSION DE L’ÉQUITÉ SALARIALE - LAVAL - BOULEVARD CHOMEDEY
1200 Chomedey Boulevard, Suite 810, Chomedey, Laval, QC, H7V 3Z3
1 844 838-0808   Fax: 514 864-6756
Website: www.cnesst.gouv.qc.ca
Email: equite.salariale@ces.gouv.qc.ca

Services: Support and assistance to employers who must achieve pay equity in their company and to employees wishing to obtain information or exercise their rights. * Front-line telephone service to answer general questions on the application of the Pay Equity Act. * Specialized assistance to understand more complex or technical aspects of the Act. * Conciliation services to promote the settlement of disagreements. * Investigations following complaints or different subjected by the parties or on its own initiative. * Software package to achieve pay equity: computer tool that allows employers to realize their pay equity exercise autonomously, available on the website. * Information lectures on Pay Equity Act and its application, available upon request for groups of employers, employees, or any other grouping wishing to obtain information on pay equity. * Tool development and training accessible free of charge in all regions of Québec. * Research activities.

Eligibility: employees, mostly women who occupy predominantly female job classes, accredited associations and employers

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, except legal holidays

Financing: provincial

Legal status: provincial government agency

COMMISSION DE L’ÉQUITÉ SALARIALE - LAVAL - BOULEVARD LAVAL
1700 Laval Boulevard, Chomedey, Laval, QC, H7S 2G6
1 844 838-0808   Fax: 514 864-6756
Website: www.cnesst.gouv.qc.ca/en
Email: equite.salariale@ces.gouv.qc.ca

Services: Support and assistance to employers who must achieve pay equity in their company and to employees wishing to obtain information or exercise their rights. * Front-line telephone service to answer general questions on the application of the Pay Equity Act. * Specialized assistance to understand more complex or technical aspects of the Act. * Conciliation services to promote the settlement of disagreements. * Investigations following complaints or different subjected by the parties or on its own initiative. * Software package to achieve pay equity: computer tool that allows employers to realize their pay equity exercise autonomously, available on the website. * Information lectures on Pay Equity Act and its application, available upon request for groups of employers, employees, or any other grouping wishing to obtain information on pay equity. * Tool development and training accessible free of charge in all regions of Québec. * Research activities.

Eligibility: employees, mostly women who occupy predominantly female job classes, accredited associations and employers

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

COMMISSION DES NORMES DU TRAVAIL - LAVAL
1700 Laval Boulevard, Chomedey, Laval, QC, H7S 2G6
1 844 838-0808
Website: www.cnesst.gouv.qc.ca/en

Services: * Information on labour standards and the obligations stipulated by the law and regulations. * Registration of complaints. * Mediation for employees or employers involved in a complaint of psychological harassment, wrongful dismissal or prohibited practice.

Eligibility: public, employers, employees

Coverage area: Laval

Hours: office: by appointment for investigation and mediation

Financing: provincial

Legal status: provincial government agency
CONSEIL RÉGIONAL DE L’ENVIRONNEMENT DE LAVAL
3235 Saint-Martin Boulevard East, Suite 208-209, Duvernay, Laval, QC, H7E 5G8
450 664-3503
Website: www.credelaval.qc.ca/en/homepage
Email: credelaval@credelaval.qc.ca
Eligibility: individuals and organizations dedicated to environmental protection
Coverage area: Laval
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 17h00
Financing: membership fees, donations, municipal
Legal status: non-profit organization

DIRA-LAVAL
1450 Pie-X Boulevard, Suite 217, Chomedey, Laval, QC, H7V 3C1
450 681-8813 Fax: 450 681-1163
Website: dira-laval.ca
Email: diralaval@videotron.ca
Eligibility: seniors 50 years and over
Coverage area: Laval
Hours: Monday to Friday 8h30 to 16h30, by appointment
Fees: none
Financing: provincial
Legal status: non-profit organization

ÉCO-NATURE
345 Sainte-Rose Boulevard, Sainte-Rose, Laval, QC, H7L 1M7
450 622-1020
Website: www.parc-mille-iles.qc.ca/en
Email: info@eco-nature.ca
Coverage area: Laval, Rive-Nord
Hours: 7 days, 8h30 to 17h00, activity centres: 9h00 to 20h00
Financing: municipal, provincial, federal, donations
Legal status: non-profit organization

EN-DROIT DE LAVAL (L’)
34F Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7N 2H3
450 668-1058 Fax: 450 668-7383
Website: www.endroitlaval.com
Email: info@endroitlaval.com
Eligibility: adults living or having lived with mental health problems
Coverage area: Laval
Justice and Advocacy

Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial, donations
Legal status: non-profit organization

FADOQ - RÉGION LAVAL
1850 le Corbusier Boulevard, Suite 307, Chomedey, Laval, QC, H7S 2K1
450 686-2339    Fax: 450 686-4845
Website: www.fadoq.ca/laval
Email: info@fadoqlaval.com

Services: * Grouping and representation in order to maintain and improve quality of life. * Advocacy of rights, promotion of contribution to society. * Awareness programs and workshops on various subjects. * Privilege program: access to discounts on various products and services. * Recreational and social activities.

Eligibility: people 50 years and over
Coverage area: Laval
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: membership: $30 per year or $50 for 2 years
Financing: self-financing, membership fees
Legal status: non-profit organization

FONDATION LE PILIER
425 Place Jean-Coutu, Auteuil, Laval, QC, H7H 3C8
450 624-9922    Fax: 450 624-0976
Website: www.lepilier.org
Email: info@lepilier.org


Eligibility: youth or adults living with an intellectual disability, an autism spectrum disorder, a head trauma or any other type of physical disability
Coverage area: Province of Québec
Hours: Monday 9h00 to 17h00, Tuesday 8h30 to 16h30, Wednesday to Friday 8h30 to 17h00
Financing: donations, provincial, municipal
Legal status: non-profit organization

INSTITUT DES TROUBLES D’APPRENTISSAGE - SECTION LAVAL
100 Tourangeau Street East, Pont-Viau, Laval, QC, H7G 1L1
450 668-0123
Website: www.institutta.com
Email: section.laval@institutta.com


Eligibility: children and adults with learning or attention difficulties, including ADHD, their parents
Coverage area: Laval
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00
Fees: membership: $10
Financing: grants, contributions, fundraising campaigns
Legal status: non-profit organization
MOUVEMENT PERSONNE D’ABORD DE LAVAL
304 Cartier Boulevard West, Suite 240, Laval-des-Rapides, Laval, QC, H7N 2J2
450 972-2099 ext. 42002
Email: mpdalaval@hotmail.com
Eligibility: people living with intellectual disabilities
Coverage area: Laval
Hours: Monday to Thursday, variable schedule
Fees: membership card: $10 per year
Financing: provincial
Legal status: non-profit organization

MOUVEMENT PLANTACTION
Confidential Address
Website: www.plantaction.org
Email: info@plantaction.org
Coverage area: Laval
Financing: grants
Legal status: non-profit organization

REGROUPEMENT DES ORGANISMES DE PROMOTION DES PERSONNES HANDICAPÉES DE LAVAL
387 des Prairies Boulevard, Suite 017, Laval-des-Rapides, Laval, QC, H7N 2W4
450 668-4836     Fax: 450 668-2119     TTY: 450 668-4836
Website: www.ropphl.org
Email: info@ropphl.org
Eligibility: community organizations for people with disabilities or for parents of children with intellectual, sensory or physical disabilities
Coverage area: Laval
Hours: Monday to Thursday 9h00 to 17h00
Fees: contribution: $35 per year
Financing: provincial
Legal status: non-profit organization

RÉSEAU DES ORGANISMES ET INTERVENANTS EN ITINÉRANCE DE LAVAL
151 Giroux Avenue, Laval-des-Rapides, Laval, QC, H7N 3H5
450 490-7645
Website: roil.squarespace.com
Email: roil.coordination.sra@gmail.com
Services: Sharing and discussion place for partners in order to provide alternatives, services and activities to people coping with residential instability, homelessness or poverty. * Social justice promotion. * Awareness of the population to homelessness. * Redistribution of donations to member organizations.
Eligibility: community organizations concerned by homelessness issues
Coverage area: Laval
Hours: by appointment
Fees: contributions
Financing: provincial, contributions
Legal status: non-profit organization
Justice and Advocacy

SOCIÉTÉ CANADIENNE DE LA SCLÉROSE EN PLAQUES - DIVISION DU QUÉBEC - SECTION LAVAL

387 des Prairies Boulevard, Suite 210A, Laval-des-Rapides, Laval, QC, H7N 2W4
450 663-4911
Website: mssociety.ca
Email: info.laval@scleroseenplaques.ca


Eligibility: people with multiple sclerosis, caregivers, spouses

Capacity: about ten participants per course

Coverage area: Laval

Hours: Monday to Friday 9h00 to 16h00

Fees: free

Financing: donations, fundraising campaigns, grants

Legal status: non-profit organization

SOCIÉTÉ DE L'AUTISME ET DES TED - LAVAL

2285 Francis Hughes Avenue, Suite 200, Chomedey, Laval, QC, H7S 1N5
450 663-5551     Fax: 450 663-0694
Website: autismelaval.org
Email: info@autismelaval.org


Eligibility: people with an autism spectrum disorder or a pervasive developmental disorder, their families

Coverage area: Laval

Hours: Monday to Friday 8h30 to 16h00

Fees: $30 per year

Financing: provincial, federal, municipal, membership fees

Legal status: non-profit organization

TABLE DE CONCERTATION DE LAVAL EN CONDITION FÉMININE

1450 Pie-X Boulevard, Suite 203, Chomedey, Laval, QC, H7V 3C1
450 682-8739
Website: www.tclcf.qc.ca
Email: info@tclcf.qc.ca

Services: Regional grouping working with its members toward the improvement of women's quality and conditions of life at the social, economic and politic levels. * Promotion and defense of women's rights and interests, particularly women from Laval. * Solidarity and activism space focused on feminist values. * Realization of collective actions that will lead to true equality and equity between men and women and among women themselves.

Eligibility: women, member organizations

Coverage area: priority to Laval, Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Financing: provincial

Legal status: non-profit organization
Justice and Advocacy

**TABLE DE CONCERTATION EN VIOLENCE CONJUGALE ET AGRESSIONS À CARACTÈRE SEXUEL DE LAVAL**

Confidential Address  
514 436-4743  
Website: tcvcasl.com  
Email: info@tcvcasl.com  

**Services:** Promotion of equality between women and men and security and prevention of violence.  
**Eligibility:** organizations, victims of domestic violence or sexual abuse, counsellors, general public  
**Coverage area:** Laval  
**Hours:** variable  
**Fees:** annual membership fee: $75  
**Financing:** membership fees, grants  
**Legal status:** non-profit organization

**TABLE RÉGIONALE DE CONCERTATION DES AÎNÉS DE LAVAL**

25 Saint-Louis Street, Suite 117, Pont-Viau, Laval, QC, H7G 4W3  
450 667-8839  
Website: www.tableaineslaval.ca  
Email: info@tableaineslaval.ca  

**Services:** Promotion of the needs and issues of seniors. * Exchanges, coordination and partnerships. * Promotion of member organizations. * Representation.  
**Eligibility:** seniors 50 years old and over, community organizations, caregivers  
**Coverage area:** Laval  
**Hours:** Monday to Thursday 9h00 to 16h30  
**Fees:** annual membership: $50  
**Financing:** provincial  
**Legal status:** non-profit organization

**Consumer protection and complaints**

**ASSOCIATION COOPÉRATIVE D’ÉCONOMIE FAMILIALE - ÎLE JÉSUS**

1686 des Laurentides Boulevard, Suite 103, Vimont, Laval, QC, H7M 2P4  
450 662-9428     Fax: 450 662-2647  
Website: www.aceflaval.com  
Email: info@aceflaval.com  

**Eligibility:** Desjardins Mutual Aid Fund loan: people experiencing financial difficulties, people facing occasional emergency expenses  
**Coverage area:** Laval  
**Hours:** Monday to Thursday 8h30 to 16h30  
**Fees:** voluntary contribution: $3  
**Financing:** Centraide of Greater Montréal  
**Legal status:** non-profit organization

**CENTRE D’ASSISTANCE ET D’ACCOMPAGNEMENT AUX PLAINTES - LAVAL**

672 des Laurentides Boulevard, Suite 217, Laval-des-Rapides, Laval, QC, H7G 4S6  
450 662-6022     Fax: 450 662-9620  
Website: www.caaplaval.com/en  
Email: caaplaval@caaplaval.com
Services: * Confidential assistance and accompaniment for health and social services network users who wish to file a complaint at an institution or at the Québec Ombudsman. * Information and assistance to tenants of private residences for seniors (RPA) to formulate a complaint and accompaniment in the complaint process.  
Eligibility: residents and people who received services in a Laval establishment of the health and social services network  
Coverage area: Laval  
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30  
Fees: none  
Financing: provincial  
Legal status: non-profit organization

CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DE LAVAL - COMMISSAIRE AUX PLAINTES ET À LA QUALITÉ DES SERVICES
800 Chomedey Boulevard, tower A, Suite 301, Chomedey, Laval, QC, H7V 3Y4  
450 668-1010 poste 23628  
Website: www.lavalensante.com/en/useful-information/service-quality-and-complaints  
Email: plaintes.csssl@ssss.gouv.qc.ca  
Services: Responsible of enforcing the users' rights. * Reception and analysis of complaints. * Makes recommendations to the establishment and to the executive board about the improvement of the quality and security of the provided services.  
Coverage area: Laval  
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00  
Financing: provincial  
Legal status: parapublic organization

COMITÉ DES USAGERS DE L'HÔPITAL JUIF DE RÉADAPTATION
Confidential Address  
450 688-9550 ext. 3789  
Website: www.lavalensante.com/en/comites-des-usagers-et-des-residents/comite-des-usagers-de-lhopital-juif-de-readaptation/  
Email: comitedesusagers_hjr@ssss.gouv.qc.ca  
Eligibility: users of the Jewish Rehabilitation Hospital  
Coverage area: Laval  
Financing: provincial  
Legal status: parapublic organization

COMITÉ DES USAGERS DES CENTRES DE RÉADAPTATION EN DÉFICIENCE INTELLECTUELLE ET TROUBLE DU SPECTRE DE L’AUTISME
304 Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7N 2J2  
450 972-2099 ext. 42002  
Website: www.lavalensante.com  
Email: infocucrdi@videotron.ca  
Eligibility: users of rehabilitation centres for intellectual disabilities and autism spectrum disorder  
Coverage area: Laval  
Financing: provincial  
Legal status: parapublic organization
COMITÉ DES USAGERS DU CISSS DE LAVAL
304 Cartier Boulevard West, Suite 234, Laval-des-Rapides, Laval, QC, H7N 2J2
450 972-2099 ext. 42079
Website: www.lavalensante.com/comites-des-usagers-et-des-residents/comite-des-usagers-du-cissss-de-laval
Email: cuc.cissslav@ssss.gouv.qc.ca
Services: Users committee. * Information on the rights and obligations of users. * Advocacy. * Assistance in
the proceedings when making a complaint.
Eligibility: users of the CISSS de Laval
Coverage area: Laval
Financing: provincial
Legal status: parapublic organization

COMITÉ DES USAGERS DU CSSSS DE LAVAL
800 Chomedey Boulevard, tower A, Suite 232, Chomedey, Laval, QC, H7V 3Y4
450 978-8609
Website: www.cucssslaval.ca
Email: cucssslaval@outlook.com
Services: Users committee. * Information on the rights and obligations of users. * Advocacy. * Assistance in
the proceedings when making a complaint.
Eligibility: users of the CSSS de Laval
Coverage area: Laval
Financing: provincial
Legal status: parapublic organization

OFFICE MUNICIPAL D'HABITATION DE LAVAL
3320 des Châteaux Street, Chomedey, Laval, QC, H7V 0B8
450 688-0184     Fax: 450 688-9023
Website: www.omhlaval.ca
Email: info@omhlaval.ca
Services: Manage and administer housing and housing programs. * Low-rental housing (HLM). * Rent
Supplement Program (PSL). * Québec affordable housing program (LAQ). * Referral service. * AccèsLogis
Program.
Eligibility: housing: individuals on a low or moderate income who are Canadian citizens or permanent
residents and who have lived in the territory of the Montréal Metropolitan Community for 12 months in the 24
months preceding their application
Coverage area: Laval
Hours: Monday to Friday 8h30 to 12h00 and 13h15 to 16h30, summer (June 24th to Labor Day): Monday to
Thursday 8h30 to 12h00 and 13h15 to 16h30, Friday 8h30 to 12h00
Financing: provincial, municipal
Legal status: non-profit organization

SERVICE CANADA CENTRE - LAVAL
1041 des Laurentides Boulevard, ground floor, Pont-Viau, Laval, QC, H7G 2W2
1 800 622-6232      TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2806
Services: Service centre bringing together programs, services and benefits at the federal level. * Passport
application and passport receiving agent service. * Applications for Social Insurance Number. * Information on
Coverage area: Laval
Justice and Advocacy

**TRIBUNAL ADMINISTRATIF DU LOGEMENT - LAVAL**

1434 Daniel-Johnson Boulevard, 2nd floor, Chomedey, Laval, QC, H7V 4B5

514 873-2245   Fax: 514 864-8077

Website: www.tal.gouv.qc.ca/en

**Services:** Specialized court regarding residential lease matters. * Information on rights and obligations related to leases. * Conciliation between landlords and tenants. * Protection of tenants' rights. * Assistance filling out court application forms. * Online calculation tool for rent fixation: www.tal.gouv.qc.ca/fr/calcul-pour-la-fixation-de-loyer/outil-de-calc * Online tool to access legal information about the rental lease: justicebot.ca/question/%231

**Eligibility:** tenants, landlords

**Coverage area:** Laval

**Hours:** Monday to Friday 8h30 to 16h00

**Fees:** variable

**Financing:** provincial

**Legal status:** provincial government agency

**Correctional services**

**CORRECTIONAL SERVICE CANADA - LAVAL PAROLE OFFICE**

3131 de la Concorde Boulevard East, Suite 400, Duvernay, Laval, QC, H7E 4W4

450 661-8610   Fax: 450 661-0415

Website: www.csc-scc.gc.ca

**Services:** Office under the jurisdiction of The Parole Board of Canada (PBC). * Monitoring of offenders serving a part of their sentence under conditional release or restricted parole.

**Eligibility:** people serving a sentence in a federal detention facility

**Coverage area:** Laval

**Financing:** federal

**Legal status:** federal government agency

**CORRECTIONAL SERVICE CANADA - MINIMAL SECURITY FEDERAL TRAINING CENTRE**

600 Montée Saint-François, Saint-Vincent-de-Paul, Laval, QC, H7C 1S5

450 661-9620   Fax: 450 661-7449

Website: www.csc-scc.gc.ca

**Services:** Minimal security centre responsible of activities related to the detention of offenders. * Offenders assessment and follow-up. * Correctional plans elaboration. * Management of custody, accommodation, supervision and guidance programs. * Transportation, escorts and supervision for court appearances and transfers to other prisons and hospitals.

**Eligibility:** men offenders sentenced for more than 2 years

**Capacity:** 200 inmates

**Coverage area:** Province of Québec

**Financing:** federal

**Legal status:** federal government agency

**CORRECTIONAL SERVICE CANADA - MULTI-LEVEL SECURITY FEDERAL TRAINING CENTRE**

6099 Lévesque Boulevard East, Saint-Vincent-de-Paul, Laval, QC, H7C 1P1

450 661-7786   Fax: 450 661-9485

Website: www.csc-scc.gc.ca
Justice and Advocacy

**Services:** Medium and minimum security centre responsible of activities related to the detention of offenders.

**Eligibility:** men offenders sentenced for more than 2 years

**Capacity:** 293 inmates

**Coverage area:** Province of Québec

**Financing:** federal

**Legal status:** federal government agency

**DIRECTION DES SERVICES PROFESSIONNELS CORRECTIONNELS - LAVAL-LANAUDIÈRE**

2800 Saint-Martin Boulevard West, Suite SS 1.04, Chomedey, Laval, QC, H7T 2S9

450 680-6031     Fax: 450 680-6037

**Website:** www.quebec.ca/securite-situations-urgence/services-correctionnels

**Services:** Body responsible of the activities related to offenders assessment and follow-up. * Assessment of offenders. * Development of correctional intervention plans. * Administration of sentences in the community.

**Eligibility:** offenders sentenced to less than 2 years, alleged offenders

**Coverage area:** Laval, Lanaudière

**Financing:** provincial

**Legal status:** provincial government agency

**SERVICES CORRECTIONNELS DU QUÉBEC - ÉTABLISSEMENT DE DÉTENTION DE LAVAL (LECLERC)**

400 Montée Saint-François, Saint-Vincent-de-Paul, Laval, QC, H7C 1S7

450 664-1234     Fax: 450 664-4779

**Website:** www.quebec.ca/securite-situations-urgence/services-correctionnels

**Services:** Body responsible of activities related to the detention of offenders. * Offenders assessment and follow-up. * Management of custody, accommodation, supervision and guidance programs. * Transportation, escorts and supervision for court appearances and transfers to other prisons and hospitals.

**Eligibility:** men and women offenders sentenced to less than 2 years, alleged offenders

**Coverage area:** Province of Québec

**Financing:** provincial

**Legal status:** provincial government agency

**Courthouses and tribunals**

**COURT OF QUÉBEC - CIVIL DIVISION - LAVAL**

2800 Saint-Martin Boulevard West, Chomedey, Laval, QC, H7T 2S9

450 686-5021

**Website:** www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/laval-courthouse

**Services:** Court constituting the judicial system of Québec. * Hearing of cases where the amount in dispute is less than $85,000. * Hearing of some cases regarding municipal and school affairs. * Hearing of temporary and authorized confinement cases prior to or following psychiatric assessment. * Exclusive jurisdiction to hear appeals from decisions of certain administrative tribunals, such as the Tribunal administratif du logement. * Voluntary deposit.

**Coverage area:** Laval judicial district

**Hours:** Monday to Friday 8h30 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency
COURT OF QUÉBEC - CRIMINAL AND PENAL DIVISION - LAVAL
2800 Saint-Martin Boulevard West, Chomedey, Laval, QC, H7T 2S9
450 686-5006     Fax: 450 680-6064
Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/laval-courthouse
Services: Court constituting the judicial system of Québec. * Hearing prosecutions under the Criminal Code, the Code of penal Procedure and all other regulatory offence statutes.
Coverage area: Laval judicial district
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: provincial government agency

COURT OF QUÉBEC - SMALL CLAIMS DIVISION - LAVAL
2800 Saint-Martin Boulevard West, Chomedey, Laval, QC, H7T 2S9
450 686-5001
Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/laval-courthouse
Email: pclaval@justice.gouv.qc.ca
Services: Court hearing cases in which the disputed amount of money is inferior to $15,000 and where people represent themselves, without a lawyer. * Free mediation service to parties wishing to resolve their dispute by an agreement before the hearing of their case by the judge.
Eligibility: any natural or legal person if it employed at most 10 people during the 12 months prior to the claim
Coverage area: Laval judicial district
Hours: Monday to Friday 8h30 to 16h30, by appointment
Financing: provincial
Legal status: provincial government agency

COURT OF QUÉBEC - YOUTH DIVISION - LAVAL
2800 Saint-Martin Boulevard West, Chomedey, Laval, QC, H7T 2S9
450 686-5910
Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/laval-courthouse
Services: Court constituting the judicial system of Québec. * Hearing all cases involving a minor. * Hearing cases of adoption.
Coverage area: Laval judicial district
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: provincial government agency

LAVAL - MUNICIPAL COURT
55 des Laurentides Boulevard, Pont-Viau, Laval, QC, H7G 2T1
450 662-4466     Fax: 450 662-8501
Website: www.laval.ca/Pages/En/About/municipal-court.aspx
Coverage area: Laval
Hours: Monday to Friday 8h15 to 17h15
Financing: municipal
Legal status: municipal agency

LAVAL COURTHOUSE
2800 Saint-Martin Boulevard West, Chomedey, Laval, QC, H7T 2S9
450 686-5001
Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/laval-courthouse
Justice and Advocacy

**Services:** Administration or court services of Laval. * Support to various courts constituting the judicial system of Québec and some specialized courts. * Judicial services: curatorships, tutorships and wills, civil wedding and partnership, divorce records, family mediation and alimony.

**Coverage area:** Laval judicial district

**Hours:** Monday to Friday 8h30 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

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**SUPERIOR COURT - LAVAL**

2800 Saint-Martin Boulevard West, Chomedey, Laval, QC, H7T 2S9

450 686-5021


**Services:** Court constituting the judicial system of Québec. * Hearing the cases where the amount in dispute is more than $70,000 and administrative, familial and bankruptcy litigations. * Hearing jury trial in criminal cases and appeals in summary conviction.

**Coverage area:** Laval judicial district

**Hours:** Monday to Friday 8h30 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

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**Legal assistance and information**

**ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - LAVAL**

1450 Pie-X Boulevard, Suite 202, Chomedey, Laval, QC, H7V 3C1

450 978-0807     Fax: 450 978-9808

Website: [aqdrlaval.org](http://aqdrlaval.org)

Email: aqdrlaval@aqdr.org

**Services:** Advocacy mainly on income, housing, home care and services, gender equality, transportation and health. * Thematic conferences.

**Eligibility:** retired and pre-retired people of 50 years old and over

**Coverage area:** Laurentians, Laval

**Hours:** Monday to Thursday 9h00 to 12h00 and 13h00 to 16h30, Friday 9h00 to 12h00

**Fees:** annual membership: $20

**Financing:** provincial, contributions

**Legal status:** non-profit organization

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**BARREAU DE LAVAL**

2800 Saint-Martin Boulevard West, Suite RC 08, Chomedey, Laval, QC, H7T 2S9

450 686-2958     Fax: 450 973-4636

Website: [barreaudelaval.qc.ca](http://barreaudelaval.qc.ca)

Email: info@barreaudelaval.qc.ca

**Services:** Professional association. * Information and awareness on rights. * Referral towards lawyers.

**Coverage area:** Laval

**Hours:** Monday to Thursday 8h30 to 12h00 and 13h30 to 16h30

**Financing:** membership fees

**Legal status:** non-profit organization
COMMISSION DE L'ÉQUITÉ SALARIALE - LAVAL - BOULEVARD CHOMEDEY
1200 Chomedey Boulevard, Suite 810, Chomedey, Laval, QC, H7V 3Z3
1 844 838-0808 Fax: 514 864-6756
Website: www.cnesst.gouv.qc.ca
Email: equite.salariale@ces.gouv.qc.ca
Services: Support and assistance to employers who must achieve pay equity in their company and to employees wishing to obtain information or exercise their rights. * Front-line telephone service to answer general questions on the application of the Pay Equity Act. * Specialized assistance to understand more complex or technical aspects of the Act. * Conciliation services to promote the settlement of disagreements. * Investigations following complaints or different subjected by the parties or on its own initiative. * Software package to achieve pay equity: computer tool that allows employers to realize their pay equity exercise autonomously, available on the website. * Information lectures on Pay Equity Act and its application, available upon request for groups of employers, employees, or any other grouping wishing to obtain information on pay equity. * Tool development and training accessible free of charge in all regions of Québec. * Research activities.
Eligibility: employees, mostly women who occupy predominantly female job classes, accredited associations and employers
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, except legal holidays
Financing: provincial
Legal status: provincial government agency

COMMISSION DE L'ÉQUITÉ SALARIALE - LAVAL - BOULEVARD LAVAL
1700 Laval Boulevard, Chomedey, Laval, QC, H7S 2G6
1 844 838-0808 Fax: 514 864-6756
Website: www.cnesst.gouv.qc.ca/en
Email: equite.salariale@ces.gouv.qc.ca
Services: Support and assistance to employers who must achieve pay equity in their company and to employees wishing to obtain information or exercise their rights. * Front-line telephone service to answer general questions on the application of the Pay Equity Act. * Specialized assistance to understand more complex or technical aspects of the Act. * Conciliation services to promote the settlement of disagreements. * Investigations following complaints or different subjected by the parties or on its own initiative. * Software package to achieve pay equity: computer tool that allows employers to realize their pay equity exercise autonomously, available on the website. * Information lectures on Pay Equity Act and its application, available upon request for groups of employers, employees, or any other grouping wishing to obtain information on pay equity. * Tool development and training accessible free of charge in all regions of Québec. * Research activities.
Eligibility: employees, mostly women who occupy predominantly female job classes, accredited associations and employers
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, except legal holidays
Financing: provincial
Legal status: provincial government agency

COMMISSION DES NORMES DU TRAVAIL - LAVAL
1700 Laval Boulevard, Chomedey, Laval, QC, H7S 2G6
1 844 838-0808
Website: www.cnesst.gouv.qc.ca/en
Services: * Information on labour standards and the obligations stipulated by the law and regulations. * Registration of complaints. * Mediation for employees or employers involved in a complaint of psychological harassment, wrongful dismissal or prohibited practice.
Eligibility: public, employers, employees
Coverage area: Laval
Hours: office: by appointment for investigation and mediation
Financing: provincial
Legal status: provincial government agency
COURT OF QUÉBEC - YOUTH DIVISION - LAVAL
2800 Saint-Martin Boulevard West, Chomedey, Laval, QC, H7T 2S9
450 686-5910
Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/laval-courthouse
Services: Court constituting the judicial system of Québec. * Hearing all cases involving a minor. * Hearing cases of adoption.
Coverage area: Laval judicial district
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: provincial government agency

GROUPE PRIORITÉ TRAVAIL
665 Curé-Labelle Boulevard, Chomedey, Laval, QC, H7V 2T8
450 681-4472
Website: www.groupeprioritetravail.com/en
Email: info@groupeprioritetravail.com
Eligibility: people searching for a job or changing careers, employers
Coverage area: Laval
Hours: Monday to Friday 8h00 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

LAVAL - MULTISERVICE COUNTER
1333 Chomedey Boulevard, Chomedey, Laval, QC, H7V 3Z4
311
Website: www.laval.ca/pages-vertes/Pages/Fr/comptoir-multiservice.aspx
Coverage area: Laval
Hours: by phone: Monday to Friday 7h00 to 21h00, Saturday and Sunday 8h00 to 17h00, on site: Monday to Friday 8h30 to 16h30, by appointment
Financing: municipal
Legal status: municipal agency

LAVAL - MUNICIPAL COURT
55 des Laurentides Boulevard, Pont-Viau, Laval, QC, H7G 2T1
450 662-4466     Fax: 450 662-8501
Website: www.laval.ca/Pages/En/About/municipal-court.aspx
Coverage area: Laval
Hours: Monday to Friday 8h15 to 17h15
Financing: municipal
Legal status: municipal agency
LEGAL AID OFFICE - MULTI-SECTOR OFFICE - LAVAL
1717 Saint-Martin Boulevard West, Suite 200, Chomedey, Laval, QC, H7S 1N2
450 680-6210  Fax: 450 680-6084
Website: www.aidejuridiquedemontreal.ca/en/points_services/laval-legal-aid-bureau
Email: baj.laval@ccjm.qc.ca

Services: Legal aid office in family law, criminal and penal law, right of youth, civil law, administrative (social assistance, SAAQ, CSST), housing law, bankruptcy, carceral. * Telephone consultation with a lawyer, available 24/7, for people who have been arrested or are being held in custody.

Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law

Coverage area: Laval

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, telephone consultation service: 24 hours / 7 days

Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website

Financing: provincial

Legal status: provincial government agency

REGROUPEMENT DES FAMILLES MONOPARENTALES ET RECOMPOSÉES DE LAVAL
140 Nadon Street, Sainte-Rose, Laval, QC, H7L 1T5
450 622-0524
Website: www.rfmrl.org
Email: info@rfmrl.org


Eligibility: single parents or blended families with adaptation difficulties, women, men and children

Capacity: 12 people per group

Coverage area: Laval, Lanaudière, Laurentides, Montréal Island

Hours: Monday to Thursday 9h00 to 20h00, Saturday 9h00 to 15h00

Fees: annual membership: $20, other services: variable

Financing: provincial

Legal status: non-profit organization

SERVICE DE MÉDIATION CITOYENNE DE LAVAL
234 des Laurentides Boulevard, Laval-des-Rapides, Laval, QC, H7G 2T6
450 663-7674 ext. 221
Website: smclaval.org
Email: info@smclaval.org


Eligibility: citizens, organizations, corporations

Coverage area: Laval

Hours: Monday to Friday

Fees: none

Financing: grants, donations

Legal status: non-profit organization

TRIBUNAL ADMINISTRATIF DU LOGEMENT - LAVAL
1434 Daniel-Johnson Boulevard, 2nd floor, Chomedey, Laval, QC, H7V 4B5
514 873-2245  Fax: 514 864-8077
Website: www.tal.gouv.qc.ca/en
Eligibility: tenants, landlords
Coverage area: Laval
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: variable
Financing: provincial
Legal status: provincial government agency

Professional orders and associations

ASSOCIATION DES ORTHOPÉDAGOGUES DU QUÉBEC (L’)
Confidential Address
1 855 263-4224
Website: www.ladoq.ca
Email: info@ladoq.ca
Eligibility: remedial educators, general public
Coverage area: Province of Québec
Hours: phone service: Tuesday to Thursday 8h30 to 16h30
Financing: membership fees, self-financing
Legal status: non-profit organization

BARREAU DE LAVAL
2800 Saint-Martin Boulevard West, Suite RC 08, Chomedey, Laval, QC, H7T 2S9
450 686-2958 Fax: 450 973-4636
Website: barreaudelaval.qc.ca
Email: info@barreaudelaval.qc.ca
Coverage area: Laval
Hours: Monday to Thursday 8h30 to 12h00 and 13h30 to 16h30
Financing: membership fees
Legal status: non-profit organization

SOCIÉTÉ INTERNATIONALE D’ARBORICULTURE QUÉBEC
Confidential Address
450 689-9393 Fax: 450 689-9393
Website: www.siaq.org/en
Email: info@siaq.org
Eligibility: professionals of the tree sector, general public
Coverage area: Province of Québec
Financing: membership fees
Legal status: non-profit organization
Support for offenders

CENTRE DE BÉNÉVOLAT ET MOISSON LAVAL - PROGRAMME DE TRAVAUX COMPENSATOIRES
1870 Michelin Street, Sainte-Rose, Laval, QC, H7L 4R3
1 800 667-8532   Fax: 450 681-4047
Website: benevolatlaval.qc.ca/en/
Email: info@benevolatlaval.qc.ca

Services: Alternative to imprisonment for citizens who have broken a law or a provincial or municipal regulation and who wish to reimburse their fine through compensatory work.
Eligibility: people referred by the municipal or provincial court
Coverage area: Lanaudière, Laurentians, Laval
Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 15h00
Financing: provincial
Legal status: non-profit organization

CENTRE MULTISERVICES CARPE DIEM
Confidential Address
450 901-3032   Fax: 450 901-3035
Website: www.crccarpediem.ca
Email: info@psccarpediem.ca

Services: Rehabilitation services for criminalized people. * Systemic perspective guiding HAVI social reinsertion program. * Housing, counselling, individual or group training, accompaniment and community follow-up. * Community follow-up program: complementary services and activities to support criminalized people in their reinsertion process (psychosocial follow-up, social skills development, accompaniment and surveillance, etc.). * The services offered are determined by the resident's needs, risk management and clinical guidance needed.
Eligibility: clients coming from the Correctional Services of Canada and Québec, Francophone records only, exclusion criteria: severe psychiatric or disability cases, untreated sexual problems, significant physical disabilities and links to organized crime
Capacity: 20 places
Coverage area: Laval
Hours: 24 hours / 7 days, administration: Monday to Friday 8h30 to 16h30, community follow-up: Monday to Thursday 8h30 to 21h00 and Friday 8h30 to 16h00
Financing: federal, provincial
Legal status: non-profit organization

DIRECTION DES SERVICES PROFESSIONNELS CORRECTIONNELS - LAVAL-LANAUDIÈRE
2800 Saint-Martin Boulevard West, Suite SS 1.04, Chomedey, Laval, QC, H7T 2S9
450 680-6031   Fax: 450 680-6037
Website: www.quebec.ca/securite-situations-urgence/services-correctionnels

Eligibility: offenders sentenced to less than 2 years, alleged offenders
Coverage area: Laval, Lanaudière
Financing: provincial
Legal status: provincial government agency
LEGAL AID OFFICE - MULTI-SECTOR OFFICE - LAVAL
1717 Saint-Martin Boulevard West, Suite 200, Chomedey, Laval, QC, H7S 1N2
450 680-6210   Fax: 450 680-6084
Website: www.aidejuridiquedemontreal.ca/en/points_services/laval-legal-aid-bureau
Email: bjl.laval@ccjm.qc.ca

Services: Legal aid office in family law, criminal and penal law, right of youth, civil law, administrative (social assistance, SAAQ, CSST), housing law, bankruptcy, carceral. * Telephone consultation with a lawyer, available 24/7, for people who have been arrested or are being held in custody.

Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law

Coverage area: Laval

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, telephone consultation service: 24 hours / 7 days

Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website

Financing: provincial

Legal status: provincial government agency

OPEX'82 MANPOWER CENTRE - LAVAL
485 des Laurentides Boulevard, Suite 102, Pont-Viau, Laval, QC, H7G 2V2
450 975-7160   Fax: 450 975-0835
Website: www.viatravail.ca
Email: opex82laval@viatravail.ca


Eligibility: adults with a criminal record

Coverage area: Laval

Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00

Fees: none

Financing: provincial, federal

Legal status: non-profit organization

PARTAGE SAINT-MAXIME
3700 Lévesque Boulevard West, Suite 1, Chomedey, Laval, QC, H7V 1E8
450 973-4242   Fax: 450 973-3549
Website: www.paroissesaintmaxime.org
Email: partagesaintmaxime@videotron.ca


Eligibility: individuals and families who are on a low income, marginalized, single parents or immigrants

Coverage area: Chomedey: Saint-Maxime parish sector

Hours: Monday to Friday 9h00 to 16h00, food distribution: Monday to Friday 9h00 to 11h00 by appointment

Fees: variable

Financing: donations

Legal status: non-profit organization

RELAIS COMMUNAUTAIRE DE LAVAL
111 des Laurentides Boulevard, Suite 101, Pont-Viau, Laval, QC, H7G 2T2
450 668-8727   Fax: 450 668-9615
Website: relais-communautaire.org
Email: info@relais-communautaire.org

Eligibility: people on a low income

Capacity: 50

Coverage area: Laval

Hours: food bags distribution: Tuesday and Friday 9h30 to 11h30, Écono Bouffe: Wednesday and Thursday 13h00 to 16h00, breakfast: Tuesday and Friday 9h30 to 11h00, lunch: Monday to Friday 12h00 to 13h00, day centre: Monday to Friday 9h30 to 15h30, Carrefour des Aubaines: Monday 13h00 to 19h00, Tuesday 9h30 to 19h00, Wednesday 9h30 to 20h30, Thursday 12h00 to 19h00, Friday 9h30 to 18h00, Saturday 10h00 to 16h00

Fees: membership card: $5 per year, meals: $3 for members, $5 for non-members

Financing: federal, provincial, municipal, Centraide of Greater Montréal, foundations, donations, self-financing

Legal status: non-profit organization

RÉSIDENCE CARPE DIEM

Confidential Address

450 668-2277     Fax: 450 668-2450

Website: www.crccarpediem.ca

Email: info@crccarpediem.ca

Services: Rehabilitation services for criminalized people. * Systemic perspective guiding HAVI social reinsertion program. * Carpe Diem transitional house: housing, counselling, individual or group training, accompaniment and community follow-up. * Community follow-up program: complementary services and activities to support criminalized people in their reinsertion process (psychosocial follow-up, social skills development, accompaniment and surveillance, etc.). * The services offered are determined by the resident's needs, risk management and clinical guidance needed.

Eligibility: people who have just gotten out of federal or provincial prisons, Francophone records only, exclusion criteria: heavy psychiatric or disability cases, non-treated sexual issues, important physical disability or a link with organized crime, community follow-up program: provincial only

Capacity: CRC Carpe Diem: 35 places

Coverage area: Laval

Hours: 24 hours / 7 days, administration: Monday to Friday 8h30 to 16h30, community follow-up: Monday to Thursday 8h30 to 21h00 and Friday 8h30 to 16h00

Financing: federal, provincial

Legal status: non-profit organization
Mental Health and addictions

ADDITION PREVENTION

ADDITION TREATMENT

COMMUNITY SUPPORT IN MENTAL HEALTH

CRISIS CENTRES AND SUICIDE PREVENTION

HELPLINES

MENTAL HEALTH ADVOCACY GROUPS

SELF-HELP GROUPS FOR ADDICTION ISSUES

SELF-HELP GROUPS FOR MENTAL HEALTH ISSUES
Addiction prevention

CLSC DE L’OUEST-DE-L’ÎLE
4250 Dagenais Boulevard West, Fabreville, Laval, QC, H7R 1L4
450 627-2530
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=484736&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H7R1L4
Coverage area: Laval
Hours: Monday to Friday 8h00 to 20h00, tests centre: Monday to Friday 7h00 to 12h00 and 13h15 to 15h00
Financing: provincial
Legal status: parapublic organization

CLSC DE SAINTE-ROSE
280 du Roi-du-Nord Boulevard, Sainte-Rose, Laval, QC, H7L 4L2
450 622-5110
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1193&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H7L4L2
Coverage area: Laval
Hours: Monday to Friday 7h00 to 20h00, Saturday and Sunday 8h00 to 17h00, tests centre: Monday to Friday 7h00 to 12h00 and 13h15 to 15h00
Financing: provincial
Legal status: parapublic organization

CLSC DES MILLE-ÎLES
775 Montrose Street, Duvernay, Laval, QC, H7E 3M3
450 661-2572
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1012905&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H7L4L2
Coverage area: Laval
Hours: Monday to Friday 7h00 to 20h00, Saturday and Sunday 9h00 to 17h00, tests centre: Monday to Friday 7h00 to 12h00 and 13h15 to 15h00
Financing: provincial
Legal status: parapublic organization
CLSC DU MARIGOT - BOULEVARD CARTIER
250 Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7N 5S5
450 668-1803
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?n=130125&c_type=5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H7N5S5
Coverage area: Laval
Hours: Monday to Friday 7h30 to 20h00, Sunday and Saturday 9h00 to 17h00
Financing: provincial
Legal status: parapublic organization

CLSC DU MARIGOT - BOULEVARD DES LAURENTIDES
1351 des Laurentides Boulevard, Vimont, Laval, QC, H7M 2Y2
450 668-1803 ext. 45000
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?n=57183&c_type=5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H7M2Y2
Coverage area: Laval
Hours: Monday to Friday 7h00 to 20h00, Saturday and Sunday 7h30 to 12h00, tests centre: Monday to Friday 7h00 to 12h00 and 13h15 to 15h00
Financing: provincial
Legal status: parapublic organization

CLSC DU RUISSEAU-PAPINEAU - RUE DU COUVENT
1665 du Couvent Street, Chomedey, Laval, QC, H7W 3A8
450 687-5690
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?n=840&c_type=5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H7W3A8
Coverage area: Laval
Hours: Monday to Friday 7h30 to 20h00, Saturday, Sunday and holidays 9h00 to 17h00
Financing: provincial
Legal status: parapublic organization
INFO-SOCIAL 811 - LAVAL
Confidential Address
811 option 2
Website: www.quebec.ca/en/health/finding-a-resource/info-social-811
Services: Psychosocial counselling by phone. * Information and referral to help resources.
Coverage area: Laval
Hours: 24 hours / 7 days
Fees: free
Financing: provincial
Legal status: non-profit organization

OASIS, UNITÉ MOBILE D'INTERVENTION
90 Lévesque Boulevard East, Pont-Viau, Laval, QC, H7G 1B9
450 967-0410 Fax: 450 967-5631
Website: oasisunitemobile.com
Email: intervenant@oasisunitemobile.com
Eligibility: youth 12 years and over, adults
Coverage area: Laval
Hours: fixed location: Wednesday and Thursday 14h00 to 19h00, appointments: Tuesday to Thursday on call, deliveries of consumer equipment: Thursday 13h00 to 18h00, mobile unit: Tuesday to Thursday
Fees: none
Financing: provincial, federal, donations
Legal status: non-profit organization

SPHÈRE - SANTÉ SEXUELLE GLOBALE
90 Lévesque Boulevard East, Pont-Viau, Laval, QC, H7G 1B9
450 669-3099 Fax: 450 669-3421
Website: spheressg.org
Email: info@spheressg.org
Eligibility: people living with HIV/AIDS or other STIs, trans people, non-binary people, people who identify with the LGBTQ+ community or who are questioning, youth, men having sex with men, sex workers, users of injected or inhaled drugs, people from countries where HIV is endemic (Africa, Haiti, Caribbean), general public
Coverage area: Laval
Hours: Tuesday to Friday
Fees: none
Financing: grants, self-financing, donations
Legal status: non-profit organization

TRAVAIL DE RUE ÎLE DE LAVAL
106 de la Concorde Boulevard East, Pont-Viau, Laval, QC, H7G 2B9
450 662-1031 Fax: 450 662-3727
Website: www.trilstation.org
Email: info@letril.ca

Eligibility: youth and young adults 12 to 21 years old

Coverage area: Laval

Hours: administration: Monday to Friday 9h00 à 16h30, Youth station: Monday to Wednesday 12h00 to 18h00, Tuesday and Thursday 18h00 to 22h00, DOPE project: Friday 15h30 à 18h30

Fees: none

Financing: provincial, federal, Centraide of Greater Montréal, donations

Legal status: non-profit organization

Addiction treatment

CARREFOUR ESPOIR ET SOBRIÉTÉ
415 66th Avenue, Chomedey, Laval, QC, H7V 2L2
450 681-2399 Fax: 450 681-2399
Website: www.carrefourespoir.org
Email: carrefourrespoir2000@gmail.com

Services: * External and internal services for people and families living with one or multiple addictions: alcoholism, drug abuse, gambling, food compulsion, affective and sexual dependence, etc. * Education, information, helping relationship, psychological and spiritual accompaniment following the 12 steps. * Internal groups on weekends for the 4th and 5th steps.

Eligibility: people and families living with one or multiple addictions

Coverage area: Province of Québec

Hours: Monday to Thursday 8h00 to 18h00

Fees: external service: $60 per hour for insured people, sessions on steps 4 and 5: $550, variable costs for other activities

Financing: self-financing, donations

Legal status: non-profit organization

CENTRE DE RÉADAPTATION EN DÉPENDANCE BIENVILLE
2255 Bienville Street, Auteuil, Laval, QC, H7H 3C9
811 option 2
Website: www.lavalensante.com
Email: communications.cissslaval@ssss.gouv.qc.ca


Eligibility: people with a problem with their alcohol or drug consumption or excessive gambling, their relatives, housing: the person should be referred by professionals of the Centre de réadaptation en dépendance de Laval

Capacity: housing: 8 people

Coverage area: Laval

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 21h00, Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: free

Financing: provincial

Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉPENDANCE DE LAVAL
312 Cartier Boulevard West, Laval-Des-Rapides, Laval, QC, H7N 2J2
450 975-4054
Website: www.lavalensante.com
Email: communications.cissslaval@ssss.gouv.qc.ca
**Mental Health and addictions**


**Eligibility:** people with a problem with their alcohol or drug consumption or excessive gambling, their relatives, housing: the person should be referred by professionals of the Centre de réadaptation en dépendance de Laval.

**Capacity:** housing: 8 people

**Coverage area:** Laval

**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 21h00, Friday 8h30 to 12h00 and 13h00 to 16h30

**Fees:** free

**Financing:** provincial

**Legal status:** parapublic organization

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**DÉCLIC ACTION - PAVILLON LA MAISONNÉE**

2255 Bienville Street, Auteuil, Laval, QC, H7H 3C9

450 628-1011 ext. 1  Fax: 450 628-8383

Website: www.declicaction.com

Email: info@declicaction.com

**Services:** In-patient Rehabilitation Centre for 21 or 28 days. * Separate programme for addiction to substances. * Separate programme for excessive gambling. * Combined programme for addictions. * A pavilion for men and a pavilion for women. * Family support. * Accommodation recognized by correctional services for persons on remand, on parole or on probation.

**Eligibility:** people with drugs, alcohol or gambling related problems

**Capacity:** 23 men, 15 women (Covid: 12 men, 8 women)

**Coverage area:** Province of Québec

**Hours:** 7 days, 8h30 to 16h30

**Fees:** $3360 for 3 weeks and $4480 for 4 weeks, can be free by referral of the CRDL (Laval's Readaptation Centre) or with social assistance

**Financing:** grants, donations

**Legal status:** non-profit organization

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**DÉCLIC ACTION - PAVILLON UN FOYER POUR TOI**

600 de la Sorbonne Avenue, Pont-Viau, Laval, QC, H7G 4R5

450 628-1011  Fax: 450 663-6119

Website: www.declicaction.com

Email: info@declicaction.com

**Services:** * 15-day inpatient detoxification support for alcohol, drugs and excessive gambling. * Social reintegration of up to three months.

**Eligibility:** men and women aged 18 and over with an addiction problem (alcohol, drugs, excessive gambling)

**Capacity:** 28 beds (Covid: 11 men, 5 women)

**Coverage area:** Province of Québec

**Hours:** admission: 8h30 to 16h30

**Fees:** detoxification support $2400 for 15 days, social reintegration: $160 per night, free for income security beneficiaries

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

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**HÔPITAL DE LA CITÉ-DE-LA-SANTÉ**

1755 René-Laennec Boulevard, Vimont, Laval, QC, H7M 3L9

450 668-1010

Website: www.lavalensante.com


**Coverage area:** Province of Québec
INFO-SOCIAL 811 - LAVAL
Confidential Address
811 option 2
Website: www.quebec.ca/en/health/finding-a-resource/info-social-811
Services: Psychosocial counselling by phone. * Information and referral to help resources.
Coverage area: Laval
Hours: 24 hours / 7 days
Fees: free
Financing: provincial
Legal status: non-profit organization

Community support in mental health

ASSOCIATION DES LOISIRS POUR LES PERSONNES HANDICAPÉES PSYCHIQUES DE LAVAL
6600 29th Avenue, Suite 130, Laval-Ouest, Laval, QC, H7R 3M3
450 627-4525  Fax: 450 627-4370
Website: www.alphpl.org
Email: secretariat@alphpl.org
Services: * Promote and encourage the development of sociocultural, physical and recreational activities. * Improve the quality of life and autonomy of people living with mental health issues. * Support learning, training and use of social and community resources and equipment. * Secure a sense of belonging.
Eligibility: people living with a mental health issue
Coverage area: Laval
Hours: Monday to Friday 9h00 to 16h00
Financing: donations, grants, federal, provincial, municipal
Legal status: non-profit organization

ASSOCIATION IRIS - PROGRAMME DE SOUTIEN À LA VIE EN LOGEMENT - LAVAL
3542 de la Concorde Boulevard East, Duvernay, Laval, QC, H7E 3A4
450 936-9963
Website: www.associationiris.ca
Email: local.laval@associationiris.ca
Eligibility: adults living with severe or persisting mental health problems, with or without medical recommendation
Coverage area: Laval
Hours: Monday to Saturday 10h00 to 17h00
Financing: self-financing, donations, provincial
Legal status: non-profit organization

ASSOCIATION LAVALLOISE DE PARENTS ET AMIS POUR LE BIEN-ÊTRE MENTAL
645 des Laurentides Boulevard, Pont-Viau, Laval, QC, H7G 2V8
1 888 688-0541  Fax: 450 688-7061
Website: www.alpabem.qc.ca
Email: info@alpabem.qc.ca
Mental Health and addictions


Eligibility: parents, partners, friends, children 6 to 17 years old who are part of the circle of people living with mental illness

Capacity: trainings and support groups: 12 people

Coverage area: Laval

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, workshops and support groups during evening

Fees: membership card required for certain services: $25 for regular members, $30 for supporting members, $60 for an NPO, $120 for corporations, services: variable

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

ÇA SUFFIT

Confidential Address
1 844 654-3111
Website: casuffit.info/en
Email: casuffit.info@gmail.com


Eligibility: adults and adolescents of all gender identities who are suffering from sexual fantasies towards minors, with or without acting out

Coverage area: Province of Québec

Hours: helpline: Monday to Thursday 9h00 to 18h00, chat: Monday and Wednesday 9h00 to 18h00

Fees: none

Financing: provincial

Legal status: non-profit organization

CAFGRAF (GROUPE D’ENTRAIDE EN SANTÉ MENTALE DE LAVAL)

62 Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7N 2H5
450 490-4224
Website: www.lecafgraf.org
Email: info@lecafgraf.org


Eligibility: people 16 years and over who have lived or are living with mental health, homelessness, addiction or psychosocial adaptation issues

Capacity: between 40 and 60 people

Coverage area: Laval

Hours: administration: Tuesday to Friday 9h00 to 17h00, day centre: Wednesday and Thursday 12h00 to 17h00, Friday 9h30 to 12h00, Saturday 11h30 to 16h00

Fees: membership: $2 per year

Financing: provincial, self-financing, federal, grants, membership fees

Legal status: non-profit organization
CAFGRAF (GROUPE D’ENTRAIDE EN SANTÉ MENTALE DE LAVAL) - ADULTS SERVICE POINT
62 Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7N 2H7
450 490-4224
Website: www.lecafgraf.org
Email: info@lecafgraf.org


Eligibility: people 18 years and over who have lived or are living with mental health, homelessness, addiction or psychosocial adaptation issues
Capacity: 40 to 50 people
Coverage area: Laval
Hours: Tuesday to Friday 9h30 to 17h00, Saturday 11h30 to 16h00
Fees: contribution: $2 per year
Financing: provincial, self-financing, federal, grants, membership fees
Legal status: non-profit organization

CAFGRAF (GROUPE D’ENTRAIDE EN SANTÉ MENTALE DE LAVAL) - YOUNG ADULTS
62 Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7N 2H5
450 490-4224
Website: www.lecafgraf.org
Email: info@lecafgraf.org


Eligibility: people 16 to 35 years old who have lived or are living with mental health, homelessness, addiction or psychosocial adaptation issues
Capacity: 50 people
Coverage area: Laval
Hours: administration and workshops: Tuesday to Friday 9h00 to 17h00, day centre: Wednesday 12h00 to 17h00, Thursday 12h00 to 19h00, Friday 9h30 to 12h00, Saturday 11h30 to 16h00
Fees: membership: $2 per year
Financing: provincial, self-financing, grants, federal, membership fees
Legal status: non-profit organization

CARREFOUR ESPoir ET SOBRIETÉ
415 66th Avenue, Chomedey, Laval, QC, H7V 2L2
450 681-2399     Fax: 450 681-2399
Website: www.carrefourespoir.org
Email: carrefourrespoir2000@gmail.com

Services: * External and internal services for people and families living with one or multiple addictions: alcoholism, drug abuse, gambling, food compulsion, affective and sexual dependence, etc. * Education, information, helping relationship, psychological and spiritual accompaniment following the 12 steps. * Internal groups on weekends for the 4th and 5th steps.

Eligibility: people and families living with one or multiple addictions
Coverage area: Province of Québec
Hours: Monday to Thursday 8h00 to 18h00
Fees: external service: $60 per hour for insured people, sessions on steps 4 and 5: $550, variable costs for other activities
Financing: self-financing, donations
Legal status: non-profit organization
CENTRE D’AIDE AUX VICTIMES D’ACTES CRIMINELS DE LAVAL

Confidential Address
450 688-4581 Fax: 450 688-5508
Website: cavac.qc.ca/en
Email: administration@cavaclaval.com


Eligibility: victims of criminal acts towards a person or property, their relatives, witnesses

Coverage area: Laval
Hours: Monday and Wednesday 9h00 to 21h00, Tuesday, Thursday and Friday 9h00 to 17h00
Fees: none
Financing: provincial
Legal status: non-profit organization

CENTRE D’IMPLICATION LIBRE DE LAVAL EN RÉADAPTATION SOCIALE

156 des Laurentides Boulevard, Laval-des-Rapides, Laval, QC, H7G 2T5
450 668-1771 Fax: 450 668-9010
Website: www.cill.qc.ca
Email: info@cill.qc.ca


Eligibility: adults 18 years old and over living or who have lived with mental health issues

Coverage area: Laval, North of Montréal
Hours: Monday to Friday 8h30 to 17h00, Saturday, Sunday and evenings depending on the activities
Financing: self-financing, grants
Legal status: non-profit organization

CENTRE D’IMPLICATION LIBRE DE LAVAL EN RÉADAPTATION SOCIALE - POINT DE SERVICE SAINTE-ROSE

295 A Sainte-Rose Boulevard, Sainte-Rose, Laval, QC, H7L 1M1
450 628-0468 Fax: 450 628-6713
Website: www.cill.qc.ca
Email: info.sterose@cill.qc.ca

Services: * Drop-in centre: trainings and workshops, social-cultural activities. * Social integration, accompaniment, listening and moral support. * Integration in the workplace: internship and accompaniment.

Eligibility: adults 18 years old and over, living or who have lived with mental health issues

Coverage area: Laval
Hours: Monday to Friday 8h30 to 16h30
Financing: self-financing, grants
Legal status: non-profit organization

COURT OF QUÉBEC - CIVIL DIVISION - LAVAL

2800 Saint-Martin Boulevard West, Chomedey, Laval, QC, H7T 2S9
450 686-5021
Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/laval-courthouse
Mental Health and addictions

**Services:** Court constituting the judicial system of Québec. * Hearing of cases where the amount in dispute is less than $85,000. * Hearing of some cases regarding municipal and school affairs. * Hearing of temporary and authorized confinement cases prior to or following psychiatric assessment. * Exclusive jurisdiction to hear appeals from decisions of certain administrative tribunals, such as the Tribunal administratif du logement. * Voluntary deposit.

**Coverage area:** Laval judicial district  
**Hours:** Monday to Friday 8h30 to 16h30  
**Financing:** provincial  
**Legal status:** provincial government agency

**DIVISION URGENCE SOCIALE DU SERVICE DE POLICE DE LAVAL**

2785, Francis-Hugues Avenue, Chomedey, Laval, QC, H7L 3J6  
**450 662-4595**  
**Fax:** 450-662-8534  
**Website:** laval.ca/police  
**Email:** urgence.sociale@laval.ca  

**Services:** Frontline and emergency psychosocial intervention. * Disaster: psychosocial support, temporary housing and distribution of essential goods. * Traumatic death (accident, suicide, homicide): joint intervention with the police force, psychosocial support, assistance and referral. * Mental health issues: home intervention, assessment of dangerousness, support, assistance to the person and their relatives, assistance with obtaining a court order for a psychiatric evaluation, joint intervention with the police force. * Insalubrity: mental health assessment, assistance and referral. * Isolated people with a loss of autonomy whose condition is deteriorating: home assessment, assistance and referral. * Family or violence problems: intervention and referral.

**Eligibility:** citizens 18 years and over in a crisis situation, food vouchers: families with pending social benefit  
**Coverage area:** Laval  
**Hours:** Monday to Friday 8h15 to 17h30  
**Fees:** none  
**Financing:** municipal  
**Legal status:** municipal agency

**G.E.M.E. GROUPE D’ENTRAIDE POUR UN MIEUX-ÊTRE - LAVAL**

25 Saint-Louis Street, Pont-Viau, Laval, QC, H7G 4W3  
**450 332-4463**  
**Website:** www.groupegeme.com  
**Email:** lucie.bergeron@groupegeme.com  

**Services:** * In-person and virtual support groups (on Zoom). * Individual counseling in person and virtual (on Zoom). * Meditation groups. * Documentation and tools to manage anxiety disorders: videos, testimonials, books, visualization CD. * Virtual and in-person workshops and conferences at the request of organizations.  
**Eligibility:** people 18 years and over with anxiety disorders: stress, simple or social phobia, agoraphobia, panic disorder, burnout, depression, post-traumatic stress  
**Capacity:** support groups: 15 to 33 people  
**Coverage area:** Province of Québec  
**Hours:** office: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, groups schedule: on the website  
**Fees:** contributions  
**Financing:** provincial, fundraising campaigns, membership fees, self-financing  
**Legal status:** non-profit organization

**GROUPE D’ENTRAIDE DÉCLIC**

60 Coutu Terrasse, Auteuil, Laval, QC, H7J 1A6  
**450 736-0966**  

**Services:** Treatment centre for emotional dependence and emotion management. * Individual, couple, family and group therapy.  
**Eligibility:** people living with emotional dependence  
**Coverage area:** Laval  
**Hours:** Monday to Friday 8h30 to 16h30, variable according to services
INFO-SOCIAL 811 - LAVAL

Confidential Address
811 option 2
Website: www.quebec.ca/en/health/finding-a-resource/info-social-811
Services: Psychosocial counselling by phone. * Information and referral to help resources.
Coverage area: Laval
Hours: 24 hours / 7 days
Fees: free
Financing: provincial
Legal status: non-profit organization

JARDIN DE LA FAMILLE DE FABREVILLE

3867 Sainte-Rose Boulevard, Fabreville, Laval, QC, H7P 1C8
450 622-9456   Fax: 450 622-0312
Website: www.jardindelafamille.org
Email: ajff@jardindelafamille.org
Eligibility: people living with an intellectual, physical or psychological limitation, families on a low income, immigrants
Coverage area: Laval-Ouest, Fabreville, Sainte-Rose
Hours: administration: Monday to Friday 9h00 to 16h00, thrift store (regular hours): Monday to Saturday 9h00 to 17h00, thrift store (summer hours): Monday to Friday 9h00 to 18h00, Saturday 9h00 to 17h00
Fees: free with some exceptions
Financing: grants, fundraising campaigns, self-financing, donations
Legal status: non-profit organization

SERVICE POPULAIRE DE PSYCHOTHÉRAPIE

100 Tourangeau Street East, Pont-Viau, Laval, QC, H7G 1L1
450 975-2182   Fax: 450 975-9966
Website: spp-laval.qc.ca
Email: info@spp-laval.qc.ca
Eligibility: people on a low income
Coverage area: Laval
Hours: reception: Monday to Friday 9h00 to 16h00, psychotherapy: Monday to Friday 9h00 to 21h00
Fees: psychotherapy: according to the income, self-development groups: low registration fees
Financing: provincial
Legal status: non-profit organization

UNIVERSITÉ DE MONTRÉAL - CLINIQUE SATELLITE DE NEUROPSYCHOLOGIE

1700 Jacques-Tétreault Street, Suite 6111, Laval-des-Rapides, Laval, QC, H7N 0B6
514 343-7725   Fax: 514 343-7418
Website: psy.umontreal.ca/ressources-services/clinique-universitaire-de-psychologie
Email: clinique-universitaire@psy.umontreal.ca
Services: University teaching centre open to the public offering neuropsychological evaluation and intervention services.
Crisis centres and suicide prevention

CARREFOUR D'HOMMES EN CHANGEMENT
25 Lévesque Boulevard East, Pont-Viau, Laval, QC, H7G 1B3
450 975-2462 Fax: 450 975-4993
Website: www.organismechoc.com
Email: choc@organismechoc.com
Eligibility: men with domestic violence problems or suicidal
Capacity: domestic violence group: 7 to 10 men, suicide group: 6 to 8 men
Coverage area: Laval
Hours: Monday to Thursday 12h00 to 20h00, Friday 12h00 to 16h00, groups in the evening
Fees: domestic violence support group: $200 to $1500 depending on the income, suicide support group: free
Financing: provincial, contributions, self-financing, Centraide of Greater Montréal
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE LE RENDEZ-VOUS DES AÎNÉS
10 Proulx Street West, Laval-des-Rapides, Laval, QC, H7N 1N3
450 667-8836 Fax: 450 667-5810
Website: ccrva.org
Email: info@ccrva.org
Eligibility: people 50 years old and over, adapted recreational activities: people 35 years old and over
Coverage area: Laval
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, thrift store: Monday and Thursday 9h00 to 16h00
Fees: membership: $15 per year, meals: $6.50 for members and $8 for non-members, frozen meals: variable prices, fresh meal of the day: $4.50
Financing: Centraide of Greater Montréal, provincial, self-financing
Legal status: non-profit organization

CENTRE DE PROTECTION DE L'ENFANCE ET DE LA JEUNESSE AVENUE LAVAL
189 Laval Avenue, Laval-des-Rapides, Laval, QC, H7N 3V8
450 975-4150 ext. 5118
Website: www.lavalensante.com
Mental Health and Addictions

**Services:** Social intervention at all stages of the youth protection process. * Family crisis intervention, educational support for families. * Social reintegration assistance for youth living in rehabilitation facilities. * Youth qualification program: development of autonomy during the reintegration process.

**Eligibility:** children and teenagers in difficulty, young offenders, parents, guardians, counsellors, youth qualification program: youth 16 to 19 years old

**Coverage area:** Laval

**Financing:** provincial

**Legal status:** parapublic organization

**ÉQUIPE SPÉCIALISÉE EN PRÉVENTION DU SUICIDE**

4250 Dagenais Boulevard West, Fabreville, Laval, QC, H7R 1L3

811

**Website:** www.lavalensante.com/employes-et-medecins/direction-de-sante-publique/prevention-du-suicide

**Email:** esps.cissslav@migration.ssss.gouv.qc.ca

**Services:** * Therapeutic group for children, teenagers and adults bereaved by suicide (12 meetings for each group). * Open support group for teenagers or adults bereaved by suicide and who participated in the therapeutic support group. * Postvention field intervention on sites (school, workplace, family, recreational centres) for individuals following a suicide. * Vocational training and clinical supervision.

**Eligibility:** children, teenagers and adults close to a person who committed suicide

**Coverage area:** CISSS de Laval

**Hours:** therapy groups in the evening, other activities during the day and evening

**Fees:** none

**Financing:** provincial

**Legal status:** parapublic organization

**ÎLOT (L') - CENTRE DE CRISE ET DE PRÉVENTION DU SUICIDE DE LAVAL**

Confidential Address

1 866 277-3553  Fax: 450 629-1281

**Website:** lilotcrisis.ca


**Eligibility:** suicide prevention hotline: open to all, other services: people 18 years and over

**Capacity:** 7 beds

**Coverage area:** Laval

**Hours:** hotline: 24 hours / 7 days

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

**INSTITUT RAYMOND-DEWAR - POINT DE SERVICE DU MARIGOT**

250 Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7N 5S5

450 668-1803 ext. 4591  Fax: 450 972-6888  TTY: 450 972-6827


**Email:** 1e_laval@raymond-dewar.gouv.qc.ca

**Services:** Frontline psychosocial services for deaf people using sign language. * Reception, evaluation and orientation. * Crisis intervention. * Communication aid. * One-off short term psychosocial intervention: personal, conjugal or family, social or socioprofessional problems. * Medium to long term psychosocial intervention in active collaboration with partners. * Documentation centre specializing in deafness and deafblindness. * Québec Sign Language classes, levels 1 to 6. * Distribution of assistive hearing, which are not hearing aids, paid by the RAMQ.

**Eligibility:** deaf people who use Québec Sign Language (QSL)
Coverage area: Montréal Island, Laval
Hours: Monday, Wednesday and Friday 9h00 to 12h00 and 13h00 to 16h00, by appointment
Financing: provincial
Legal status: parapublic organization

RELAIS COMMUNAUTAIRE DE LAVAL
111 des Laurentides Boulevard, Suite 101, Pont-Viau, Laval, QC, H7G 2T2
450 668-8727 Fax: 450 668-9615
Website: relais-communautaire.org
Email: info@relais-communautaire.org


Eligibility: people on a low income
Capacity: 50
Coverage area: Laval
Hours: food bags distribution: Tuesday and Friday 9h30 to 11h30, Écono Bouffe: Wednesday and Thursday 13h00 to 16h00, breakfast: Tuesday and Friday 9h30 to 11h00, lunch: Monday to Friday 12h00 to 13h00, day centre: Monday to Friday 9h30 to 15h30, Carrefour des Aubaines: Monday 13h00 to 19h00, Tuesday 9h30 to 19h00, Wednesday 9h30 to 20h30, Thursday 12h00 to 19h00, Friday 9h30 to 18h00, Saturday 10h00 to 16h00
Fees: membership card: $5 per year, meals: $3 for members, $5 for non-members
Financing: federal, provincial, municipal, Centraide of Greater Montréal, foundations, donations, self-financing
Legal status: non-profit organization

Helplines

ASSOCIATION POUR AINÉS RÉSIDANT À LAVAL
4901 Saint-Joseph Street, Saint-Vincent-de-Paul, Laval, QC, H7C 1H6
450 661-5252 Fax: 450 661-2497
Website: www.aparl.org
Email: information@aparl.org


Eligibility: people 50 years and over
Coverage area: East of Laval, ITMAV: Saint-Vincent-de-Paul, Duvernay, Saint-François
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: membership card: $15
Financing: Centraide of Greater Montréal, provincial, municipal
Legal status: non-profit organization
CARREFOUR D'HOMMES EN CHANGEMENT
25 Lévesque Boulevard East, Pont-Viau, Laval, QC, H7G 1B3
450 975-2462 Fax: 450 975-4993
Website: www.organismechoc.com
Email: choc@organismechoc.com
Eligibility: men with domestic violence problems or suicidal
Capacity: domestic violence group: 7 to 10 men, suicide group: 6 to 8 men
Coverage area: Laval
Hours: Monday to Thursday 12h00 to 20h00, Friday 12h00 to 16h00, groups in the evening
Fees: domestic violence support group: $200 to $1500 depending on the income, suicide support group: free
Financing: provincial, contributions, self-financing, Centraide of Greater Montréal
Legal status: non-profit organization

CENTRE D'ÉCOUTE DE LAVAL
Confidential Address
450 664-2787
Website: www.centredecoute.com
Email: info@centredecoutelaval.com
Services: Anonymous and confidential general hotline for any person in difficulty or in need to confide in somebody. * Information on various services for seniors: financial aid, loss of autonomy, housing, death, home support, taxes, etc. * Referral.
Eligibility: any person in difficulty or in need to confide in somebody
Coverage area: Laval, North Shore, Laurentians
Hours: 24 hours / 7 days
Fees: free
Financing: provincial, self-financing
Legal status: non-profit organization

DIVISION URGENCE SOCIALE DU SERVICE DE POLICE DE LAVAL
2785, Francis-Hugues Avenue, Chomedey, Laval, QC, H7L 3J6
450 662-4595 Fax: 450-662-8534
Website: laval.ca/police
Email: urgence.sociale@laval.ca
Eligibility: citizens 18 years and over in a crisis situation, food vouchers: families with pending social benefit
Coverage area: Laval
Hours: Monday to Friday 8h15 to 17h30
Fees: none
Financing: municipal
Legal status: municipal agency
**ÎLOT (L') - CENTRE DE CRISE ET DE PRÉVENTION DU SUICIDE DE LAVAL**

Confidential Address  
1 866 277-3553  Fax: 450 629-1281  
**Website:** lilotcrisis.ca  
**Eligibility:** suicide prevention hotline: open to all, other services: people 18 years and over  
**Capacity:** 7 beds  
**Coverage area:** Laval  
**Hours:** hotline: 24 hours / 7 days  
**Fees:** none  
**Financing:** provincial  
**Legal status:** non-profit organization  

**INFO-SOCIAL 811 - LAVAL**

Confidential Address  
811 option 2  
**Website:** www.quebec.ca/en/health/finding-a-resource/info-social-811  
**Services:** Psychosocial counselling by phone. * Information and referral to help resources.  
**Coverage area:** Laval  
**Hours:** 24 hours / 7 days  
**Fees:** free  
**Financing:** provincial  
**Legal status:** non-profit organization  

**LITTLE BROTHERS - LAVAL**

435 Curé-Labelle Boulevard South, Suite 205, Chomedey, Laval, QC, H7V 2S8  
450 934-8955  
**Website:** www.petitsfreres.ca/laval  
**Email:** laval@petitsfreres.ca  
**Services:** Organization seeking to deal with the isolation of people of advanced age until their end of life. * Accompaniment and pairing with volunteers. * Visits in people’s living environments: at-home, at the hospital or CHSLD, in residences, etc. * Other End of the Line: telephone pairing. * Activities and special outings to celebrate birthdays and traditional holidays. * Holidays stays at The Juliette Huot Home in Oka. * End-of-life accompaniment. * Christmas gifts.  
**Eligibility:** seniors over 75 years without a present family or significant social contact  
**Coverage area:** Laval  
**Hours:** Monday to Friday 9h00 to 16h00  
**Fees:** free  
**Financing:** fundraising campaigns, self-financing, donations  
**Legal status:** non-profit organization  

**Mental health advocacy groups**

**ASSOCIATION LAVALLOISE DE PARENTS ET AMIS POUR LE BIEN-ÊTRE MENTAL**

645 des Laurentides Boulevard, Pont-Viau, Laval, QC, H7G 2V8  
1 888 688-0541  Fax: 450 688-7061  
**Website:** www.alpabem.qc.ca  
**Email:** info@alpabem.qc.ca
Mental Health and addictions


Eligibility: parents, partners, friends, children 6 to 17 years old who are part of the circle of people living with mental illness

Capacity: trainings and support groups: 12 people

Coverage area: Laval

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, workshops and support groups during evening

Fees: membership card required for certain services: $25 for regular members, $30 for supporting members, $60 for an NPO, $120 for corporations, services: variable

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

CLSC DU RUISSEAU-PAPINEAU - RUE DU COUVENT
1665 du Couvent Street, Chomedey, Laval, QC, H7W 3A8
450 687-5690

Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=840&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H7W3A8


Coverage area: Laval

Hours: Monday to Friday 7h30 to 20h00, Saturday, Sunday and holidays 9h00 to 17h00

Financing: provincial

Legal status: parapublic organization

EN-DROIT DE LAVAL (L’)
34F Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7N 2H3
450 668-1058 Fax: 450 668-7383

Website: www.endroitlaval.com

Email: info@endroitlaval.com


Eligibility: adults living or having lived with mental health problems

Coverage area: Laval

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

G.E.M.E. GROUPE D’ENTRAIDE POUR UN MIEUX-ÊTRE - LAVAL
25 Saint-Louis Street, Pont-Viau, Laval, QC, H7G 4W3
450 332-4463

Website: www.groupegeme.com

Email: lucie.bergeron@groupegeme.com

Eligibility: people 18 years and over with anxiety disorders: stress, simple or social phobia, agoraphobia, panic disorder, burnout, depression, post-traumatic stress

Capacity: support groups: 15 to 33 people

Coverage area: Province of Québec

Hours: office: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, groups schedule: on the website

Fees: contributions

Financing: provincial, fundraising campaigns, membership fees, self-financing

Legal status: non-profit organization

Self-help groups for addiction issues

YOUTH AND PARENTS AGAPE ASSOCIATION (THE)
3950 Notre-Dame Boulevard, Chomedey, Laval, QC, H7W 1S7
450 686-4333

Website: www.agapeassociationinc.com
Email: info@agapeassociationinc.com

Services: Support for English-speakers and multicultural communities of Laval. Food * Distribution of food according to the assessed needs. * Bread counter: distribution of free bread, pastries, pizzas and other baked goods. * Christmas and Hanukkah baskets. Family and community * Healing the family: support group for victims of abuse and violence. * Budget planning for families on a low income. * Clear head, clear soul: meetings for people coping with all types of addictions. * Social work. Seniors * Senior Wellness Centre: social activities, learning and health presentations, iPad courses, etc. Immigrants * Transitional housing for newcomers and refugees looking for permanent housing. Material assistance * On-site recovery of used toys, clothing and household items (dishes, blankets, etc.).

Eligibility: English-speaking people on a low income, multicultural communities, transition housing: newcomer and refugee families, Healing the family: women victims of domestic violence

Coverage area: Laval

Hours: Monday to Friday 8h30 to 17h00

Fees: free

Financing: donations, provincial, federal

Legal status: non-profit organization

Self-help groups for mental health issues

ASSOCIATION LAVALLOISE DE PARENTS ET AMIS POUR LE BIEN-ÊTRE MENTAL
645 des Laurentides Boulevard, Pont-Viau, Laval, QC, H7G 2V8
1 888 688-0541 Fax: 450 688-7061
Website: www.alpabem.qc.ca
Email: info@alpabem.qc.ca


Eligibility: parents, partners, friends, children 6 to 17 years old who are part of the circle of people living with mental illness

Capacity: trainings and support groups: 12 people

Coverage area: Laval

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, workshops and support groups during evening
ASSOCIATION OF FAMILIES OF PERSONS ASSASSINATED OR DISAPPEARED
1686 des Laurentides Boulevard, Suite 203, Vimont, Laval, QC, H7M 2P4
1 877 484-0404
Website: afpad.ca/en
Email: administration@afpad.ca

Services: * Meeting with new members and distribution of an information package. * Support group through breakfast chats in many Quebec regions. * Conferences and workshops on themes like emotional, physical and mental wellness. * Legal accompaniment and support with drafting testimonials. * Online informational videos about grievance, police investigations, post-traumatic shock, disappearances, victims' rights, CAVAC and dealing with the media. * Referrals to community resources and psychological assistance. * Monthly newsletter featuring community resources, testimonies, activities, legal or psychological advices, etc.

Eligibility: families of people who were assassinated or are missing because of a crime

Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30

Fees: free

Financing: provincial, federal, donations

Legal status: non-profit organization

CAFGRAG (GROUPE D'ENTRAIDE EN SANTÉ MENTALE DE LAVAL)
62 Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7N 2H5
450 490-4224
Website: www.lecafgraf.org
Email: info@lecafgraf.org


Eligibility: people 16 years and over who have lived or are living with mental health, homelessness, addiction or psychosocial adaptation issues

Capacity: between 40 and 60 people

Coverage area: Laval
Hours: administration: Tuesday to Friday 9h00 to 17h00, day centre: Wednesday and Thursday 12h00 to 17h00, Friday 9h30 to 12h00, Saturday 11h30 to 16h00

Fees: membership: $2 per year

Financing: provincial, self-financing, federal, grants, membership fees

Legal status: non-profit organization

CAFGRAG (GROUPE D'ENTRAIDE EN SANTÉ MENTALE DE LAVAL) - ADULTS SERVICE POINT
62 Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7N 2H7
450 490-4224
Website: www.lecafgraf.org
Email: info@lecafgraf.org


Eligibility: people 18 years and over who have lived or are living with mental health, homelessness, addiction or psychosocial adaptation issues

Capacity: 40 to 50 people
Mental Health and Addictions

Coverage area: Laval
Hours: Tuesday to Friday 9h30 to 17h00, Saturday 11h30 to 16h00
Fees: contribution: $2 per year
Financing: provincial, self-financing, federal, grants, membership fees
Legal status: non-profit organization

CAFGRAF (GROUPE D’ENTRAIDE EN SANTÉ MENTALE DE LAVAL) - YOUNG ADULTS
62 Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7N 2H5
450 490-4224
Website: www.lecafgraf.org
Email: info@lecafgraf.org
Eligibility: people 16 to 35 years old who have lived or are living with mental health, homelessness, addiction or psychosocial adaptation issues
Capacity: 50 people
Coverage area: Laval
Hours: administration and workshops: Tuesday to Friday 9h00 to 17h00, day centre: Wednesday 12h00 to 17h00, Thursday 12h00 to 19h00, Friday 9h30 to 12h00, Saturday 11h30 to 16h00
Fees: membership: $2 per year
Financing: provincial, self-financing, grants, federal, membership fees
Legal status: non-profit organization

CARREFOUR D’HOMMES EN CHANGEMENT
25 Lévesque Boulevard East, Pont-Viau, Laval, QC, H7G 1B3
450 975-2462 Fax: 450 975-4993
Website: www.organismechoc.com
Email: choc@organismechoc.com
Eligibility: men with domestic violence problems or suicidal
Capacity: domestic violence group: 7 to 10 men, suicide group: 6 to 8 men
Coverage area: Laval
Hours: Monday to Thursday 12h00 to 20h00, Friday 12h00 to 16h00, groups in the evening
Fees: domestic violence support group: $200 to $1500 depending on the income, suicide support group: free
Financing: provincial, contributions, self-financing, Centraide of Greater Montréal
Legal status: non-profit organization

ÉQUIPE SPÉCIALISÉE EN PRÉVENTION DU SUICIDE
4250 Dagenais Boulevard West, Fabreville, Laval, QC, H7R 1L3
811
Website: www.lavalensante.com/employes-et-medecins/direction-de-sante-publique/prevention-du-suicide
Email: esp.s.cissslav@migration.ssss.gouv.qc.ca
Services: * Therapeutic group for children, teenagers and adults bereaved by suicide (12 meetings for each group). * Open support group for teenagers or adults bereaved by suicide and who participated in the therapeutic support group. * Postvention field intervention on sites (school, workplace, family, recreational centres) for individuals following a suicide. * Vocational training and clinical supervision.
Eligibility: children, teenagers and adults close to a person who committed suicide
Coverage area: CISSS de Laval
**G.E.M.E. GROUPE D’ENTRAIDE POUR UN MIEUX-ÊTRE - LAVAL**

25 Saint-Louis Street, Pont-Viau, Laval, QC, H7G 4W3  
450 332-4463  
Website: www.groupegeme.com  
Email: lucie.bergeron@groupegeme.com  

Services:  
* In-person and virtual support groups (on Zoom).  
* Individual counseling in person and virtual (on Zoom).  
* Meditation groups.  
* Documentation and tools to manage anxiety disorders: videos, testimonials, books, visualization CD.  
* Virtual and in-person workshops and conferences at the request of organizations.  

Eligibility: people 18 years and over with anxiety disorders: stress, simple or social phobia, agoraphobia, panic disorder, burnout, depression, post-traumatic stress  
Capacity: support groups: 15 to 33 people  
Coverage area: Province of Québec  
Hours: office: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, groups schedule: on the website  
Fees: contributions  
Financing: provincial, fundraising campaigns, membership fees, self-financing  
Legal status: parapublic organization

**LUMI-VIE**

1850 Le Corbusier Boulevard, Suite 303, Chomedey, Laval, QC, H7S 2K1  
450 687-8311  
Website: www.lumivie.com/?lang=en  
Email: info@lumivie.com  

Services:  
* Information and referral.  
* Accompaniment of people at the end of life.  
* Individual meetings for bereaved children, teenagers and adults.  
* Assistance to family caregivers of a person with an advanced disease.  
* Bereavement follow-up by closed support groups.  
* Training.  
* Information and awareness raising of institutions, organizations and the general public.  

Eligibility: bereaved adults, adolescents and children, caregivers, people at the end of life

Coverage area: Greater Montréal  
Hours: Monday to Friday 8h30 to 17h00, summer schedule: Monday to Thursday 8h30 to 17h00, Friday 8h30 to 12h00  
Fees: variable  
Financing: provincial  
Legal status: non-profit organization

**MAISON 100 LIMITES (LA)**

Confidential Address  
450 736-2001  
Website: m100l.com  
Email: info@m100l.com  

Services: Affective and social rehabilitation for people with a borderline personality disorder.  
* Workshops.  
* Peer support network.  

Eligibility: people living with a borderline personality disorder  
Coverage area: Laval  
Hours: administration: Monday to Wednesday 9h00 to 21h00, Thursday and Friday 9h00 to 16h00, by appointment  
Fees: annual membership card: $5  
Financing: donations, grants  
Legal status: non-profit organization
RESSOURCE ATP - GROUPES DE SOUTIEN POUR PERSONNES ANXIEUSES ET TROUBLE PANIQUE (LA)

599 Saint-André Street, Pont-Viau, Laval, QC, H7G 3A4
450 575-4041
Website: laressourceatp.org
Email: laressourceatp@gmail.com

Services: Support, sharing and education weekly open groups and intensive educational closed groups, both facilitated by counsellors. * Support groups offered both in the day and in the evening. * Other service points in the areas of Laval-Ouest and Duvernay.

Eligibility: adults for whom anxiety is the principal challenge, with or without various other anxiety disorders

Capacity: 3 to 16 people per meeting

Coverage area: support groups: Laval, education groups: Laval and surroundings

Fees: membership card: $20 per year

Financing: provincial, donations

Legal status: non-profit organization
Seniors
CAREGIVERS

COMMUNITY AND RECREATION CENTRES

DAY CENTRES AND RESPITE

FRIENDLY VISITS AND SAFETY CALLS

HOME SUPPORT

HOUSING FOR SENIORS

INTERGENERATIONAL ACTIVITIES

INTERVENTION WITH SENIORS SUBJECTED TO ABUSE

MEALS ON WHEELS

SENIORS’ ADVOCACY AND ASSISTANCE ASSOCIATIONS

VOLUNTEER TRANSPORTATION
Caregivers

ALZHEIMER SOCIETY LAVAL
2525 René-Laennec Boulevard, Vimont, Laval, QC, H7K 0B2
450 975-0966 Fax: 450 975-0517
Website: alzheimerlaval.org
Email: info@alzheimerlaval.org

Services: * Helpline. * Individual or family counselling on site or at home with follow-up. * Support groups for people with Alzheimer's and caregivers. * Activity and respite centre, emergency drop-in centre. * At-home stimulation respite: 4 hours per week or 8 hours every 2 weeks. * Temporary or permanent housing. * Training for caregivers.

Eligibility: people living with Alzheimer's disease or a neurocognitive disorder, caregivers, professionals

Capacity: respite housing: 2 private rooms, permanent housing: 10 private rooms

Coverage area: Laval

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, activity and respite centre: Monday to Friday 9h00 to 16h30, drop-in centre: Monday to Friday 16h00 to 22h00, Saturday and Sunday 8h00 to 22h00, support groups in daytime for people with Alzheimer's disease and in evening for caregivers, training workshops in the evening, temporary accommodation: year-round, 24 hours

Fees: support groups and respite: 5 to $15 per day, home respite: $3 per hour for a maximum of $15 per day, training: $50 per session of 8 weeks

Financing: fundraising campaigns, donations, grants

Legal status: non-profit organization

ASSOCIATION LAVALLOISE DES PERSONNES AIDANTES
1850 Le Corbusier Boulevard, Suite 100, Chomedey, Laval, QC, H7S 2K1
450-686-2572 ext. 221 Fax: 450 686-2503
Website: www.aldpa.org/english
Email: info@aldpa.org


Eligibility: caregivers of a person with a loss of autonomy or a person with a physical or intellectual disability or an autism spectrum disorder, day centres: seniors, adults 21 years and over living with a physical or intellectual disability or an autism spectrum disorder

Capacity: variable

Coverage area: Laval

Hours: office: Monday to Friday 8h00 to 16h30, at-home respite: 24 hours / 7 days (except on holidays), day centre for seniors: Monday, Wednesday, Friday 9h30 to 15h30, day centre for adults: Monday to Friday 9h30 to 15h30

Fees: annual membership: $20, services: variable, respite: $3 per hour, day centre for seniors and adults: $3 per hour

Financing: federal, provincial, municipal, foundations, donations, fundraising campaigns

Legal status: non-profit organization

ASSOCIATION PULMONAIRE DU QUÉBEC - GROUPE D'ENTRAIDE MALADIES PULMONAIRES - LAVAL/RIVE-NORD
3500 Saint-Martin Boulevard West, 2nd floor, Chomedey, Laval, QC, H7V 2W4
1 888 768-6669 ext. 230
Website: poumonquebec.ca/en
Email: info@poumonquebec.ca

Services: Support group offered during the following months: March, April, May, September, October and November for people with one or more lung diseases, family members or caregivers. * Discussions on topics adapted to the group and lectures by health professionals.
Eligibility: people with respiratory diseases, family members and caregivers
Capacity: 40 people
Coverage area: Laval
Hours: March, April, May, September, October and November: last Tuesday of the month 13h30 to 15h30
Fees: none
Financing: fundraising campaigns, donations
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DES TRAUMATISÉS CRÂNIENS - RÉGION DE LAVAL
220 du Parc Avenue, Laval-des-Rapides, Laval, QC, H7N 3X4
514 274-7447 Fax: 450 629-8807
Website: www.aqtc.ca
Email: aqtc@aqtc.ca


Eligibility: people with traumatic brain injury (TBI), families, public, professionals
Capacity: support groups: 7 to 8 people
Coverage area: Laval
Hours: Monday to Friday 9h00 to 17h00
Fees: annual membership: $15, the first 2 years are free
Financing: provincial, grants
Legal status: parapublic organization

AVC-APHASIE LAVAL
3350 Dagenais Boulevard West, Fabreville, Laval, QC, H7P 1V6
450 937-3666
Website: www.avcaphasielaval.ca
Email: info@avcaphasielaval.ca


Eligibility: people who have had a stroke, with any after effects, people with aphasia, their close ones and the general public
Coverage area: Laval
Hours: Monday to Friday 8h30 to 16h30
Fees: annual membership: $25, activities: 25 to $35 per class
Financing: provincial, municipal, donations
Legal status: non-profit organization

CARREFOUR POUR AÎNÉS SEMI-AUTONOMES
475 des Perron Avenue, Suite A, Auteuil, Laval, QC, H7H 1E2
450 937-2335 Fax: 450 937-2447
Website: www.residencescasa.ca
Email: direction@residencescasa.ca


Eligibility: semi-autonomous seniors, their family, caregivers and professionals
Coverage area: Laval
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: grants, fundraising campaigns
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE LE RENDEZ-VOUS DES AÎNÉS
10 Proulx Street West, Laval-des-Rapides, Laval, QC, H7N 1N3
450 667-8836    Fax: 450 667-5810
Website: ccrva.org
Email: info@ccrva.org

Eligibility: people 50 years old and over, adapted recreational activities: people 35 years old and over
Coverage area: Laval
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, thrift store: Monday and Thursday 9h00 to 16h00
Fees: membership: $15 per year, meals: $6.50 for members and $8 for non-members, frozen meals: variable prices, fresh meal of the day: $4.50
Financing: Centraide of Greater Montréal, provincial, self-financing
Legal status: non-profit organization

COMITÉ D’ANIMATION DU TROISIÈME ÂGE DE LAVAL
140 Nadon Street, Sainte-Rose, Laval, QC, H7L 1T5
450 622-1228    Fax: 450 625-3078
Website: www.lecatal.ca
Email: cia@lecatal.ca

Eligibility: seniors 50 years and over, volunteer transportation: people on the waiting list for paratransit
Coverage area: Laval
Hours: Monday to Thursday 8h30 to 16h00, Friday 8h30 to 13h30
Fees: membership: $15, off-territory member: $22
Financing: contributions, Centraide of Greater Montréal, provincial, municipal
Legal status: non-profit organization

COOPÉRATIVE DE SOUTIEN À DOMICILE DE LAVAL
312-A Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7N 2J2
450 972-1313    Fax: 450 972-1919
Website: cooplaval.com/en/home
Email: info@cooplaval.com

Eligibility: people aged 50 years old and over, people in temporary or permanent loss of autonomy, people with a temporary or permanent physical disability
Coverage area: Laval
Hours: Monday to Friday 8h00 to 17h00
Fees: social geriatrics: free, light house keeping: $31.50 per hour, heavy housekeeping: $35 per hour, RAMQ financial assistance program allowing for reductions depending on admissibility
**Financing:** self-financing  
**Legal status:** cooperative

**HELLENIC SOCIAL SERVICES OF QUÉBEC - LAVAL**  
3860 Notre-Dame Boulevard, Suite 202, Chomedey, Laval, QC, H7V 1S1  
**450 688-2091**  
**Fax:** 450 688-2084  
**Website:** hcgm.org  
**Email:** info@hcgm.org  
**Eligibility:** people of various origins, particularly Greek  
**Coverage area:** Laval  
**Hours:** Monday to Friday 9h00 to 17h00  
**Fees:** annual membership: $15, less than $5 for clients of the food bank  
**Financing:** donations, grants, provincial  
**Legal status:** non-profit organization

**LAVAL PUBLIC LIBRARIES NETWORK - ÉMILE-NELLIGAN LIBRARY**  
325 Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7N 2J5  
**450 662-4973**  
**Website:** www.laval.ca/lieux/Pages/Fr/bibliotheque-emile-nelligan.aspx  
**Eligibility:** general public  
**Coverage area:** Laval  
**Hours:** Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00  
**Fees:** membership: none for residents, variable for non-residents  
**Financing:** municipal  
**Legal status:** municipal agency

**LAVAL PUBLIC LIBRARIES NETWORK - GABRIELLE-ROY LIBRARY**  
3505 Dagenais Boulevard West, Fabreville, Laval, QC, H7P 4V9  
**450 978-8909**  
**Website:** www.laval.ca/lieux/Pages/Fr/bibliotheque-gabrielle-roy.aspx  
**Eligibility:** general public  
**Coverage area:** Laval  
**Hours:** Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00  
**Fees:** membership: free for residents, variable for non-residents  
**Financing:** municipal  
**Legal status:** municipal agency
LAVAL PUBLIC LIBRARIES NETWORK - GERMAINE-GUÈVREMONT LIBRARY
2900 de la Concorde Boulevard East, Duvernay, Laval, QC, H7E 2B6
450 662-4002
Website: www.laval.ca/lieux/Pages/Fr/bibliotheque-germaine-guevremont.aspx
Eligibility: general public
Coverage area: Laval
Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal
Legal status: municipal agency

LAVAL PUBLIC LIBRARIES NETWORK - LAURE-CONAN LIBRARY
4660 des Laurentides Boulevard, Vimont, Laval, QC, H7K 2J4
450 662-4975
Website: www.laval.ca/lieux/Pages/Fr/bibliotheque-laure-conan.aspx
Eligibility: general public
Coverage area: Laval
Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal
Legal status: municipal agency

LAVAL PUBLIC LIBRARIES NETWORK - MARIUS-BARBEAU LIBRARY
1245 Montée du Moulin, Saint-François, Laval, QC, H7A 3V6
450 662-4005
Website: www.laval.ca/lieux/Pages/Fr/bibliotheque-marius-barbeau.aspx
Eligibility: general public
Coverage area: Laval
Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal
Legal status: municipal agency

LAVAL PUBLIC LIBRARIES NETWORK - MULTICULTURAL LIBRARY
1535 Chomedey Boulevard, Chomedey, Laval, QC, H7V 3R2
450 978-5995
Website: www.laval.ca/lieux/Pages/Fr/bibliotheque-multiculturelle.aspx

Eligibility: general public

Coverage area: Laval

Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00, Le Studio: Monday to Friday 15h00 to 21h00, Saturday 10h00 to 17h00

Fees: membership: free for residents, variable for non-residents

Financing: municipal

Legal status: municipal agency

LAVAL PUBLIC LIBRARIES NETWORK - PHILIPPE-PANNETON LIBRARY

4747 Arthur-Sauvé Boulevard, Laval-Ouest, Laval, QC, H7R 5P8

450 978-8919

Website: www.laval.ca/lieux/Pages/Fr/bibliotheque-philippe-panneton.aspx

LAVAL PUBLIC LIBRARIES NETWORK - SYLVAIN-GARNEAU LIBRARY

187 Sainte-Rose Boulevard, Sainte-Rose, Laval, QC, H7L 1L5

450 978-3940

Website: www.laval.ca/lieux/Pages/Fr/bibliotheque-sylvain-garneau.aspx

LAVAL PUBLIC LIBRARIES NETWORK - YVES-THÉRIAULT LIBRARY

670 de la Place-Publique Street, Sainte-Dorothée, Laval, QC, H7X 1G1

450 978-6599

Website: www.laval.ca/lieux/Pages/Fr/bibliotheque-yves-theriault.aspx
Seniors

Fees: membership: free for residents, variable for non-residents
Financing: municipal
Legal status: municipal agency

LUMI-VIE
1850 Le Corbusier Boulevard, Suite 303, Chomedey, Laval, QC, H7S 2K1
450 687-8311
Website: www.lumivie.com/?lang=en
Email: info@lumivie.com


Eligibility: bereaved adults, adolescents and children, caregivers, people at the end of life
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 17h00, summer schedule: Monday to Thursday 8h30 to 17h00, Friday 8h30 to 12h00
Fees: variable
Financing: provincial
Legal status: non-profit organization

Community and Recreation Centres

ÂGE D'OR DE ST-FERDINAND
725 Montrougeau Road, Fabreville, Laval, QC, H7P 3M1
450 628-2698
Email: stferdinandagedor@gmail.com

Services: Social and recreational activities for seniors. * Bingo, cards, dance classes, pétanque, etc. * Occasional outings.

Eligibility: seniors
Coverage area: Fabreville, Sainte-Rose
Hours: September to May: Wednesday 13h30 to 16h00, Friday 19h00 to 22h00, summer: Monday and Wednesday 7h00 à 9h00
Fees: membership card: $7 per year
Financing: self-financing
Legal status: non-profit organization

AMICALE DE SAINT-VINCENT-DE-PAUL (L')
1111 Place J.-Eudes-Blanchard, Saint-Vincent-de-Paul, Laval, QC, H7C 1T1
450 661-4372
Email: francine1051@videotron.ca


Eligibility: people 40 years old and over, recreational activities: people 50 and over
Coverage area: Saint-Vincent-de-Paul district
Hours: Thursday 19h30 to 22h00
Fees: membership card: $8
Financing: fundraising campaigns, membership
Legal status: non-profit organization
ASSOCIATION DES RÉSIDENTS DE CHAMPFLEURY
2585 des Oiseaux Boulevard, Sainte-Rose, Laval, QC, H7L 4M4
450 963-0676
Website: champfleury.qc.ca
Email: info@champfleury.qc.ca


Eligibility: general population
Capacity: up to 115 people
Coverage area: Laval
Hours: Champfleury community centre: Monday to Friday 9h00 to 23h00, Saturday and Sunday 8h30 to 18h00, customer service: Monday to Thursday 9h00 to 20h30, Friday 9h00 to 16h00, Saturday 9h00 to 13h00
Fees: optional membership card: family: $30, adult individual: $20, kid individual: $10, activities and room rentals: variables
Financing: self-financing, membership, grants
Legal status: non-profit organization

ASSOCIATION POUR AINÉS RÉSIDANT À LAVAL
4901 Saint-Joseph Street, Saint-Vincent-de-Paul, Laval, QC, H7C 1H6
450 661-5252     Fax: 450 661-2497
Website: www.aparl.org
Email: information@aparl.org


Eligibility: people 50 years and over
Coverage area: East of Laval, ITMAV: Saint-Vincent-de-Paul, Duvernay, Saint-François
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: membership card: $15
Financing: Centraide of Greater Montréal, provincial, municipal
Legal status: non-profit organization

AXION 50 PLUS
435 Curé-Labelle Boulevard, Chomedey, Laval, QC, H7V 2S8
450 978-5555 ext. 121     Fax: 450 978-7643
Website: www.axion50plus.org
Email: info@axion50plus.org


Eligibility: retired and pre-retired people 50 years and over
Coverage area: Laval
Hours: Monday to Friday 9h00 to 16h00
Fees: annual contribution: $25
Financing: self-financing
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE LE COUMBITE DE LAVAL
111 des Laurentides Boulevard, Suite 220, Pont-Viau, Laval, QC, H7G 2T2
450 662-9771     Fax: 450 662-9319
Website: coumbitelaval.net
Email: coumbite@videotron.ca

Eligibility: ethnocultural communities, especially the families of the Haitian community
Coverage area: Laval
Hours: Monday to Friday 9h00 to 17h00
Fees: membership card: $12
Financing: contributions, provincial, fundraising campaigns
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE LE RENDEZ-VOUS DES AÎNÉS
10 Proulx Street West, Laval-des-Rapides, Laval, QC, H7N 1N3
450 667-8836    Fax: 450 667-5810
Website: ccrva.org
Email: info@ccrva.org


Eligibility: people 50 years old and over, adapted recreational activities: people 35 years old and over
Coverage area: Laval
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, thrift store: Monday and Thursday 9h00 to 16h00
Fees: membership: $15 per year, meals: $6.50 for members and $8 for non-members, frozen meals: variable prices, fresh meal of the day: $4.50
Financing: Centraide of Greater Montréal, provincial, self-financing
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE PETIT ESPOIR
1235 Montée du Moulin, Suite 06, Saint-François, Laval, QC, H7A 3V6
450 936-1922    Fax: 450 936-1923
Website: www.petitespoir.org
Email: petitespoir@videotron.ca


Eligibility: newcomers, seniors, women on a low income
Coverage area: Laval: Saint-François, Saint-Vincent-de-Paul, Vimont, Duvernay neighbourhoods
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: grants, donations, self-financing
Legal status: non-profit organization

CENTRE DES FEMMES DYNAMIQUES DE LAVAL
3509 de la Concorde Boulevard East, Suite 202, Duvernay, Laval, QC, H7E 4C1
450 661-5409    Fax: 450 661-6584
Email: femmedynamique@live.ca
Seniors


**Eligibility:** women 50 years and over

**Coverage area:** Greater Montréal

**Hours:** Monday to Thursday 9h00 to 16h00

**Fees:** annual membership: $15

**Financing:** provincial, self-financing, municipal

**Legal status:** non-profit organization

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**CENTRE DU SABLON**

755 du Sablon Road, Chomedey, Laval, QC, H7W 4H5

450 688-8961     Fax: 450 688-8969

**Website:** centredusablon.ca/en

**Email:** info@centredusablon.com


**Eligibility:** general population, Special needs program: children with mild to moderate special needs (anxiety, autism spectrum disorder, down syndrome/trisomy, etc.)

**Coverage area:** Laval

**Hours:** Monday to Friday 7h00 to 22h00, Saturday and Sunday 8h00 to 20h00

**Fees:** variable

**Financing:** self-financing, provincial, federal, municipal, donations

**Legal status:** non-profit organization

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**CLUB DE L’ÂGE D’OR DE VIMONT**

1900 Bédard Street, Vimont, Laval, QC, H7M 2M7

450 625-9499

**Services:** Social and recreational activities for seniors.  * Bingo, cards, petanque, military whist, etc. * Community lunches.

**Eligibility:** seniors 55 years old and over

**Coverage area:** Laval

**Hours:** Monday and Tuesday 13h00 to 16h30, Thursday 13h00 to 16h30 and 17h00 to 21h00

**Fees:** annual membership: $10

**Financing:** self-financing, contributions

**Legal status:** non-profit organization

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**CLUB DE L’ÂGE D’OR SAINT-CLAUDE**

80 Meunier Street, Basement, Laval-des-Rapides, Laval, QC, H7N 1V6

450 667-4592

**Services:** Recreational and social activities for seniors.  * Indoor activities: cards, stings, pool table, petanque, dance, whist military, bean bag baseball.

**Eligibility:** seniors

**Coverage area:** Greater Montréal

**Hours:** dance: Wednesday 13h00 to 15h00

**Fees:** dance: $5 per session

**Financing:** self-financing

**Legal status:** non-profit organization
CLUB DE L’ÂGE D’OR SAINT-ÉDOUARD DE FABREVILLE
6600 29e Avenue, Laval-Ouest, Laval, QC, H7R 3N3
450 689-5581
Eligibility: seniors 50 years old and over
Coverage area: Laval
Hours: Tuesday 9h00 to 15h00, dance night: 1st Saturday of the month, closed during the summer from mid-June to Labour Day
Fees: membership card: $10 per year, free for people 80 years and over, bingo: $1 for 3 cards
Financing: self-financing
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR SAINT-FRANÇOIS-DE-SALES
7100 des Mille-Îles Boulevard, Saint-François, Laval, QC, H7A 4C6
450 666-1108
Eligibility: seniors 50 years old and over
Coverage area: Saint-François
Hours: Tuesday to Saturday
Fees: FADOQ annual membership: $25
Financing: self-financing, membership fees
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR SAINT-MARTIN DE LAVAL
4080 Saint-Martin Boulevard West, Chomedey, Laval, QC, H7T 1C1
514 883-4108
Email: mmorin0000@gmail.com
Eligibility: seniors 50 years and over
Coverage area: Montréal Island, Laval
Hours: Thursday 18h30 to 22h00, dance classes: Tuesday 10h30 to 14h00, light exercise: Tuesday 9h30 to 11h30
Fees: membership card: $12 per year
Financing: self-financing
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR SAINT-NOËL CHABANEL
8560 de l’Église Street, Saint-François, Laval, QC, H7A 1K9
450 665-8715
Services: * Various activities: bingo, card games, sandbag game, themed dinners, outings.
Eligibility: people 50 years and over
Coverage area: Duvernay, Saint-François, Saint-Vincent-de-Paul
Hours: Monday 11h00 to 15h30
Fees: membership card: $15
Financing: self-financing
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR SAINT-SYLVAINE
750 Saint-Sylvain Boulevard, Duvernay, Laval, QC, H7E 2X3
450 661-4529
Services: * Bingo, line dancing.
Eligibility: seniors
Coverage area: Montréal Island, Laval
Hours: September to May: Tuesday 19h30 to 22h00, fourth Saturday of the month 19h30 to 22h30, summer: closed
Fees: membership card: $10
Financing: self-financing
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR SAINT-URBAIN DE LAVAL
1885 Dumouchel Avenue, Chomedey, Laval, QC, H7S 1J8
514 815-1212
Services: * Bingo, card games, community meals, outings, petanque during summer.
Eligibility: seniors 55 years and older
Coverage area: Greater Montréal
Hours: Wednesday 10h30 to 16h00
Fees: membership card: $10
Financing: self-financing
Legal status: non-profit organization

CLUB DES AÎNÉS DE CHOMEDEY
Confidential Address
450 681-5335
Email: chomedeyseniorsclub@hotmail.com
Services: * Social, cultural and recreational activities for seniors.
Eligibility: seniors
Coverage area: Chomedey
Hours: meeting: Thursday 13h30 to 15h30, activities: variable
Fees: annual membership: $40, activities: variable
Financing: self-financing
Legal status: non-profit organization

CLUB DES AÎNÉS LES MÈCHES D’ARGENT DE SAINT-PIE-X DE CHOMEDEY
1065 Pie-X Boulevard, Chomedey, Laval, QC, H7V 3B2
450 978-2318
Eligibility: seniors
Coverage area: Laval
Hours: bingo: Tuesday, dancing class: Wednesday 13h00 to 14h30 and 14h30 to 16h00, dance parties: 2nd Saturday of the month 19h30 to 23h00
Fees: membership: $4, from September: 8$
Financing: grants, membership fees
Legal status: non-profit organization

COMITÉ D’ANIMATION DU TROISIÈME ÂGE DE LAVAL
140 Nadon Street, Sainte-Rose, Laval, QC, H7L 1T5
450 622-1228 Fax: 450 625-3078
Website: www.lecatal.ca
Email: cia@lecatal.ca
Seniors

Eligibility: seniors 50 years and over, volunteer transportation: people on the waiting list for paratransit
Coverage area: Laval
Hours: Monday to Thursday 8h30 to 16h00, Friday 8h30 to 13h30
Fees: membership: $15, off-territory member: $22
Financing: contributions, Centraide of Greater Montréal, provincial, municipal
Legal status: non-profit organization

FADOQ - RÉGION LAVAL
1850 le Corbusier Boulevard, Suite 307, Chomedey, Laval, QC, H7S 2K1
450 686-2339 Fax: 450 686-4845
Website: www.fadoq.ca/laval
Email: info@fadoqlaval.com
Services: * Grouping and representation in order to maintain and improve quality of life. * Advocacy of rights, promotion of contribution to society. * Awareness programs and workshops on various subjects. * Privilege program: access to discounts on various products and services. * Recreational and social activities.
Eligibility: people 50 years and over
Coverage area: Laval
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: membership: $30 per year or $50 for 2 years
Financing: self-financing, membership fees
Legal status: non-profit organization

GROUPE DE LOISIRS LA RELANCE
3235 Saint-Martin Boulevard East, Suite 110, Duvernay, Laval, QC, H7E 5G8
450 661-4276
Website: groupe-loisirs-relance.org
Email: info@loisirsrelance.org
Eligibility: seniors 50 years and over
Coverage area: Laval
Hours: office: Monday to Thursday 9h00 to 12h00 and 13h00 to 14h00, Friday 9h00 to 12h00, activities: Monday to Friday 9h00 to 16h00
Fees: annual fee: $20
Financing: self-financing
Legal status: non-profit organization

GROUPE PROMO-SANTÉ LAVAL
3235 Saint-Martin Boulevard East, Suite 210, Duvernay, Laval, QC, H7E 5G8
450 668-2121
Website: gpslaval.com
Email: info@gpslaval.com
Eligibility: general public, community organizations
Coverage area: Laval
Hours: Monday to Friday 8h00 to 16h00, variable
Fees: physical activity support: free, other services: variable
Financing: municipal, provincial, federal, foundations, self-financing
Legal status: non-profit organization
HELLENIC SOCIAL SERVICES OF QUÉBEC - LAVAL
3860 Notre-Dame Boulevard, Suite 202, Chomedey, Laval, QC, H7V 1S1
450 688-2091     Fax: 450 688-2084
Website: hcgm.org
Email: info@hcgm.org
listening and accompaniment. * Interpretation and translation. * Assistance with filling out documents and forms.
* Occasional clinics and workshops in collaboration with the CLSC. * Assistance to seniors, families and youth.
* Advocacy. Seniors * Assistance to abused seniors. * Friendly phone calls. * Programme intégré d'équilibre
dynamique (PIED) for seniors. * Support for caregivers: support groups, coffee meetings, information and
referral, Info-mobile: booths in public events. * Recreational and bonding activities for seniors. Education *
Computer classes. * French classes.
Eligibility: people of various origins, particularly Greek
Coverage area: Laval
Hours: Monday to Friday 9h00 to 17h00
Fees: annual membership: $15, less than $5 for clients of the food bank
Financing: donations, grants, provincial
Legal status: non-profit organization

LITTLE BROTHERS - LAVAL
435 Curé-Labelle Boulevard South, Suite 205, Chomedey, Laval, QC, H7V 2S8
450 934-8955
Website: www.petitsfreres.ca/laval
Email: laval@petitsfreres.ca
Services: Organization seeking to deal with the isolation of people of advanced age until their end of life. *
Accompaniment and pairing with volunteers. * Visits in people's living environments: at-home, at the hospital or
CHSLD, in residences, etc. * Other End of the Line: telephone pairing. * Activities and special outings to
accompaniment. * Christmas gifts.
Eligibility: seniors over 75 years without a present family or significant social contact
Coverage area: Laval
Hours: Monday to Friday 9h00 to 16h00
Fees: free
Financing: fundraising campaigns, self-financing, donations
Legal status: non-profit organization

LOISIRS RENAUD/COURSOL
25 Saint-Louis Street, Suite 110, Pont-Viau, Laval, QC, H7G 4W3
450 933-5274
Website: renaudcoursol.com
Email: info@renaudcoursol.com
* Varied activities: shows, conferences, winter event, outings, bazaar, exhibitions, etc. * Arts classes for youth:
painting, drawing and theatre. * Arts classes for adults: knitting, crochet, painting, drawing, watercolor, etc. *
Sports activities for youth: dancing, martial arts, team sports, etc. * Sports activities for adults: cardio, stretching,
yoga, zumba, martial arts, team sports, etc. * Aquatic activities for youth and adults: swimming lessons,
aquafitness, aquajogging.
Coverage area: Laval
Hours: variable
Fees: variable
Financing: self-financing, municipal, donations
Legal status: non-profit organization
MAISON DES GRANDS-PARENTS DE LAVAL  
25 Saint-Louis Street, Suite 111, Pont-Viau, Laval, QC, H7G 4W3  
450 575-4443  Fax: 450 575-4443  
Website: www.maisongpl.com  
Email: mgplaval@videotron.ca  

Services:  
* Intergenerational pairing and correspondance with children in collaboration with Maison des enfants Le Dauphin.  
* Participation in cultural events and in activities in primary and secondary schools.  
* Knitting club.  
* Un coup d’coeur pour toi: making of bags and comforters for Centre Jeunesse de Laval.  
* Pairing of seniors with students from Montmorency College and the Centre culturel québéco-syrien seeking to prevent seniors’ isolation and extend the participants’ learning of French.

Eligibility: seniors, children and teenagers  
Coverage area: Laval  
Hours: Monday and Wednesday 10h00 to 17h30  
Fees: membership: $5  
Financing: membership fees  
Legal status: non-profit organization

MARDIS DE L’AMITIÉ SAINTE-BÉATRICE (LES)  
475 des Perron Avenue, Suite 4, Auteuil, Laval, QC, H7H 1E2  
514 506-4687  

Services:  
* Recreational and social activities: dance, cards, scrabble, etc.  
* Outings.  
* Occasional meals.

Eligibility: seniors  
Capacity: 200  
Coverage area: Laval  
Hours: dance lessons: Tuesday 10h00 to 11h30, games: Tuesday 13h00 to 16h00  
Fees: membership: $10  
Financing: membership fees, self-financing  
Legal status: non-profit organization

MÉCANISME D’ASSITANCE POUR USAGERS VULNÉRABLES  
Confidential Address  
514 708-6288  
Website: www.mauv.ca  
Email: info@mauv.ca  

Services:  
* Guidance and specialized services for people in a situation of vulnerability or loss of autonomy.  
* MAUVment: guidance and support in finding a living environment, conferences.  
* noMad: advice and support for incontinence and hygiene products and delivery anywhere in Québec.  
* L’heure Dorée: podcast offering a forum for seniors, caregivers and workers.  
* MAUV-it: physical training, certified yoga program, physical warm-up and stretching program.  
* Activities: cognitive and fun entertainment, board games, special events, zoo-animation, informative videos and conferences.

Eligibility: active elderly, or with a loss of autonomy  
Coverage area: Laval, Laurentides, Lanaudière  
Hours: Monday to Friday 9h00 to 17h00, Saturday and Sunday 10h00 to 16h00  
Fees: none  
Financing: self-financing, grants  
Legal status: non-profit organization

PARTAGE HUMANITAIRE  
435 Curé-Labelle Boulevard, Suite 219, Chomedey, Laval, QC, H7V 2S8  
450 681-1536  Fax: 450 681-3484  
Website: partagehumanitaire.ca  
Email: mariebdorval@partagehumanitaire.ca  

Services: Animation in living environments for seniors living in housing resources in Laval.  
Eligibility: seniors or people living with a disability with a loss of autonomy
**SCAMA**

3168 Cartier Boulevard West, Chomedey, Laval, QC, H7V 1J7

450 681-4240  Fax: 450 681-0264

Website: centrescama.org

Email: info@centrescama.org

**Services:** Community centre for social and recreational activities. * Mutual aid and home support services: friendly visits and calls, meals on wheels, food assistance and delivery of healthy frozen meals. * Chair exercice, coffee chats, French conversation workshops, conferences, outings, bingo, etc. * Allô Sam: small works, carport building, furniture assembly, air conditioner assembly and disassembly, house cleaning and computer assistance. * Amperâge project: multilingual accompaniment for seniors, to avoid isolation and identify at-risk situations. * Christmas baskets.

**Eligibility:** seniors 50 years old and over

**Coverage area:** meals on wheels and Amperâge: Chomedey, other services: Chomedey, Laval, Sainte-Dorothée

**Hours:** Monday to Friday 8h00 to 16h30

**Fees:** membership: $15, meals on wheels: $6.50 per meal, Amperâge: free, Allô Sam: $25 per hour, minimum of 2 hours and $10 travel fee, meals on site: $5

**Financing:** provincial, grants

**Legal status:** non-profit organization

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**UNIVERSITÉ DU TROISIÈME ÂGE - LAVAL**

Confidential Address

1 800 267-8337 ext. 67630  Fax: 819 821-8044

Website: www.usherbrooke.ca/uta/prog/lvl

Email: uta@usherbrooke.ca

**Services:** Educational programming distributed in 49 university branches for people aged 50 years and over. * Non-credited educational activities without papers or exams. * Different teaching methods: courses, seminars, lectures, workshops, physical activities. * Student associations promoting integration in cultural and social life.

**Eligibility:** people 50 years and over, no prior degree is required

**Coverage area:** Laval

**Fees:** variable tuition according to the activity, compulsory student fee: $7, optional donation

**Financing:** donations, grants

**Legal status:** non-profit organization

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**Day centres and respite**

**ALZHEIMER SOCIETY LAVAL**

2525 René-Laennec Boulevard, Vimont, Laval, QC, H7K 0B2

450 975-0966  Fax: 450 975-0517

Website: alzheimerlaval.org

Email: info@alzheimerlaval.org

**Services:** * Helpline. * Individual or family counselling on site or at home with follow-up. * Support groups for people with Alzheimer's and caregivers. * Activity and respite centre, emergency drop-in centre. * At-home stimulation respite: 4 hours per week or 8 hours every 2 weeks. * Temporary or permanent housing. * Training for caregivers.

**Eligibility:** people living with Alzheimer's disease or a neurocognitive disorder, caregivers, professionals

**Capacity:** respite housing: 2 private rooms, permanent housing: 10 private rooms

**Coverage area:** Laval

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ASSOCIATION LAVALLOISE DES PERSONNES AIDANTES
1850 Le Corbusier Boulevard, Suite 100, Chomedey, Laval, QC, H7S 2K1
450-686-2572 ext. 221 Fax: 450 686-2503
Website: www.aldpa.org/english
Email: info@aldpa.org


Eligibility: caregivers of a person with a loss of autonomy or a person with a physical or intellectual disability or an autism spectrum disorder, day centres: seniors, adults 21 years and over living with a physical or intellectual disability or an autism spectrum disorder

Capacity: variable

Coverage area: Laval

Fees: annual membership: $20, services: variable, respite: $3 per hour, day centre for seniors and adults: $3 per hour

Financing: federal, provincial, municipal, foundations, donations, fundraising campaigns

Legal status: non-profit organization

ASSOCIATION POUR AINÉS RÉSIDANT À LAVAL
4901 Saint-Joseph Street, Saint-Vincent-de-Paul, Laval, QC, H7C 1H6
450 661-5252 Fax: 450 661-2497
Website: www.aparl.org
Email: information@aparl.org


Eligibility: people 50 years and over

Coverage area: East of Laval, ITMAV: Saint-Vincent-de-Paul, Duvernay, Saint-François

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: membership card: $15

Financing: Centraide of Greater Montréal, provincial, municipal

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE LE RENDEZ-VOUS DES AÎNÉS
10 Proulx Street West, Laval-des-Rapides, Laval, QC, H7N 1N3
450 667-8836 Fax: 450 667-5810
Website: ccrva.org
Email: info@ccrva.org
Seniors


**Eligibility:** people 50 years old and over, adapted recreational activities: people 35 years old and over  

**Coverage area:** Laval  

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, thrift store: Monday and Thursday 9h00 to 16h00  

**Fees:** membership: $15 per year, meals: $6.50 for members and $8 for non-members, frozen meals: variable prices, fresh meal of the day: $4.50  

**Financing:** Centraide of Greater Montréal, provincial, self-financing  

**Legal status:** non-profit organization

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**CENTRE D'ÉCOUTE DE LAVAL**  
Confidential Address  
450 664-2787  
Website: www.centredecoute.com  
Email: info@centredecoutelaval.com  

**Services:** Anonymous and confidential general hotline for any person in difficulty or in need to confide in somebody. * Information on various services for seniors: financial aid, loss of autonomy, housing, death, home support, taxes, etc. * Referral.  

**Eligibility:** any person in difficulty or in need to confide in somebody  

**Coverage area:** Laval, North Shore, Laurentians  

**Hours:** 24 hours / 7 days  

**Fees:** free  

**Financing:** provincial, self-financing  

**Legal status:** non-profit organization

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**CENTRE D'HÉBERGEMENT DE SAINTE-DOROTHÉE**  
350 Samson Boulevard West, Sainte-Dorothée, Laval, QC, H7X 1J4  
450 689-0933  Fax: 450 689-3147  
Website: www.lavalensante.com/en  

**Services:** Public care centre for seniors and people with a loss of autonomy. * Housing and long-term care. * Day centre offering therapeutic services to maintain the autonomy of non-residents.  

**Eligibility:** seniors and people with a loss of autonomy  

**Capacity:** 285 residents  

**Coverage area:** Laval  

**Financing:** provincial  

**Legal status:** non-profit organization

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**CENTRE D'HÉBERGEMENT FERNAND-LAROCQUE**  
5436 Lévesque Boulevard East, Saint-Vincent-de-Paul, Laval, QC, H7C 1N7  
450 661-5440  
Website: www.lavalensante.com/en  

**Services:** Public care centre for seniors and people with a loss of autonomy. * Housing and long-term care. * Day centre offering therapeutic services to maintain the autonomy of non-residents.  

**Eligibility:** seniors and people with a loss of autonomy  

**Coverage area:** Laval  

**Financing:** provincial  

**Legal status:** parapublic organization
CENTRE D'HÉBERGEMENT LA PINIÈRE
4895 Saint-Joseph Street, Saint-Vincent-de-Paul, Laval, QC, H7C 1H6
450 661-3305
Website: www.lavalensante.com/en
Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long-term care. * Day centre offering therapeutic services to maintain the autonomy of non-residents.
Eligibility: seniors and people with a loss of autonomy
Coverage area: Laval
Financing: provincial
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT SAINTE-ROSE
280 Roi-du-Nord Boulevard, Sainte-Rose, Laval, QC, H7L 4L2
450 622-6996
Website: www.lavalensante.com/en
Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long-term care. * Day centre offering therapeutic services to maintain the autonomy of non-residents.
Eligibility: seniors and people with a loss of autonomy
Coverage area: Laval
Financing: provincial
Legal status: parapublic organization

COMITÉ D'ANIMATION DU TROISIÈME ÂGE DE LAVAL
140 Nadon Street, Sainte-Rose, Laval, QC, H7L 1T5
450 622-1228 Fax: 450 625-3078
Website: www.lecatal.ca
Email: cia@lecatal.ca
Eligibility: seniors 50 years and over, volunteer transportation: people on the waiting list for paratransit
Coverage area: Laval
Hours: Monday to Thursday 8h30 to 16h00, Friday 8h30 to 13h30
Fees: membership: $15, off-territory member: $22
Financing: contributions, Centraide of Greater Montréal, provincial, municipal
Legal status: non-profit organization

LITTLE BROTHERS - LAVAL
435 Curé-Labelle Boulevard South, Suite 205, Chomedey, Laval, QC, H7V 2S8
450 934-8955
Website: www.petitsfreres.ca/laval
Email: laval@petitsfreres.ca
Eligibility: seniors over 75 years without a present family or significant social contact
Coverage area: Laval
Hours: Monday to Friday 9h00 to 16h00
Fees: free
Financing: fundraising campaigns, self-financing, donations
Legal status: non-profit organization
MÉCANISME D’ASSISTANCE POUR USAGERS VULNÉRABLES

Confidential Address
514 708-6288
Website: www.mauv.ca
Email: info@mauv.ca

Services: Guidance and specialized services for people in a situation of vulnerability or loss of autonomy. * MAUVment: guidance and support in finding a living environment, conferences. * noMad: advice and support for incontinence and hygiene products and delivery anywhere in Québec. * L’heure Dorée: podcast offering a forum for seniors, caregivers and workers. * MAUV-it: physical training, certified yoga program, physical warm-up and stretching program. * Activities: cognitive and fun entertainment, board games, special events, zoo-animation, informative videos and conferences.

Eligibility: active elderly, or with a loss of autonomy
Coverage area: Laval, Laurentides, Lanaudière
Hours: Monday to Friday 9h00 to 17h00, Saturday and Sunday 10h00 to 16h00

RELAISS COMMUNAUTAIRE DE LAVAL
111 des Laurentides Boulevard, Suite 101, Pont-Viau, Laval, QC, H7G 2T2
450 668-8727 Fax: 450 668-9615
Website: relais-communautaire.org
Email: info@relais-communautaire.org


Eligibility: people on a low income
Capacity: 50
Coverage area: Laval

RÉSEAU D’INFORMATION DES AÎNÉS DU QUÉBEC
162 André Chénier Street, Sainte-Rose, Laval, QC, H7L 2S6
1 866 592-9408
Website: www.riaq.ca
Email: leriaq@gmail.com


Eligibility: people 50 years and over
**Seniors**

**Coverage area:** Province of Québec  
**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 17h00  
**Fees:** membership: $60 per year  
**Financing:** grants, contributions  
**Legal status:** non-profit organization

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**Friendly visits and safety calls**

**ASSOCIATION POUR AINÉS RÉSIDANT À LAVAL**  
4901 Saint-Joseph Street, Saint-Vincent-de-Paul, Laval, QC, H7C 1H6  
**450 661-5252**  
**Fax:** 450 661-2497  
**Website:** www.aparl.org  
**Email:** information@aparl.org  
**Eligibility:** people 50 years and over  
**Coverage area:** East of Laval, ITMAV: Saint-Vincent-de-Paul, Duvernay, Saint-François  
**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30  
**Fees:** membership card: $15  
**Financing:** Centraide of Greater Montréal, provincial, municipal  
**Legal status:** non-profit organization

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**BONJOUR AUJOURD’HUI ET APRÈS**  
800 Montrose Street, Duvernay, Laval, QC, H7E 3M5  
**450 661-6716**  
**Fax:** 450 661-5300  
**Website:** bonjouraujourdhui.ca  
**Email:** direction@bonjouraujourdhui.com  
**Services:** Home support services by a volunteer network. * Meals on wheels, frozen meals sale, drop-in meals, conference dinner, catering. * Friendly calls and visits, minor repairs. * Room rental. * Accompaniment-transportation for medical issues.  
**Eligibility:** seniors and people of all ages with temporary or permanent loss of autonomy  
**Coverage area:** CLSC des Mille-Îles: Duvernay, Duvernay-East Saint-François and Saint-Vincent-de-Paul in Laval (postal codes beginning with H7A, H7B, H7C, H7E and H7J)  
**Hours:** Monday to Friday 8h00 to 15h00, lunch everyday 11h30 to 13h00  
**Fees:** annual membership: $25, meals on wheels: $7.50 per meal, payment at the end of the month  
**Financing:** provincial, fundraising campaigns, donations  
**Legal status:** non-profit organization

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**CENTRE COMMUNAUTAIRE LE COUMBITE DE LAVAL**  
111 des Laurentides Boulevard, Suite 220, Pont-Viau, Laval, QC, H7G 2T2  
**450 662-9771**  
**Fax:** 450 662-9319  
**Website:** coumbitetelaval.net  
**Email:** coumbite@videotron.ca  
**Eligibility:** ethnocultural communities, especially the families of the Haitian community  
**Coverage area:** Laval
Seniors

Hours: Monday to Friday 9h00 to 17h00
Fees: membership card: $12
Financing: contributions, provincial, fundraising campaigns
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE LE RENDEZ-VOUS DES AÎNÉS
10 Proulx Street West, Laval-des-Rapides, Laval, QC, H7N 1N3
450 667-8836  Fax: 450 667-5810
Website: ccrva.org
Email: info@ccrva.org


Eligibility: people 50 years old and over, adapted recreational activities: people 35 years old and over
Coverage area: Laval

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, thrift store: Monday and Thursday 9h00 to 16h00
Fees: membership: $15 per year, meals: $6.50 for members and $8 for non-members, frozen meals: variable prices, fresh meal of the day: $4.50
Financing: Centraide of Greater Montréal, provincial, self-financing
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE PETIT ESPOIR
1235 Montée du Moulin, Suite 06, Saint-François, Laval, QC, H7A 3V6
450 936-1922  Fax: 450 936-1923
Website: www.petitespoir.org
Email: petitespoir@videotron.ca


Eligibility: newcomers, seniors, women on a low income
Coverage area: Laval: Saint-François, Saint-Vincent-de-Paul, Vimont, Duvernay neighbourhoods
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: grants, donations, self-financing
Legal status: non-profit organization

CENTRE D’ENTRAIDE DU MARIGOT
131 de la Concorde Boulevard East, Pont-Viau, Laval, QC, H7G 2C3
450 668-5375 ext. 221  Fax: 450 668-5634
Website: cemarigot.com
Email: reception@cemarigot.com


Eligibility: home support services: seniors and people with a loss of autonomy, Café de la Concorde: open to all
**Coverage area:** home support services: CLSC du Marigot (Pont-Viau, Laval-des-Rapides, Vimont-Sud), Café de la Concorde: Laval

**Hours:** Monday to Friday 8h00 to 16h00, Café de la Concorde: Monday to Friday 8h00 to 18h00

**Fees:** meals on wheels: $7.50, take-out meals: starting at $4.75

**Financing:** provincial, self-financing, donations

**Legal status:** non-profit organization

**CENTRE DE BÉNÉVOLAT ET MOISSON LAVAL**

1870 Michelin Street, Sainte-Rose, Laval, QC, H7L 4R3

450 681-6164  Fax: 450 681-5458

Website: benevolatlaval.qc.ca/en/

Email: info@benevolatlaval.qc.ca


**Eligibility:** residents, people and families on a low income, organizations helping people on a low income, newcomers, refugees

**Capacity:** 75 organizations

**Coverage area:** Laval

**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00

**Fees:** emergency food counter: voluntary contribution of $5

**Financing:** Centraide of Greater Montréal, provincial, foundations, donations

**Legal status:** non-profit organization

**COMITÉ D’ANIMATION DU TROISIÈME ÂGE DE LAVAL**

140 Nadon Street, Sainte-Rose, Laval, QC, H7L 1T5

450 622-1228  Fax: 450 625-3078

Website: www.lecatal.ca

Email: cia@lecatal.ca


**Eligibility:** seniors 50 years and over, volunteer transportation: people on the waiting list for paratransit

**Coverage area:** Laval

**Hours:** Monday to Thursday 8h30 to 16h00, Friday 8h30 to 13h30

**Fees:** membership: $15, off-territory member: $22

**Financing:** contributions, Centraide of Greater Montréal, provincial, municipal

**Legal status:** non-profit organization

**DIRA-LAVAL**

1450 Pie-X Boulevard, Suite 217, Chomedey, Laval, QC, H7V 3C1

450 681-8813  Fax: 450 681-1163

Website: dira-laval.ca

Email: diralaval@videotron.ca


**Eligibility:** seniors 50 years and over

**Coverage area:** Laval

**Hours:** Monday to Friday 8h30 to 16h30, by appointment

**Fees:** none
**Financing:** provincial  
**Legal status:** non-profit organization

**HELLENCIC SOCIAL SERVICES OF QUÉBEC - LAVAL**  
3860 Notre-Dame Boulevard, Suite 202, Chomedey, Laval, QC, H7V 1S1  
**450 688-2091**  
**Fax:** 450 688-2084  
**Website:** hcgm.org  
**Email:** info@hcgm.org  
**Eligibility:** people of various origins, particularly Greek  
**Coverage area:** Laval  
**Hours:** Monday to Friday 9h00 to 17h00  
**Fees:** annual membership: $15, less than $5 for clients of the food bank  
**Financing:** donations, grants, provincial  
**Legal status:** non-profit organization

**LITTLE BROTHERS - LAVAL**  
435 Curé-Labelle Boulevard South, Suite 205, Chomedey, Laval, QC, H7V 2S8  
**450 934-8955**  
**Website:** www.petitsfreres.ca/laval  
**Email:** laval@petitsfreres.ca  
**Services:** Organization seeking to deal with the isolation of people of advanced age until their end of life. * Accompaniment and pairing with volunteers. * Visits in people's living environments: at-home, at the hospital or CHSLD, in residences, etc. * Other End of the Line: telephone pairing. * Activities and special outings to celebrate birthdays and traditional holidays. * Holidays stays at The Juliette Huot Home in Oka. * End-of-life accompaniment. * Christmas gifts.  
**Eligibility:** seniors over 75 years without a present family or significant social contact  
**Coverage area:** Laval  
**Hours:** Monday to Friday 9h00 to 16h00  
**Fees:** free  
**Financing:** fundraising campaigns, self-financing, donations  
**Legal status:** non-profit organization

**SCAMA**  
3168 Cartier Boulevard West, Chomedey, Laval, QC, H7V 1J7  
**450 681-4240**  
**Fax:** 450 681-0264  
**Website:** centrescama.org  
**Email:** info@centrescama.org  
**Services:** Community centre for social and recreational activities. * Mutual aid and home support services: friendly visits and calls, meals on wheels, food assistance and delivery of healthy frozen meals. * Chair exercise, coffee chats, French conversation workshops, conferences, outings, bingo, etc. * Allô Sam: small works, carport building, furniture assembly, air conditioner assembly and disassembly, house cleaning and computer assistance. * Amperâge project: multilingual accompaniment for seniors, to avoid isolation and identify at-risk situations. * Christmas baskets.  
**Eligibility:** seniors 50 years old and over  
**Coverage area:** meals on wheels and Amperâge: Chomedey, other services: Chomedey, Laval, Sainte-Dorothée  
**Hours:** Monday to Friday 8h00 to 16h30
Seniors

**Fees:** membership: $15, meals on wheels: $6.50 per meal, Amperâge: free, Allô Sam: $25 per hour, minimum of 2 hours and $10 travel fee, meals on site: $5

**Financing:** provincial, grants

**Legal status:** non-profit organization

**SERVICE BÉNÉVOLE D’ENTRAIDE DE VIMONT-AUTEUIL**

2287-B Aladin Street, Vimont, Laval, QC, H7K 2T6

450 662-1341   Fax: 450 662-3560

Website: www.sbeva.com

Email: sbeva@videotron.ca

**Services:** * Meals on wheels. * Friendly lunches. * Frozen meals. * Thrift store: sale and on-site recovery of clothing, small electronic products and appliances, cooking utensils, books, sports equipment and toys.

**Eligibility:** people with a permanent or temporary loss of autonomy, meals on wheels and frozen meals: people with a permanent or temporary loss of autonomy and caregivers, friendly lunches: seniors and people with a slight loss of autonomy

**Coverage area:** Laval: postal codes starting by H7L, H7K, H7H

**Hours:** Monday to Friday 8h00 to 15h30, friendly lunch: Tuesday

**Fees:** lunches or meals on wheels: $6.75, frozen meals: $4.75

**Financing:** grants, self-financing, donations

**Legal status:** non-profit organization

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**ASSOCIATION DES POPOTES ROULANTES DE LAVAL**

1870 Michelin Street, Sainte-Rose, Laval, QC, H7L 4R3

579 934-3980

Website: popotesroulantes.org

Email: administration@popoteroulantelaval.org

**Services:** * Network, representation and communication between at-home meal delivery services for seniors and people with a loss of autonomy. * Information to the population about the meals on wheels services. * Christmas market.

**Eligibility:** meals on wheels services, seniors, persons with a permanent or temporary loss of autonomy

**Coverage area:** Laval

**Hours:** Monday to Friday 8h30 to 16h30

**Financing:** provincial, donations

**Legal status:** non-profit organization

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**ASSOCIATION LAVALLOISE DES PERSONNES AIDANTES**

1850 Le Corbusier Boulevard, Suite 100, Chomedey, Laval, QC, H7S 2K1

450-686-2572 ext. 221   Fax: 450 686-2503

Website: www.aldpa.org/english

Email: info@aldpa.org


**Eligibility:** caregivers of a person with a loss of autonomy or a person with a physical or intellectual disability or an autism spectrum disorder, day centres: seniors, adults 21 years and over living with a physical or intellectual disability or an autism spectrum disorder

**Capacity:** variable

**Coverage area:** Laval
ASSOCIATION POUR AINÉS RÉSIDANT À LAVAL
4901 Saint-Joseph Street, Saint-Vincent-de-Paul, Laval, QC, H7C 1H6
450 661-5252 Fax: 450 661-2497
Website: www.aparl.org
Email: information@aparl.org


Eligibility: people 50 years and over

Coverage area: East of Laval, ITMAV: Saint-Vincent-de-Paul, Duvernay, Saint-François

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: membership card: $15

Financing: Centraide of Greater Montréal, provincial, municipal

Legal status: non-profit organization

BONJOUR AUJOURD'HUI ET APRÈS
800 Montrose Street, Duvernay, Laval, QC, H7E 3M5
450 661-6716 Fax: 450 661-5300
Website: bonjouraujourdhui.ca
Email: direction@bonjouraujourdhui.com


Eligibility: seniors and people of all ages with temporary or permanent loss of autonomy

Coverage area: CLSC des Mille-Îles: Duvernay, Duvernay-East Saint-François and Saint-Vincent-de-Paul in Laval (postal codes beginning with H7A, H7B, H7C, H7E and H7J)

Hours: Monday to Friday 8h00 to 15h00, lunch everyday 11h30 to 13h00

Fees: annual membership: $25, meals on wheels: $7.50 per meal, payment at the end of the month

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

CARREFOUR POUR AÎNÉS SEMI-AUTONOMES
475 des Perron Avenue, Suite A, Auteuil, Laval, QC, H7H 1E2
450 937-2335 Fax: 450 937-2447
Website: www.residencescasa.ca
Email: direction@residencescasa.ca


Eligibility: semi-autonomous seniors, their family, caregivers and professionals

Coverage area: Laval

Hours: Monday to Friday 8h30 to 16h30

Fees: none
Financing: grants, fundraising campaigns
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE EBEN-EZER
8488 Lévesque Boulevard East, Saint-François, Laval, QC, H7A 1W5
450 665-1798     Fax: 450 665-5264
Email: emmanuellaurent@hotmail.fr


Eligibility: people on a low income, seniors, people with a loss of autonomy, newcomers

Coverage area: Saint-François
Hours: Monday to Friday 10h00 to 16h00
Financing: donations
Legal status: non-profit organization

CENTRE D’ENTRAIDE DU MARIGOT
131 de la Concorde Boulevard East, Pont-Viau, Laval, QC, H7G 2C3
450 668-5375 ext. 221     Fax: 450 668-5634
Website: cemarigot.com
Email: reception@cemarigot.com


Eligibility: home support services: seniors and people with a loss of autonomy, Café de la Concorde: open to all

Coverage area: home support services: CLSC du Marigot (Pont-Viau, Laval-des-Rapides, Vimont-Sud), Café de la Concorde: Laval
Hours: Monday to Friday 8h00 to 16h00, Café de la Concorde: Monday to Friday 8h00 to 18h00
Fees: meals on wheels: $7.50, take-out meals: starting at $4.75
Financing: provincial, self-financing, donations
Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT ET MOISSON LAVAL
1870 Michelin Street, Sainte-Rose, Laval, QC, H7L 4R3
450 681-6164     Fax: 450 681-5458
Website: benevolatlaval.qc.ca/en/
Email: info@benevolatlaval.qc.ca


Eligibility: residents, people and families on a low income, organizations helping people on a low income, newcomers, refugees
Capacity: 75 organizations
Coverage area: Laval
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00
Fees: emergency food counter: voluntary contribution of $5
Financing: Centraide of Greater Montréal, provincial, foundations, donations
Legal status: non-profit organization
COMITÉ D'ANIMATION DU TROISIÈME ÂGE DE LAVAL
140 Nadon Street, Sainte-Rose, Laval, QC, H7L 1T5
450 622-1228 Fax: 450 625-3078
Website: www.lecatal.ca
Email: cia@lecatal.ca
Eligibility: seniors 50 years and over, volunteer transportation: people on the waiting list for paratransit
Coverage area: Laval
Hours: Monday to Thursday 8h30 to 16h00, Friday 8h30 to 13h30
Fees: membership: $15, off-territory member: $22
Financing: contributions, Centraide of Greater Montréal, provincial, municipal
Legal status: non-profit organization

COOPÉRATIVE DE SOUTIEN À DOMICILE DE LAVAL
312-A Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7N 2J2
450 972-1313 Fax: 450 972-1919
Website: cooplaval.com/en/home
Email: info@cooplaval.com
Eligibility: people aged 50 years old and over, people in temporary or permanent loss of autonomy, people with a temporary or permanent physical disability
Coverage area: Laval
Hours: Monday to Friday 8h00 to 17h00
Fees: social geriatrics: free, light house keeping: $31.50 per hour, heavy housekeeping: $35 per hour, RAMQ financial assistance program allowing for reductions depending on admissibility
Financing: self-financing
Legal status: cooperative

GROUPE D'ENTRAIDE LA ROSÉE
5565 Dagenais Boulevard, Laval-Ouest, Laval, QC, H7R 1M1
450 962-9971 Fax: 450 962-4420
Website: www.larosee.qc.ca
Email: reception@larosee.qc.ca
Eligibility: people on a low income or with a loss of autonomy
Coverage area: Laval-Ouest, Fabreville, Sainte-Dorothée (postal codes starting with H7R, H7P, H7Y and H7X)
Hours: thrift store: Tuesday to Friday 12h00 to 17h00, Saturday 12h00 to 15h00, meals on wheels: 5 times a week, at lunchtime, emergency food assistance: Monday to Friday, in the afternoon
Fees: meals on wheels: $6.75 per meal
Financing: donations, self-financing, provincial
Legal status: non-profit organization

HELLENIC SOCIAL SERVICES OF QUÉBEC - LAVAL
3860 Notre-Dame Boulevard, Suite 202, Chomedey, Laval, QC, H7V 1S1
450 688-2091 Fax: 450 688-2084
Website: hcgm.org
Email: info@hcgm.org

Eligibility: people of various origins, particularly Greek

Coverage area: Laval

Hours: Monday to Friday 9h00 to 17h00

Fees: annual membership: $15, less than $5 for clients of the food bank

Financing: donations, grants, provincial

Legal status: non-profit organization

JEUN'EST EN FORME

3606 de la Concorde Boulevard East, Saint-François, Laval, QC, H7A 4C6
514 649-7558
Website: jeunestenforme.com
Email: clizotte@jeunestenforme.com

Services: Support service for citizens in a situation of vulnerability in the East of Laval. * Information and referral of families towards activities and services of the organizations and institutions of the area. * Help with filling out social housing forms.

Eligibility: residents of all ages

Coverage area: East of Laval: Duvernay and Saint-Vincent-De-Paul

Hours: Monday to Thursday 9h00 to 17h00

Fees: none

Financing: foundations

Legal status: non-profit organization

POPOTE ROULANTE SAINT-NOËL-CHABANEL

8560 de l'Église Street, Saint-François, Laval, QC, H7A 1K9
450 665-3919
Email: cournoyerdiane@videotron.ca

Services: Cooking and distribution of warm meals.

Eligibility: seniors who are isolated, disabled or with a temporary or permanent loss of autonomy

Coverage area: Laval

Hours: Tuesday to Thursday 9h00 to 13h00, delivery: Tuesday, Wednesday and Thursday

Fees: $7.50 per meal

Financing: self-financing, grants

Legal status: non-profit organization

RELAIS COMMUNAUTAIRE DE LAVAŁ

111 des Laurentides Boulevard, Suite 101, Pont-Viau, Laval, QC, H7G 2T2
450 668-8727 Fax: 450 668-9615
Website: relais-communautaire.org
Email: info@relais-communautaire.org

Eligibility: people on a low income
Capacity: 50
Coverage area: Laval
Hours: food bags distribution: Tuesday and Friday 9h30 to 11h30, Écono Bouffe: Wednesday and Thursday 13h00 to 16h00, Écono Bouffe: Wednesday and Thursday 13h00 to 16h00, breakfast: Tuesday and Friday 9h30 to 11h00, lunch: Monday to Friday 12h00 to 13h00, day centre: Monday to Friday 9h30 to 15h30, Carrefour des Aubaines: Monday 13h00 to 19h00, Tuesday 9h30 to 19h00, Wednesday 9h30 to 20h30, Thursday 12h00 to 19h00, Friday 9h30 to 18h00, Saturday 10h00 to 16h00
Fees: membership card: $5 per year, meals: $3 for members, $5 for non-members
Financing: federal, provincial, municipal, Centraide of Greater Montréal, foundations, donations, self-financing
Legal status: non-profit organization

SCAMA
3168 Cartier Boulevard West, Chomedey, Laval, QC, H7V 1J7
450 681-4240   Fax: 450 681-0264
Website: centrescama.org
Email: info@centrescama.org

Services: Community centre for social and recreational activities. * Mutual aid and home support services: friendly visits and calls, meals on wheels, food assistance and delivery of healthy frozen meals. * Chair exercice, coffee chats, French conversation workshops, conferences, outings, bingo, etc. * Allô Sam: small works, carport building, furniture assembly, air conditioner assembly and disassembly, house cleaning and computer assistance. * Amperâge project: multilingual accompaniment for seniors, to avoid isolation and identify at-risk situations. * Christmas baskets.

Eligibility: seniors 50 years old and over
Coverage area: meals on wheels and Amperâge: Chomedey, other services: Chomedey, Laval, Sainte-Dorothée
Hours: Monday to Friday 8h00 to 16h30
Fees: membership: $15, meals on wheels: $6.50 per meal, Amperâge: free, Allô Sam: $25 per hour, minimum of 2 hours and $10 travel fee, meals on site: $5
Financing: provincial, grants
Legal status: non-profit organization

SERVICE BÉNÉVOLE D’ENTRAIDE DE VIMONT-AUTEUIL
2287-B Aladin Street, Vimont, Laval, QC, H7K 2T6
450 662-1341   Fax: 450 662-3560
Website: www.sbeva.com
Email: sbeva@videotron.ca


Eligibility: people with a permanent or temporary loss of autonomy, meals on wheels and frozen meals: people with a permanent or temporary loss of autonomy and caregivers, friendly lunches: seniors and people with a slight loss of autonomy
Coverage area: Laval: postal codes starting by H7L, H7K, H7H
**Housing for seniors**

**1313 CHOMEDEY (LE)**

1313 Chomedey Boulevard, Chomedey, Laval, QC, H7V 0A2  
**450 687-0313 Fax: 450 687-8121**  
**Email: info@le1313chomedey.com**

**Eligibility:** seniors 65 years old and over, autonomous  
**Capacity:** 159 units  
**Coverage area:** Laval  
**Hours:** Monday to Friday 8h30 to 16h30  
**Fees:** studio: $688 per month, 3½ for one person: $865 to $935 per month, 3½ for 2 people: $1137 to $1143 per month, 4½ for 2 people: $1279 à $1334 per month  
**Financing:** self-financing  
**Legal status:** non-profit organization

**ALZHEIMER SOCIETY LAVAL**

2525 René-Laennec Boulevard, Vimont, Laval, QC, H7K 0B2  
**450 975-0966 Fax: 450 975-0517**  
**Website:** alzheimerlaval.org  
**Email:** info@alzheimerlaval.org

**Services:** * Helpline. * Individual or family counselling on site or at home with follow-up. * Support groups for people with Alzheimer's and caregivers. * Activity and respite centre, emergency drop-in centre. * At-home stimulation respite: 4 hours per week or 8 hours every 2 weeks. * Temporary or permanent housing. * Training for caregivers.  
**Eligibility:** people living with Alzheimer's disease or a neurocognitive disorder, caregivers, professionals  
**Capacity:** respite housing: 2 private rooms, permanent housing: 10 private rooms  
**Coverage area:** Laval  
**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, activity and respite centre: Monday to Friday 9h00 to 16h30, drop-in centre: Monday to Friday 16h00 to 22h00, Saturday and Sunday 8h00 to 22h00, support groups in daytime for people with Alzheimer's disease and in evening for caregivers, training workshops in the evening, temporary accommodation: year-round, 24 hours  
**Fees:** support groups and respite: 5 to $15 per day, home respite: $3 per hour for a maximum of $15 per day, training: $50 per session of 8 weeks
Seniors

Financing: fundraising campaigns, donations, grants
Legal status: non-profit organization

CARREFOUR POUR AÎNÉS SEMI-AUTONOMES
475 des Perron Avenue, Suite A, Auteuil, Laval, QC, H7H 1E2
450 937-2335 Fax: 450 937-2447
Website: www.residencescasa.ca
Email: direction@residencescasa.ca
Eligibility: semi-autonomous seniors, their family, caregivers and professionals
Coverage area: Laval
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: grants, fundraising campaigns
Legal status: non-profit organization

CENTRE D'HÉBERGEMENT DE SAINTE-DOROTHÉE
350 Samson Boulevard West, Sainte-Dorothée, Laval, QC, H7X 1J4
450 689-0933 Fax: 450 689-3147
Website: www.lavalensante.com/en
Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long-term care. * Day centre offering therapeutic services to maintain the autonomy of non-residents.
Eligibility: seniors and people with a loss of autonomy
Capacity: 285 residents
Coverage area: Laval
Financing: provincial
Legal status: non-profit organization

CENTRE D'HÉBERGEMENT FERNAND-LAROCQUE
5436 Lévesque Boulevard East, Saint-Vincent-de-Paul, Laval, QC, H7C 1N7
450 661-5440
Website: www.lavalensante.com/en
Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long-term care. * Day centre offering therapeutic services to maintain the autonomy of non-residents.
Eligibility: seniors and people with a loss of autonomy
Coverage area: Laval
Financing: provincial
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT LA PINIÈRE
4895 Saint-Joseph Street, Saint-Vincent-de-Paul, Laval, QC, H7C 1H6
450 661-3305
Website: www.lavalensante.com/en
Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long-term care. * Day centre offering therapeutic services to maintain the autonomy of non-residents.
Eligibility: seniors and people with a loss of autonomy
Coverage area: Laval
Financing: provincial
Legal status: parapublic organization

360
CENTRE D'HÉBERGEMENT LDOLA-SAINT-JEAN
250 Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7N 5S5
450 668-6750     Fax: 450 668-6945
Website: www.lavalensante.com/en
Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long-term care. * Day centre offering therapeutic services to maintain the autonomy of non-residents.
Eligibility: seniors and people with a loss of autonomy
Coverage area: Laval
Financing: provincial
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT SAINTE-ROSE
280 Roi-du-Nord Boulevard, Sainte-Rose, Laval, QC, H7L 4L2
450 622-6996
Website: www.lavalensante.com/en
Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long-term care. * Day centre offering therapeutic services to maintain the autonomy of non-residents.
Eligibility: seniors and people with a loss of autonomy
Coverage area: Laval
Financing: provincial
Legal status: parapublic organization

DIVISION URGENCE SOCIALE DU SERVICE DE POLICE DE LAVAL
2785, Francis-Hugues Avenue, Chomedey, Laval, QC, H7L 3J6
450 662-4595     Fax: 450-662-8534
Website: laval.ca/police
Email: urgence.sociale@laval.ca
Eligibility: citizens 18 years and over in a crisis situation, food vouchers: families with pending social benefit
Coverage area: Laval
Hours: Monday to Friday 8h15 to 17h30
Fees: none
Financing: municipal
Legal status: municipal agency

HABITATIONS ARARAT
5025 du Souvenir Road, Chomedey, Laval, QC, H7W 0J9
450 934-7589 ext. 103
Email: habitationsararat2014@gmail.com
Eligibility: people aged 60 and over and independent, people living on a low income
Capacity: 74 apartments
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 16h00
Fees: subsidized housing: 25% of income, service fees not included
Financing: provincial
Legal status: non-profit organization
HABITATIONS DU RENDEZ-VOUS (LES)
925 du Bois-de-Boulogne Avenue, Suite 101, Chomedey, Laval, QC, H7N 4G1
514 781-9782
Email: habitationsrendezvous@gmail.com
Services: Subsidized housing for seniors. * 3½ and 4½ apartments. * Adapted housing for people with reduced mobility. * 24/7 monitoring service for emergencies.
Eligibility: people 60 years and over, autonomous or with a slight loss of autonomy, on a low income
Capacity: 18 apartments 3½, 2 apartments 4½
Coverage area: Laval
Fees: 25% of income based on provincial tax assessment, electricity, air conditioning and parking charges at minimal cost
Financing: provincial
Legal status: non-profit organization

HABITATIONS SAINT-CHRISTOPHE (LES)
15 Berri Street, Suite 1, Pont-Viau, Laval, QC, H7G 2W4
514 718-1837
Eligibility: people 65 years and over with a severe loss of autonomy, adults living with a severe physical disability
Capacity: 51 apartments
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: 25% of income based on provincial notice of assessment, meals included
Financing: municipal, provincial
Legal status: non-profit organization

MAISON DU MARIGOT (LA)
260 Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7N 6K7
514 249-9668
Eligibility: autonomous people 75 years and over or people 65 years and over with a slight loss of autonomy, on a low income
Capacity: 28 apartments
Coverage area: Laval
Hours: Monday to Friday 9h00 to 17h00
Fees: 25% of income based on provincial notice of assessment, one meal per day included
Financing: provincial
Legal status: non-profit organization

MANOIR CARDINAL
1111 Chomedey Boulevard, Apartment 101, Chomedey, Laval, QC, H7V 3S4
450 688-4250 Fax: 450 688-7593
Website: www.manoircardinal.ca
Email: manoir.cardinal@videotron.ca
Eligibility: autonomous seniors 55 years and over, retired or semi-retired, with an annual income of less than $35,000 for a single person or $60,000 for 2 people
Capacity: 100 apartments
Coverage area: Chomedey
Hours: Monday to Friday 10h00 to 17h00
**Fees:** $665 to $808 per month without meals  
**Financing:** self-financing  
**Legal status:** non-profit organization

**MANOIR DES PRAIRIES**  
180 Legrand Avenue, Suite 100, Laval-des-Rapides, Laval, QC, H7N 5V9  
**450 668-1765  Fax:** 450 668-9971  
**Email:** manoirdesprairies@qc.aira.com  
**Services:** Apartments for active and independant retirees.  
**Eligibility:** autonomous retirees 55 years old and over  
**Capacity:** 105 apartments: 3 ½ and 4 ½  
**Coverage area:** Laval-des-Rapides  
**Hours:** Monday to Friday 6h00 to 14h00  
**Fees:** from $709 to $820 per month, without meals, parking in addition  
**Financing:** self-financing  
**Legal status:** non-profit organization

**MÉCANISME D'ASSISTANCE POUR USAGERS VULNÉRABLES**  
Confidential Address  
**514 708-6288**  
**Website:** www.mauv.ca  
**Email:** info@mauv.ca  
**Services:** Guidance and specialized services for people in a situation of vulnerability or loss of autonomy. *MAUVment: guidance and support in finding a living environment, conferences. * noMad: advice and support for incontinence and hygiene products and delivery anywhere in Québec. * L'heure Dorée: podcast offering a forum for seniors, caregivers and workers. * MAUV-it: physical training, certified yoga program, physical warm-up and stretching program. * Activities: cognitive and fun entertainment, board games, special events, zoo-animation, informative videos and conferences.  
**Eligibility:** active elderly, or with a loss of autonomy  
**Coverage area:** Laval, Laurentides, Lanaudière  
**Hours:** Monday to Friday 9h00 to 17h00, Saturday and Sunday 10h00 to 16h00  
**Fees:** none  
**Financing:** self-financing, grants  
**Legal status:** non-profit organization

**OFFICE MUNICIPAL D'HABITATION DE LAVAL**  
3320 des Châteaux Street, Chomedey, Laval, QC, H7V 0B8  
**450 688-0184  Fax:** 450 688-9023  
**Website:** www.omhlaval.ca  
**Email:** info@omhlaval.ca  
**Services:** Manage and administer housing and housing programs. * Low-rental housing (HLM). * Rent Supplement Program (PSL). * Québec affordable housing program (LAQ). * Referral service. * AccèsLogis Program.  
**Eligibility:** housing: individuals on a low or moderate income who are Canadian citizens or permanent residents and who have lived in the territory of the Montréal Metropolitan Community for 12 months in the 24 months preceding their application  
**Coverage area:** Laval  
**Hours:** Monday to Friday 8h30 to 12h00 and 13h15 to 16h30, summer (June 24th to Labor Day): Monday to Thursday 8h30 to 12h00 and 13h15 to 16h30, Friday 8h30 to 12h00  
**Financing:** provincial, municipal  
**Legal status:** non-profit organization
Intergenerational activities

ASSOCIATION POUR AINÉS RÉSIDENT À LAVAL
4901 Saint-Joseph Street, Saint-Vincent-de-Paul, Laval, QC, H7C 1H6
450 661-5252 Fax: 450 661-2497
Website: www.aparl.org
Email: information@aparl.org
Eligibility: people 50 years and over
Coverage area: East of Laval, ITMAV: Saint-Vincent-de-Paul, Duvernay, Saint-François
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: membership card: $15
Financing: Centraide of Greater Montréal, provincial, municipal
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE LE COUMBITE DE LAVAL
111 des Laurentides Boulevard, Suite 220, Pont-Viau, Laval, QC, H7G 2T2
450 662-9771 Fax: 450 662-9319
Website: coumbitelaval.net
Email: coumbite@videotron.ca
Eligibility: ethnocultural communities, especially the families of the Haitian community
Coverage area: Laval
Hours: Monday to Friday 9h00 to 17h00
Fees: membership card: $12
Financing: contributions, provincial, fundraising campaigns
Legal status: non-profit organization
MAISON DES GRANDS-PARENTS DE LAVAL
25 Saint-Louis Street, Suite 111, Pont-Viau, Laval, QC, H7G 4W3
450 575-4443 Fax: 450 575-4443
Website: www.maisongpl.com
Email: mgplaval@videotron.ca


Eligibility: seniors, children and teenagers
Coverage area: Laval
Hours: Monday and Wednesday 10h00 to 17h30
Fees: membership: $5
Financing: membership fees
Legal status: non-profit organization

PARTAGE SAINT-MAXIME
3700 Lévesque Boulevard West, Suite 1, Chomedey, Laval, QC, H7V 1E8
450 973-4242 Fax: 450 973-3549
Website: www.paroissesaintmaxime.org
Email: partagesaintmaxime@videotron.ca


Eligibility: individuals and families who are on a low income, marginalized, single parents or immigrants
Coverage area: Chomedey: Saint-Maxime parish sector
Hours: Monday to Friday 9h00 to 16h00, food distribution: Monday to Friday 9h00 to 11h00 by appointment
Fees: variable
Financing: donations
Legal status: non-profit organization

Intervention with seniors subjected to abuse

DIRA-LAVAL
1450 Pie-X Boulevard, Suite 217, Chomedey, Laval, QC, H7V 3C1
450 681-8813 Fax: 450 681-1163
Website: dira-laval.ca
Email: diralaval@videotron.ca


Eligibility: seniors 50 years and over
Coverage area: Laval
Hours: Monday to Friday 8h30 to 16h30, by appointment
Fees: none
Financing: provincial
Legal status: non-profit organization
HELLENCIC SOCIAL SERVICES OF QUÉBEC - LAVAL
3860 Notre-Dame Boulevard, Suite 202, Chomedey, Laval, QC, H7V 1S1
450 688-2091   Fax: 450 688-2084
Website: hcgm.org
Email: info@hcgm.org


Eligibility: people of various origins, particularly Greek

Coverage area: Laval

Hours: Monday to Friday 9h00 to 17h00

Fees: annual membership: $15, less than $5 for clients of the food bank

Financing: donations, grants, provincial

Legal status: non-profit organization

Meals on Wheels

ASSOCIATION DES POPOTES ROULANTES DE LAVAL
1870 Michelin Street, Sainte-Rose, Laval, QC, H7L 4R3
579 934-3980
Website: popotesroulantes.org
Email: administration@popoteroulantelaval.org

Services: * Network, representation and communication between at-home meal delivery services for seniors and people with a loss of autonomy. * Information to the population about the meals on wheels services. * Christmas market.

Eligibility: meals on wheels services, seniors, persons with a permanent or temporary loss of autonomy

Coverage area: Laval

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial, donations

Legal status: non-profit organization

BONJOUR AUJOURD’HUI ET APRÈS
800 Montrose Street, Duvernay, Laval, QC, H7E 3M5
450 661-6716   Fax: 450 661-5300
Website: bonjouraujourd'hui.ca
Email: direction@bonjouraujourd'hui.com


Eligibility: seniors and people of all ages with temporary or permanent loss of autonomy

Coverage area: CLSC des Mille-Îles: Duvernay, Duvernay-East Saint-François and Saint-Vincent-de-Paul in Laval (postal codes beginning with H7A, H7B, H7C, H7E and H7J)

Hours: Monday to Friday 8h00 to 15h00, lunch everyday 11h30 to 13h00

Fees: annual membership: $25, meals on wheels: $7.50 per meal, payment at the end of the month

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization
CENTRE D'ENTRAIDE DU MARIGOT
131 de la Concorde Boulevard East, Pont-Viau, Laval, QC, H7G 2C3
450 668-5375 ext. 221     Fax: 450 668-5634
Website: cemarigot.com
Email: reception@cemarigot.com
Eligibility: home support services: seniors and people with a loss of autonomy, Café de la Concorde: open to all
Coverage area: home support services: CLSC du Marigot (Pont-Viau, Laval-des-Rapides, Vimont-Sud), Café de la Concorde: Laval
Hours: Monday to Friday 8h00 to 16h00, Café de la Concorde: Monday to Friday 8h00 to 18h00
Fees: meals on wheels: $7.50, take-out meals: starting at $4.75
Financing: provincial, self-financing, donations
Legal status: non-profit organization

GROUPE D'ENTRAIDE LA ROSÉE
5565 Dagenais Boulevard, Laval-Ouest, Laval, QC, H7R 1M1
450 962-9971     Fax: 450 962-4420
Website: www.larosee.qc.ca
Email: reception@larosee.qc.ca
Eligibility: people on a low income or with a loss of autonomy
Coverage area: Laval-Ouest, Fabreville, Sainte-Dorothée (postal codes starting with H7R, H7P, H7Y and H7X)
Hours: thrift store: Tuesday to Friday 12h00 to 17h00, Saturday 12h00 to 15h00, meals on wheels: 5 times a week, at lunchtime, emergency food assistance: Monday to Friday, in the afternoon
Fees: meals on wheels: $6.75 per meal
Financing: donations, self-financing, provincial
Legal status: non-profit organization

POPOTE ROULANTE SAINT-NOËL-CHABANEL
8560 de l’Église Street, Saint-François, Laval, QC, H7A 1K9
450 665-3919
Email: cournoyerdiane@videotron.ca
Services: Cooking and distribution of warm meals.
Eligibility: seniors who are isolated, disabled or with a temporary or permanent loss of autonomy
Coverage area: Laval
Hours: Tuesday to Thursday 9h00 to 13h00, delivery: Tuesday, Wednesday and Thursday
Fees: $7.50 per meal
Financing: self-financing, grants
Legal status: non-profit organization

SCAMA
3168 Cartier Boulevard West, Chomedey, Laval, QC, H7V 1J7
450 681-4240     Fax: 450 681-0264
Website: centrescama.org
Email: info@centrescama.org
**Services:** Community centre for social and recreational activities. * Mutual aid and home support services: friendly visits and calls, meals on wheels, food assistance and delivery of healthy frozen meals. * Chair exercise, coffee chats, French conversation workshops, conferences, outings, bingo, etc. * Allô Sam: small works, carport building, furniture assembly, air conditioner assembly and disassembly, house cleaning and computer assistance. * Amperâge project: multilingual accompaniment for seniors, to avoid isolation and identify at-risk situations. * Christmas baskets.

**Eligibility:** seniors 50 years old and over

**Coverage area:** meals on wheels and Amperâge: Chomedey, other services: Chomedey, Laval, Sainte-Dorothée

**Hours:** Monday to Friday 8h00 to 16h30

**Fees:** membership: $15, meals on wheels: $6.50 per meal, Amperâge: free, Allô Sam: $25 per hour, minimum of 2 hours and $10 travel fee, meals on site: $5

**Financing:** provincial, grants

**Legal status:** non-profit organization

**SERVICE BÉNÉVOLE D’ENTRAIDE DE VIMONT-AUTEUIL**

2287-B Aladin Street, Vimont, Laval, QC, H7K 2T6

450 662-1341  Fax: 450 662-3560

Website: www.sbeva.com

Email: sbeva@videotron.ca


**Eligibility:** people with a permanent or temporary loss of autonomy, meals on wheels and frozen meals: people with a permanent or temporary loss of autonomy and caregivers, friendly lunches: seniors and people with a slight loss of autonomy

**Coverage area:** Laval: postal codes starting by H7L, H7K, H7H

**Hours:** Monday to Friday 8h00 to 15h30, friendly lunch: Tuesday

**Fees:** lunches or meals on wheels: $6.75, frozen meals: $4.75

**Financing:** grants, self-financing, donations

**Legal status:** non-profit organization

**SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINTE-ROSE-DE-LIMA**

219 Sainte-Rose Boulevard, Sainte-Rose, Laval, QC, H7L 1L7

450 625-1963  Fax: 450 625-4677


**Eligibility:** people on a low income

**Coverage area:** Sainte-Rose-de-Lima Parish

**Hours:** Monday to Thursday 8h00 to 10h00, Soupière Sainte-Rose: Wednesday during the summer, Tuesday and Wednesday starting in September

**Financing:** donations, fundraising campaigns

**Legal status:** non-profit organization

**Seniors’ Advocacy and Assistance Associations**

**ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - LAVAL**

1450 Pie-X Boulevard, Suite 202, Chomedey, Laval, QC, H7V 3C1

450 978-0807  Fax: 450 978-9808

Website: aqdrлавal.org

Email: aqdrлавal@aqdr.org
Services: Advocacy mainly on income, housing, home care and services, gender equality, transportation and health. * Thematic conferences.
Eligibility: retired and pre-retired people of 50 years old and over
Coverage area: Laurentians, Laval
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h30, Friday 9h00 to 12h00
Fees: annual membership: $20
Financing: provincial, contributions
Legal status: non-profit organization

CENTRE D'ASSISTANCE ET D'ACCOMPAGNEMENT AUX PLAINTES - LAVAL
672 des Laurentides Boulevard, Suite 217, Laval-des-Rapides, Laval, QC, H7G 4S6
450 662-6022   Fax: 450 662-9620
Website: www.caaplaval.com/en
Email: caaplaval@caaplaval.com
Services: * Confidential assistance and accompaniment for health and social services network users who wish to file a complaint at an institution or at the Québec Ombudsman. * Information and assistance to tenants of private residences for seniors (RPA) to formulate a complaint and accompaniment in the complaint process.
Eligibility: residents and people who received services in a Laval establishment of the health and social services network
Coverage area: Laval
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

DIRA-LAVAL
1450 Pie-X Boulevard, Suite 217, Chomedey, Laval, QC, H7V 3C1
450 681-8813   Fax: 450 681-1163
Website: dira-laval.ca
Email: diralaval@videotron.ca
Eligibility: seniors 50 years and over
Coverage area: Laval
Hours: Monday to Friday 8h30 to 16h30, by appointment
Fees: none
Financing: provincial
Legal status: non-profit organization

FADOQ - RÉGION LAVAL
1850 le Corbusier Boulevard, Suite 307, Chomedey, Laval, QC, H7S 2K1
450 686-2339   Fax: 450 686-4845
Website: www.fadoq.ca/laval
Email: info@fadoqlaval.com
Services: * Grouping and representation in order to maintain and improve quality of life. * Advocacy of rights, promotion of contribution to society. * Awareness programs and workshops on various subjects. * Privilege program: access to discounts on various products and services. * Recreational and social activities.
Eligibility: people 50 years and over
Coverage area: Laval
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: membership: $30 per year or $50 for 2 years
Financing: self-financing, membership fees
Legal status: non-profit organization

LEGAL AID OFFICE - MULTI-SECTOR OFFICE - LAVAL
1717 Saint-Martin Boulevard West, Suite 200, Chomedey, Laval, QC, H7S 1N2
450 680-6210     Fax: 450 680-6084
Website: www.aidejuridiquedemontreal.ca/en/points_services/laval-legal-aid-bureau
Email: baj.laval@ccjm.qc.ca
Services: Legal aid office in family law, criminal and penal law, right of youth, civil law, administrative (social assistance, SAAQ, CSST), housing law, bankruptcy, carceral. * Telephone consultation with a lawyer, available 24/7, for people who have been arrested or are being held in custody.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Laval
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, telephone consultation service: 24 hours / 7 days
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Financing: provincial
Legal status: provincial government agency

TABLE RÉGIONALE DE CONCERTATION DES AÎNÉS DE LAVAL
25 Saint-Louis Street, Suite 117, Pont-Viau, Laval, QC, H7G 4W3
450 667-8839
Website: www.tableaineslaval.ca
Email: info@tableaineslaval.ca
Eligibility: seniors 50 years old and over, community organizations, caregivers
Coverage area: Laval
Hours: Monday to Thursday 9h00 to 16h30
Fees: annual membership: $50
Financing: provincial
Legal status: non-profit organization

Volunteer Transportation

ASSOCIATION POUR AÎNÉS RÉSIDANT À LAVAL - ACCOMPANIMENT-TRANSPORTATION
4901 Saint-Joseph Street, Saint-Vincent-de-Paul, Laval, QC, H7C 1H6
450 661-5252     Fax: 450 661-2497
Website: www.aparl.org
Email: information@aparl.org
Services: * Grocery accompaniment and transportation in groups, by volunteers.
Eligibility: people 50 years old and over without a car, autonomous or with slight loss of autonomy
Coverage area: East of Laval
Hours: Monday to Wednesday, every two week
Fees: membership card: $15, grocery accompaniment: $4 for round-trip and tip for grocery packer
Financing: Centraide of Greater Montréal, federal, provincial
Legal status: non-profit organization
**BONJOUR AUJOURD'HUI ET APRÈS - ACCOMPANIMENT-TRANSPORTATION**

800 Montrose Street, Duvernay, Laval, QC, H7E 3M5  
450 661-6716    Fax: 450 661-5300  
Website: bonjouraujourd'hui.ca  
Email: transport@bonjouraujourd'hui.com  

**Services:**  
* Transportation and accompaniment to medical appointments by volunteers.  

**Eligibility:**  
seniors with a permanent or temporary loss of autonomy  

**Coverage area:**  
Duvernay, Saint-François, Saint-Vincent-de-Paul (postal codes beginning with H7A, H7B, H7C, H7E and H7J), appointments: Laval, Montréal Island  

**Hours:**  
day, evening and weekend according to availabilities  

**Fees:**  
mandatory annual membership: $25, transportation: $0.45 per km  

**Financing:**  
provincial, fundraising campaigns  

**Legal status:**  
non-profit organization  

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**CENTRE D'ENTRAIDE DU MARIGOT - ACCOMPANIMENT-TRANSPORTATION**

131 de la Concorde Boulevard East, Pont-Viau, Laval, QC, H7G 2C3  
450 668-5375 ext. 221    Fax: 450 668-5634  
Website: cemarigot.com  
Email: reception@cemarigot.com  

**Services:**  
* Accompaniment and transportation for medical appointments by volunteers.  

**Eligibility:**  
seniors and people with a loss of autonomy  

**Coverage area:**  
CLSC du Marigot: postal codes beginning with H7M, H7N and H7G  

**Hours:**  
Monday to Friday 8h00 to 16h00  

**Fees:**  
$0.54 per km  

**Financing:**  
provincial, self-financing, donations  

**Legal status:**  
non-profit organization  

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**CENTRE DE BÉNÉVOLAT ET MOISSON LAVAL - ACCOMPANIMENT-TRANSPORTATION**

1870 Michelin Street, Sainte-Rose, Laval, QC, H7L 4R3  
450 681-6164    Fax: 450 681-5458  
Website: benevolatlaval.qc.ca/en  
Email: info@benevolatlaval.qc.ca  

**Services:**  
* Transportation and accompaniment to regular or intensive medical appointments by volunteers.  

**Eligibility:**  
people living difficulties, isolated, vulnerable or on a low income with intensive or long-term treatments  

**Coverage area:**  
Laval, accompaniment and transportation in Greater Montréal  

**Hours:**  
Monday to Sunday, make a reservation 3 days prior minimum  

**Fees:**  
variable  

**Financing:**  
Centraide of Greater Montréal, provincial, foundations, donations  

**Legal status:**  
non-profit organization  

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**GROUPE D'ENTRAIDE LA ROSÉE - ACCOMPANIMENT-TRANSPORTATION**

5565 Dagenais Boulevard, Laval-Ouest, Laval, QC, H7R 1M1  
450 962-9971    Fax: 450 962-4420  
Website: www.larosee.qc.ca  
Email: reception@larosee.qc.ca  

**Services:**  
* Accompaniment and transportation to medical appointments by volunteers.  

**Eligibility:**  
seniors, people with permanent or temporary loss of autonomy, people in vulnerable situations  

**Coverage area:**  
Laval-Ouest, Fabreville, Sainte-Dorothée (postal codes starting with H7R, H7P, H7Y and H7X), appointments: Greater Montréal  

**Hours:**  
Monday to Friday  

**Fees:**  
$0.54 per km
**Financing:** provincial, donations, self-financing  
**Legal status:** non-profit organization

**SERVICE BÉNÉVOLE D'ENTRAIDE DE VIMONT-AUTEUIL - ACCOMPANIMENT-TRANSPORTATION**  
2287B Aladin Street, Vimont, Laval, QC, H7K 2T6  
**450 662-1341**  
**Fax:** 450 662-3560  
**Website:** www.sbeva.com  
**Email:** sbeva@videotron.ca  

**Services:** * Medical accompaniment and transportation by volunteers.  
**Eligibility:** people with a permanent or temporary loss of autonomy  
**Coverage area:** Laval: postal codes starting by H7L, H7K, H7H, appointments: Laval and Montréal Island  
**Hours:** Monday to Friday 8h00 to 15h30, later if available  
**Fees:** transportation: $0.45 per km from the volunteer's residence  
**Financing:** grants, self-financing, donations  
**Legal status:** non-profit organization
Sex and gender

LGBTQ ASSOCIATIONS

MEN’S ASSOCIATIONS

WOMEN’S CENTRES

WOMEN’S ASSOCIATIONS
LGBTQ associations

CENTRE DES FEMMES DE LAVAL
69 8th Street, Laval-des-Rapides, Laval, QC, H7N 2C5
450 629-1991     Fax: 450 629-7433
Website: www.cflaval.org
Email: info@cflaval.org
Eligibility: women
Coverage area: Laval
Hours: Tuesday 13h00 to 17h00, Wednesday 12h00 to 17h00, Friday 13h00 to 21h00
Fees: clothing: free
Financing: provincial, Centraide of Greater Montréal, self-financing
Legal status: non-profit organization

SPHÈRE - SANTÉ SEXUELLE GLOBALE
90 Lévesque Boulevard East, Pont-Viau, Laval, QC, H7G 1B9
450 669-3099     Fax: 450 669-3421
Website: spheressg.org
Email: info@spheressg.org
Eligibility: people living with HIV/AIDS or other STIs, trans people, non-binary people, people who identify with the LGBTQ+ community or who are questioning, youth, men having sex with men, sex workers, users of injected or inhaled drugs, people from countries where HIV is endemic (Africa, Haiti, Caribbean), general public
Coverage area: Laval
Hours: Tuesday to Friday
Fees: none
Financing: grants, self-financing, donations
Legal status: non-profit organization

Men’s associations

CARREFOUR D'HOMMES EN CHANGEMENT
25 Lévesque Boulevard East, Pont-Viau, Laval, QC, H7G 1B3
450 975-2462     Fax: 450 975-4993
Website: www.organismechoc.com
Email: choc@organismechoc.com
Eligibility: men with domestic violence problems or suicidal
**Capacity:** domestic violence group: 7 to 10 men, suicide group: 6 to 8 men  
**Coverage area:** Laval  
**Hours:** Monday to Thursday 12h00 to 20h00, Friday 12h00 to 16h00, groups in the evening  
**Fees:** domestic violence support group: $200 to $1500 depending on the income, suicide support group: free  
**Financing:** provincial, contributions, self-financing, Centraide of Greater Montréal  
**Legal status:** non-profit organization

## Women's centres

### CENTRE DES FEMMES DE LAVAL  
69 8th Street, Laval-des-Rapides, Laval, QC, H7N 2C5  
**450 629-1991 Fax:** 450 629-7433  
**Website:** www.cflaval.org  
**Email:** info@cflaval.org  
**Eligibility:** women  
**Coverage area:** Laval  
**Hours:** Tuesday 13h00 to 17h00, Wednesday 12h00 to 17h00, Friday 13h00 to 21h00  
**Fees:** clothing: free  
**Financing:** provincial, Centraide of Greater Montréal, self-financing  
**Legal status:** non-profit organization

### CENTRE DES FEMMES DYNAMIQUES DE LAVAL  
3509 de la Concorde Boulevard East, Suite 202, Duvernay, Laval, QC, H7E 4C1  
**450 661-5409 Fax:** 450 661-6584  
**Email:** femmedynamique@live.ca  
**Eligibility:** women 50 years and over  
**Coverage area:** Greater Montréal  
**Hours:** Monday to Thursday 9h00 to 16h00  
**Fees:** annual membership: $15  
**Financing:** provincial, self-financing, municipal  
**Legal status:** non-profit organization

### FEMMES EN EMPLOI  
1688 des Laurentides Boulevard, Suite 103, Vimont, Laval, QC, H7M 2P4  
**450 490-4895**  
**Website:** en.femmesenemploi.org  
**Email:** info@femmesenemploi.org  
**Services:** Promote the social, cultural and professional integration of women in precarious situations, including those of foreign origin. * Employment training and job search programs. * Translation services. * Information programs on Canadian culture and laws and life in Canada, Quebec and Laval. * Counselling services. * Food assistance. * Referrals. * Seminars, workshops and other socio-educational activities on issues of discrimination and racial prejudice.  
**Eligibility:** women in precarious situations, including those of foreign origin  
**Coverage area:** Laval  
**Hours:** Monday and Friday 10h00 to 16h00
LAVAL AU FÉMININ
25 Saint-Louis Street, Suite 204, Pont-Viau, Laval, QC, H7G 4W3
450 967-8204
Email: lavalaufeminin@videotron.ca


Eligibility: women
Coverage area: Laval
Hours: September to May, variable hours
Fees: membership: $15 per year, courses and activities: variable

Women’s associations

CENTRE DES FEMMES DE LAVAL
69 8th Street, Laval-des-Rapides, Laval, QC, H7N 2C5
450 629-1991  Fax: 450 629-7433
Website: www.cflaval.org
Email: info@cflaval.org


Eligibility: women
Coverage area: Laval
Hours: Tuesday 13h00 to 17h00, Wednesday 12h00 to 17h00, Friday 13h00 to 21h00
Fees: clothing: free
Financing: provincial, Centraide of Greater Montréal, self-financing
Legal status: non-profit organization

CENTRE DES FEMMES DYNAMIQUES DE LAVAL
3509 de la Concorde Boulevard East, Suite 202, Duvernay, Laval, QC, H7E 4C1
450 661-5409  Fax: 450 661-6584
Email: femmedynamique@live.ca


Eligibility: women 50 years and over
Coverage area: Greater Montréal
Hours: Monday to Thursday 9h00 to 16h00
Fees: annual membership: $15
Financing: provincial, self-financing, municipal
Legal status: non-profit organization
COMMISSION DE L’ÉQUITÉ SALARIALE - LAVAL - BOULEVARD CHOMEDEY
1200 Chomedey Boulevard, Suite 810, Chomedey, Laval, QC, H7V 3Z3
1 844 838-0808 Fax: 514 864-6756
Website: www.cnesst.gouv.qc.ca
Email: equite.salariale@ces.gouv.qc.ca

Services: Support and assistance to employers who must achieve pay equity in their company and to employees wishing to obtain information or exercise their rights. * Front-line telephone service to answer general questions on the application of the Pay Equity Act. * Specialized assistance to understand more complex or technical aspects of the Act. * Conciliation services to promote the settlement of disagreements. * Investigations following complaints or different subjected by the parties or on its own initiative. * Software package to achieve pay equity: computer tool that allows employers to realize their pay equity exercise autonomously, available on the website. * Information lectures on Pay Equity Act and its application, available upon request for groups of employers, employees, or any other grouping wishing to obtain information on pay equity. * Tool development and training accessible free of charge in all regions of Québec. * Research activities.

Eligibility: employees, mostly women who occupy predominantly female job classes, accredited associations and employers
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, except legal holidays
Financing: provincial
Legal status: provincial government agency

COMMISSION DE L’ÉQUITÉ SALARIALE - LAVAL - BOULEVARD LAVAL
1700 Laval Boulevard, Chomedey, Laval, QC, H7S 2G6
1 844 838-0808 Fax: 514 864-6756
Website: www.cnesst.gouv.qc.ca/en
Email: equite.salariale@ces.gouv.qc.ca

Services: Support and assistance to employers who must achieve pay equity in their company and to employees wishing to obtain information or exercise their rights. * Front-line telephone service to answer general questions on the application of the Pay Equity Act. * Specialized assistance to understand more complex or technical aspects of the Act. * Conciliation services to promote the settlement of disagreements. * Investigations following complaints or different subjected by the parties or on its own initiative. * Software package to achieve pay equity: computer tool that allows employers to realize their pay equity exercise autonomously, available on the website. * Information lectures on Pay Equity Act and its application, available upon request for groups of employers, employees, or any other grouping wishing to obtain information on pay equity. * Tool development and training accessible free of charge in all regions of Québec. * Research activities.

Eligibility: employees, mostly women who occupy predominantly female job classes, accredited associations and employers
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

FEMMES EN EMPLOI
1688 des Laurentides Boulevard, Suite 103, Vimont, Laval, QC, H7M 2P4
450 490-4895
Website: en.femmesenemploi.org
Email: info@femmesenemploi.org


Eligibility: women in precarious situations, including those of foreign origin
Coverage area: Laval
**LAVAL AU FÉMININ**

25 Saint-Louis Street, Suite 204, Pont-Viau, Laval, QC, H7G 4W3

450 967-8204

Email: lavalaufeminin@videotron.ca

**Services:** * Physical, social and cultural activities. * Language courses: English and Spanish. * Painting courses, line dancing, yoga.

**Eligibility:** women

**Coverage area:** Laval

**Hours:** September to May, variable hours

**Fees:** membership: $15 per year, courses and activities: variable

**Financing:** membership fees

**Legal status:** non-profit organization

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**TABLE DE CONCERTATION DE LAVAL EN CONDITION FÉMININE**

1450 Pie-X Boulevard, Suite 203, Chomedey, Laval, QC, H7V 3C1

450 682-8739

Website: www.tclcf.qc.ca

Email: info@tclcf.qc.ca

**Services:** Regional grouping working with its members toward the improvement of women's quality and conditions of life at the social, economic and political levels. * Promotion and defense of women's rights and interests, particularly women from Laval. * Solidarity and activism space focused on feminist values. * Realization of collective actions that will lead to true equality and equity between men and women and among women themselves.

**Eligibility:** women, member organizations

**Coverage area:** priority to Laval, Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00

**Financing:** provincial

**Legal status:** non-profit organization
Sports, Recreation and Culture

ARTS AND CULTURE

CLUBS AND SOCIAL EVENTS

COMMUNITY RECREATION CENTRES

DAY CAMPS AND SPECIALIZED CAMPS

HOBBIES

LIBRARIES

MUNICIPAL SPORTS AND RECREATION SERVICES

SPORT

SPORTS AND RECREATION FOR PEOPLE WITH A DISABILITY
Arts and culture

CENTRE DE LA NATURE DE LAVAL
901 du Parc Avenue, Duvernay, Laval, QC, H7E 2T7
450 662-4942 Fax: 450 662-5279
Website: www.laval.ca/centredalanature/Pages/Fr/accueil.aspx
Email: centrenature@ville.laval.qc.ca


Coverage area: Laval
Hours: 7 days, 8h00 to 22h00, administration: Monday to Friday 8h00 to 12h00 and 13h00 to 16h30, Saturday and Sunday 10h00 to 12h00 and 13h00 to 18h00
Fees: access: free, rental and activities: variable
Financing: municipal
Legal status: non-profit organization

LAVAL PUBLIC LIBRARIES NETWORK - ÉMILE-NELLIGAN LIBRARY
325 Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7N 2J5
450 662-4973
Website: www.laval.ca/lieux/Pages/Fr/bibliotheque-emile-nelligan.aspx


Eligibility: general public

Coverage area: Laval
Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00
Fees: membership: none for residents, variable for non-residents
Financing: municipal
Legal status: municipal agency

LAVAL PUBLIC LIBRARIES NETWORK - GABRIELLE-ROY LIBRARY
3505 Dagenais Boulevard West, Fabreville, Laval, QC, H7P 4V9
450 978-8909
Website: www.laval.ca/lieux/Pages/Fr/bibliotheque-gabrielle-roy.aspx


Eligibility: general public

Coverage area: Laval
Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal
Legal status: municipal agency

LAVAL PUBLIC LIBRARIES NETWORK - GERMAINE-GUÈVREMONT LIBRARY
2900 de la Concorde Boulevard East, Duvernay, Laval, QC, H7E 2B6
450 662-4002
Website: www.laval.ca/lieux/Pages/Fr/bibliotheque-germaine-guevremont.aspx

Eligibility: general public

Coverage area: Laval

Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00

Fees: membership: free for residents, variable for non-residents

Financing: municipal

Legal status: municipal agency

LAVAL PUBLIC LIBRARIES NETWORK - LAURE-CONAN LIBRARY
4660 des Laurentides Boulevard, Vimont, Laval, QC, H7K 2J4
450 662-4975
Website: www.laval.ca/lieux/Pages/Fr/bibliotheque-laure-conan.aspx


Eligibility: general public

Coverage area: Laval

Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00

Fees: membership: free for residents, variable for non-residents

Financing: municipal

Legal status: municipal agency

LAVAL PUBLIC LIBRARIES NETWORK - MARIUS-BARBEAU LIBRARY
1245 Montée du Moulin, Saint-François, Laval, QC, H7A 3V6
450 662-4005
Website: www.laval.ca/lieux/Pages/Fr/bibliotheque-marius-barbeau.aspx


Eligibility: general public

Coverage area: Laval

Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00

Fees: membership: free for residents, variable for non-residents

Financing: municipal

Legal status: municipal agency

LAVAL PUBLIC LIBRARIES NETWORK - MULTICULTURAL LIBRARY
1535 Chomedey Boulevard, Chomedey, Laval, QC, H7V 3R2
450 978-5995
Website: www.laval.ca/lieux/Pages/Fr/bibliotheque-multiculturelle.aspx


Eligibility: general public

Coverage area: Laval
**LAVAL PUBLIC LIBRARIES NETWORK - PHILIPPE-PANNETON LIBRARY**

4747 Arthur-Sauvé Boulevard, Laval-Ouest, Laval, QC, H7R 5P8

450 978-8919

Website: www.laval.ca/lieux/Pages/Fr/bibliotheque-philippe-panneton.aspx


**Eligibility**: general public

**Coverage area**: Laval

**Hours**: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00

**Fees**: membership: free for residents, variable for non-residents

**Financing**: municipal

**Legal status**: municipal agency

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**LAVAL PUBLIC LIBRARIES NETWORK - SYLVAIN-GARNEAU LIBRARY**

187 Sainte-Rose Boulevard, Sainte-Rose, Laval, QC, H7L 1L5

450 978-3940

Website: www.laval.ca/lieux/Pages/Fr/bibliotheque-sylvain-garneau.aspx


**Eligibility**: general public

**Coverage area**: Laval

**Hours**: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00

**Fees**: membership: free for residents, variable for non-residents

**Financing**: municipal

**Legal status**: municipal agency

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**LAVAL PUBLIC LIBRARIES NETWORK - YVES-THÉRIAULT LIBRARY**

670 de la Place-Publique Street, Sainte-Dorothée, Laval, QC, H7X 1G1

450 978-6599

Website: www.laval.ca/lieux/Pages/Fr/bibliotheque-yves-theriault.aspx


**Eligibility**: general public

**Coverage area**: Laval

**Hours**: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00

**Fees**: membership: free for residents, variable for non-residents

**Financing**: municipal

**Legal status**: municipal agency
MAISON DES JEUNES DU MARIGOT
599 Saint-André Street, Pont-Viau, Laval, QC, H7G 3A4
450 668-3939
Email: mjmarigot@gmail.com
Eligibility: youth 12 to 17 years old
Capacity: 30 youth
Coverage area: Laval-des-Rapides, Pont-Viau
Hours: Monday to Friday 16h30 to 21h00
Financing: provincial
Legal status: non-profit organization

MOUVEMENT PERSONNE D'ABORD DE LAVAL
304 Cartier Boulevard West, Suite 240, Laval-des-Rapides, Laval, QC, H7N 2J2
450 972-2099 ext. 42002
Email: mpdalaval@hotmail.com
Eligibility: people living with intellectual disabilities
Coverage area: Laval
Hours: Monday to Thursday, variable schedule
Fees: membership card: $10 per year
Financing: provincial
Legal status: non-profit organization

T.R.E.S. THÉÂTRAL
921 Noël Street, Sainte-Dorothée, Laval, QC, H7X 1X9
514 817-9464
Email: jodoin@vl.videotron.ca
Services: Theatrical representations and activities. * Promotion of theatre for deaf and hearing people.
Eligibility: deaf and hearing people
Coverage area: Laval
Hours: variable
Financing: donations, self-financing
Legal status: non-profit organization

Clubs and social events

ÂGE D'OR DE ST-FERDINAND
725 Montrougeau Road, Fabreville, Laval, QC, H7P 3M1
450 628-2698
Email: stferdinandagedor@gmail.com
Services: Social and recreational activities for seniors. * Bingo, cards, dance classes, pétanque, etc. * Occasional outings.
Eligibility: seniors
Coverage area: Fabreville, Sainte-Rose
Hours: September to May: Wednesday 13h30 to 16h00, Friday 19h00 to 22h00, summer: Monday and Wednesday 7h00 à 9h00
Fees: membership card: $7 per year
Financing: self-financing
Legal status: non-profit organization

AMICALE DE SAINT-VINCENT-DE-PAUL (L')
1111 Place J.-Eudes-Blanchard, Saint-Vincent-de-Paul, Laval, QC, H7C 1T1
450 661-4372
Email: francine1051@videotron.ca
Eligibility: people 40 years old and over, recreational activities: people 50 and over
Coverage area: Saint-Vincent-de-Paul district
Hours: Thursday 19h30 to 22h00
Fees: membership card: $8
Financing: fundraising campaigns, membership
Legal status: non-profit organization

ASSOCIATION POUR AINÉS RÉSIDANT À LAVAL
4901 Saint-Joseph Street, Saint-Vincent-de-Paul, Laval, QC, H7C 1H6
450 661-5252     Fax: 450 661-2497
Website: www.aparl.org
Email: information@aparl.org
Eligibility: people 50 years and over
Coverage area: East of Laval, ITMAV: Saint-Vincent-de-Paul, Duvernay, Saint-François
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: membership card: $15
Financing: Centraide of Greater Montréal, provincial, municipal
Legal status: non-profit organization

ASSOCIATION QUÉBEC-FRANCE - LAVAL
3235 Saint-Martin Boulevard East, Duvernay, Laval, QC, H7E 5G8
450 963-0747
Website: www.quebec-france-laval.org
Email: info@quebecfrance.qc.ca
Eligibility: Francophiles and defenders of the French language
Coverage area: Laval
Fees: variable according to the membership type
Financing: membership fees
Legal status: non-profit organization

AXION 50 PLUS
435 Curé-Labelle Boulevard, Chomedey, Laval, QC, H7V 2S8
450 978-5555 ext. 121     Fax: 450 978-7643
Website: www.axion50plus.org
Email: info@axion50plus.org
Eligibility: retired and pre-retired people 50 years and over
Coverage area: Laval
Hours: Monday to Friday 9h00 to 16h00
Fees: annual contribution: $25
Financing: self-financing
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE LE COUMBITE DE LAVAL
111 des Laurentides Boulevard, Suite 220, Pont-Viau, Laval, QC, H7G 2T2
450 662-9771 Fax: 450 662-9319
Website: coumbitelaval.net
Email: coumbite@videotron.ca
Eligibility: ethnocultural communities, especially the families of the Haitian community
Coverage area: Laval
Hours: Monday to Friday 9h00 to 17h00
Fees: membership card: $12
Financing: contributions, provincial, fundraising campaigns
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE LE RENDEZ-VOUS DES AÎNÉS
10 Proulx Street West, Laval-des-Rapides, Laval, QC, H7N 1N3
450 667-8836 Fax: 450 667-5810
Website: ccrva.org
Email: info@ccrva.org
Eligibility: people 50 years old and over, adapted recreational activities: people 35 years old and over
Coverage area: Laval
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, thrift store: Monday and Thursday 9h00 to 16h00
Fees: membership: $15 per year, meals: $6.50 for members and $8 for non-members, frozen meals: variable prices, fresh meal of the day: $4.50
Financing: Centraide of Greater Montréal, provincial, self-financing
Legal status: non-profit organization

CENTRE DES FEMMES DE LAVAL
69 8th Street, Laval-des-Rapides, Laval, QC, H7N 2C5
450 629-1991 Fax: 450 629-7433
Website: www.cflaval.org
Email: info@cflaval.org

Eligibility: women
Coverage area: Laval
Hours: Tuesday 13h00 to 17h00, Wednesday 12h00 to 17h00, Friday 13h00 to 21h00
Fees: clothing: free
Financing: provincial, Centraide of Greater Montréal, self-financing
Legal status: non-profit organization

CENTRE DES FEMMES DYNAMIQUES DE LAVAL
3509 de la Concorde Boulevard East, Suite 202, Duvernay, Laval, QC, H7E 4C1
450 661-5409 Fax: 450 661-6584
Email: femmedynamique@live.ca


Eligibility: women 50 years and over
Coverage area: Greater Montréal
Hours: Monday to Thursday 9h00 to 16h00
Fees: annual membership: $15
Financing: provincial, self-financing, municipal
Legal status: non-profit organization

CENTRE DU SABLON
755 du Sablon Road, Chomedey, Laval, QC, H7W 4H5
450 688-8961 Fax: 450 688-8969
Website: centredusablon.ca/en
Email: info@centredusablon.com


Eligibility: general population, Special needs program: children with mild to moderate special needs (anxiety, autism spectrum disorder, down syndrome/trisomy, etc.)
Coverage area: Laval
Hours: Monday to Friday 7h00 to 22h00, Saturday and Sunday 8h00 to 20h00
Fees: variable
Financing: self-financing, provincial, federal, municipal, donations
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR DE VIMONT
1900 Bédard Street, Vimont, Laval, QC, H7M 2M7
450 625-9499

Services: * Social and recreational activities for seniors. * Bingo, cards, petanque, military whist, etc. * Community lunches.

Eligibility: seniors 55 years old and over
Coverage area: Laval
Hours: Monday and Tuesday 13h00 to 16h30, Thursday 13h00 to 16h30 and 17h00 to 21h00
Fees: annual membership: $10
Financing: self-financing, contributions
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR SAINT-CLAUDE
80 Meunier Street, Basement, Laval-des-Rapides, Laval, QC, H7N 1V6
450 667-4592
Services: Recreational and social activities for seniors. * Indoor activities: cards, stings, pool table, petanque, dance, whist military, bean bag baseball.
Eligibility: seniors
Coverage area: Greater Montréal
Hours: dance: Wednesday 13h00 to 15h00
Fees: dance: $5 per session
Financing: self-financing
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR SAINT-ÉDOUARD DE FABREVILLE
6600 29e Avenue, Laval-Ouest, Laval, QC, H7R 3N3
450 689-5581
Eligibility: seniors 50 years old and over
Coverage area: Laval
Hours: Tuesday 9h00 to 15h00, dance night: 1st Saturday of the month, closed during the summer from mid-June to Labour Day
Fees: membership card: $10 per year, free for people 80 years and over, bingo: $1 for 3 cards
Financing: self-financing
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR SAINT-FRANÇOIS-DE-SALES
7100 des Mille-Îles Boulevard, Saint-François, Laval, QC, H7A 4C6
450 666-1108
Eligibility: seniors 50 years old and over
Coverage area: Saint-François
Hours: Tuesday to Saturday
Fees: FADOQ annual membership: $25
Financing: self-financing, membership fees
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR SAINT-MARTIN DE LAVAL
4080 Saint-Martin Boulevard West, Chomedey, Laval, QC, H7T 1C1
514 883-4108
Email: mmorin0000@gmail.com
Eligibility: seniors 50 years and over
Coverage area: Montréal Island, Laval
Hours: Thursday 18h30 to 22h00, dance classes: Tuesday 10h30 to 14h00, light exercise: Tuesday 9h30 to 11h30
Fees: membership card: $12 per year
Financing: self-financing
Legal status: non-profit organization
CLUB DE L’ÂGE D’OR SAINT-NOËL CHABANEL
8560 de l’Église Street, Saint-François, Laval, QC, H7A 1K9
450 665-8715
Services: * Various activities: bingo, card games, sandbag game, themed dinners, outings.
Eligibility: people 50 years and over
Coverage area: Duvernay, Saint-François, Saint-Vincent-de-Paul
Hours: Monday 11h00 to 15h30
Fees: membership card: $15
Financing: self-financing
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR SAINT-SYLVAIN
750 Saint-Sylvain Boulevard, Duvernay, Laval, QC, H7E 2X3
450 661-4529
Services: * Bingo, line dancing.
Eligibility: seniors
Coverage area: Montréal Island, Laval
Hours: September to May: Tuesday 19h30 to 22h00, fourth Saturday of the month 19h30 to 22h30, summer: closed
Fees: membership card: $10
Financing: self-financing
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR SAINT-URBAIN DE LAVAL
1885 Dumouchel Avenue, Chomedey, Laval, QC, H7S 1J8
514 815-1212
Services: * Bingo, card games, community meals, outings, petanque during summer.
Eligibility: seniors 55 years and older
Coverage area: Greater Montréal
Hours: Wednesday 10h30 to 16h00
Fees: membership card: $10
Financing: self-financing
Legal status: non-profit organization

CLUB DES AÎNÉS DE CHOMEDEY
Confidential Address
450 681-5335
Email: chomedeyeseniorsclub@hotmail.com
Services: * Social, cultural and recreational activities for seniors.
Eligibility: seniors
Coverage area: Chomedey
Hours: meeting: Thursday 13h30 to 15h30, activities: variable
Fees: annual membership: $40, activities: variable
Financing: self-financing
Legal status: non-profit organization

CLUB DES AÎNÉS LES MÈCHES D’ARGENT DE SAINT-PIE-X DE CHOMEDEY
1065 Pie-X Boulevard, Chomedey, Laval, QC, H7V 3B2
450 978-2318
Eligibility: seniors
Coverage area: Laval
Hours: bingo: Tuesday, dancing class: Wednesday 13h00 to 14h30 and 14h30 to 16h00, dance parties: 2nd Saturday of the month 19h30 to 23h00
Fees: membership: $4, from September: 8$
Financing: grants, membership fees
Legal status: non-profit organization

COMITÉ D’ANIMATION DU TROISIÈME ÂGE DE LAVAL
140 Nadon Street, Sainte-Rose, Laval, QC, H7L 1T5
450 622-1228 Fax: 450 625-3078
Website: www.lecatal.ca
Email: cia@lecatal.ca
Eligibility: seniors 50 years and over, volunteer transportation: people on the waiting list for paratransit
Coverage area: Laval
Hours: Monday to Thursday 8h30 to 16h00, Friday 8h30 to 13h30
Fees: membership: $15, off-territory member: $22
Financing: contributions, Centraide of Greater Montréal, provincial, municipal
Legal status: non-profit organization

FADOQ - RÉGION LAVAL
1850 le Corbusier Boulevard, Suite 307, Chomedey, Laval, QC, H7S 2K1
450 686-2339 Fax: 450 686-4845
Website: www.fadoq.ca/laval
Email: info@fadoqlaval.com
Services: * Grouping and representation in order to maintain and improve quality of life. * Advocacy of rights, promotion of contribution to society. * Awareness programs and workshops on various subjects. * Privilege program: access to discounts on various products and services. * Recreational and social activities.
Eligibility: people 50 years and over
Coverage area: Laval
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: membership: $30 per year or $50 for 2 years
Financing: self-financing, membership fees
Legal status: non-profit organization

FEMMES EN EMPLOI
1688 des Laurentides Boulevard, Suite 103, Vimont, Laval, QC, H7M 2P4
450 490-4895
Website: en.femmesenemploi.org
Email: info@femmesenemploi.org
Eligibility: women in precarious situations, including those of foreign origin
Coverage area: Laval
Hours: Monday and Friday 10h00 to 16h00
Fees: none
Financing: municipal, provincial, federal, donations
Legal status: non-profit organization
GROUPE DE LOISIRS LA RELANCE
3235 Saint-Martin Boulevard East, Suite 110, Duvernay, Laval, QC, H7E 5G8
450 661-4276
Website: groupe-loisirs-relance.org
Email: info@loisirsrelance.org
Eligibility: seniors 50 years and over
Coverage area: Laval
Hours: office: Monday to Thursday 9h00 to 12h00 and 13h00 to 14h00, Friday 9h00 to 12h00, activities: Monday to Friday 9h00 to 16h00
Fees: annual fee: $20
Financing: self-financing
Legal status: non-profit organization

LAVAL AU FÉMININ
25 Saint-Louis Street, Suite 204, Pont-Viau, Laval, QC, H7G 4W3
450 967-8204
Email: lavalaufeminin@videotron.ca
Eligibility: women
Coverage area: Laval
Hours: September to May, variable hours
Fees: membership: $15 per year, courses and activities: variable
Financing: membership fees
Legal status: non-profit organization

MAISON DES GRANDS-PARENTS DE LAVAL
25 Saint-Louis Street, Suite 111, Pont-Viau, Laval, QC, H7G 4W3
450 575-4443     Fax: 450 575-4443
Website: www.maisongpl.com
Email: mgplaval@videotron.ca
Eligibility: seniors, children and teenagers
Coverage area: Laval
Hours: Monday and Wednesday 10h00 to 17h30
Fees: membership: $5
Financing: membership fees
Legal status: non-profit organization

MARDIS DE L'AMITIÉ SAINTE-BÉATRICE (LES)
475 des Perron Avenue, Suite 4, Auteuil, Laval, QC, H7H 1E2
514 506-4687
Eligibility: seniors
Capacity: 200
Coverage area: Laval
Sports, Recreation and Culture

**RELAI COMMUNAUTAIRE DE LAVAL**

111 des Laurentides Boulevard, Suite 101, Pont-Viau, Laval, QC, H7G 2T2
450 668-8727   Fax: 450 668-9615
Website: relais-communautaire.org
Email: info@relais-communautaire.org


**Eligibility:** people on a low income

**Capacity:** 50

**Coverage area:** Laval

**Hours:** food bags distribution: Tuesday and Friday 9h30 to 11h30, Écono Bouffe: Wednesday and Thursday 13h00 to 16h00, breakfast: Tuesday and Friday 9h30 to 11h00, lunch: Monday to Friday 12h00 to 13h00, day centre: Monday to Friday 9h30 to 15h30, Carrefour des Aubaines: Monday 13h00 to 19h00, Tuesday 9h30 to 19h00, Wednesday 9h30 to 20h30, Thursday 12h00 to 19h00, Friday 9h30 to 18h00, Saturday 10h00 to 16h00

**Fees:** membership card: $5 per year, meals: $3 for members, $5 for non-members

**Financing:** federal, provincial, municipal, Centraide of Greater Montréal, foundations, donations, self-financing

**Legal status:** non-profit organization

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**SPANISH-SPEAKING ASSOCIATION OF LAVAL**

1450 Pie-X Boulevard, Chomedey, Laval, QC, H7V 3C1
514 447-9984
Website: hispanolaval.com/fr/?lang=en
Email: info@hispanolaval.com


**Eligibility:** Spanish-speaking people or people interested in the culture

**Coverage area:** North Shore, Laval, Laurentians

**Hours:** Saturday 10h00 to 12h00

**Fees:** annual membership: $30

**Financing:** membership fees

**Legal status:** non-profit organization
Community recreation centres

ASSOCIATION DES RÉSIDENTS DE CHAMPFLEURY
2585 des Oiseaux Boulevard, Sainte-Rose, Laval, QC, H7L 4M4
450 963-0676
Website: champfleury.qc.ca
Email: info@champfleury.qc.ca


Eligibility: general population
Capacity: up to 115 people

Coverage area: Laval

Hours: Champfleury community centre: Monday to Friday 9h00 to 23h00, Saturday and Sunday 8h30 to 18h00, customer service: Monday to Thursday 9h00 to 20h30, Friday 9h00 to 16h00, Saturday 9h00 to 13h00

Fees: optional membership card: family: $30, adult individual: $20, kid individual: $10, activities and room rentals: variables

Financing: self-financing, membership, grants

Legal status: non-profit organization

ASSOCIATION POUR AINÉS RÉSIDANT À LAVAL
4901 Saint-Joseph Street, Saint-Vincent-de-Paul, Laval, QC, H7C 1H6
450 661-5252 Fax: 450 661-2497
Website: www.aparl.org
Email: information@aparl.org


Eligibility: people 50 years and over

Coverage area: East of Laval, ITMAV: Saint-Vincent-de-Paul, Duvernay, Saint-François

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: membership card: $15

Financing: Centraide of Greater Montréal, provincial, municipal

Legal status: non-profit organization

AXION 50 PLUS
435 Curé-Labelle Boulevard, Chomedey, Laval, QC, H7V 2S8
450 978-5555 ext. 121 Fax: 450 978-7643
Website: www.axion50plus.org
Email: info@axion50plus.org


Eligibility: retired and pre-retired people 50 years and over

Coverage area: Laval

Hours: Monday to Friday 9h00 to 16h00

Fees: annual contribution: $25

Financing: self-financing

Legal status: non-profit organization
CENTRE COMMUNAUTAIRE LE RENDEZ-VOUS DES AÎNÉS
10 Proulx Street West, Laval-des-Rapides, Laval, QC, H7N 1N3
450 667-8836 Fax: 450 667-5810
Website: ccrva.org
Email: info@ccrva.org
Eligibility: people 50 years old and over, adapted recreational activities: people 35 years old and over
Coverage area: Laval
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, thrift store: Monday and Thursday 9h00 to 16h00
Fees: membership: $15 per year, meals: $6.50 for members and $8 for non-members, frozen meals: variable prices, fresh meal of the day: $4.50
Financing: Centraide of Greater Montréal, provincial, self-financing
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE PETIT ESPoir
1235 Montée du Moulin, Suite 06, Saint-François, Laval, QC, H7A 3V6
450 936-1922 Fax: 450 936-1923
Website: www.petitespoir.org
Email: petitespoir@videotron.ca
Eligibility: newcomers, seniors, women on a low income
Coverage area: Laval: Saint-François, Saint-Vincent-de-Paul, Vimont, Duvernay neighbourhoods
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: grants, donations, self-financing
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE VAL-MARTIN - MAISON DES JEUNES
824 79th Avenue, Chomedey, Laval, QC, H7V 3J1
450 973-8787 ext. 301
Website: www.ccvm.org
Email: intemdj@ccvm.org
Eligibility: youth 11 to 17 years old
Coverage area: Chomedey East
Hours: Sunday to Thursday 16h00 to 21h00
Financing: provincial, federal, Centraide of Greater Montréal
Legal status: non-profit organization
CENTRE DE LA NATURE DE LAVAL
901 du Parc Avenue, Duvernay, Laval, QC, H7E 2T7
450 662-4942     Fax: 450 662-5279
Website: www.laval.ca/centredelanature/Pages/Fr/accueil.aspx
Email: centrenature@ville.laval.qc.ca
Coverage area: Laval
Hours: 7 days, 8h00 to 22h00, administration: Monday to Friday 8h00 to 12h00 and 13h00 to 16h30, Saturday and Sunday 10h00 to 12h00 and 13h00 to 18h00
Fees: access: free, rental and activities: variable
Financing: municipal
Legal status: non-profit organization

CENTRE DÉFI-JEUNESSE DE ST-FRANÇOIS
455 Montée du Moulin, Saint-François, Laval, QC, H7A 1Z2
450 665-3049     Fax: 450 665-3049
Website: www.centredefijeunesse.com
Email: info@centredefijeunesse.com
Eligibility: youth 11 to 17 years old
Coverage area: Saint-François
Hours: Tuesday to Thursday 17h00 to 21h00, Friday 17h00 to 22h00, homework assistance: Tuesday 15h30 to 16h30
Financing: provincial
Legal status: non-profit organization

CENTRE DES FEMMES DYNAMIQUES DE LAVAL
3509 de la Concorde Boulevard East, Suite 202, Duvernay, Laval, QC, H7E 4C1
450 661-5409     Fax: 450 661-6584
Email: femmedynamique@live.ca
Eligibility: women 50 years and over
Coverage area: Greater Montréal
Hours: Monday to Thursday 9h00 to 16h00
Fees: annual membership: $15
Financing: provincial, self-financing, municipal
Legal status: non-profit organization

CENTRE DU SABLON
755 du Sablon Road, Chomedey, Laval, QC, H7W 4H5
450 688-8961     Fax: 450 688-8969
Website: centredusablon.ca/en
Email: info@centredusablon.com
Eligibility: general population, Special needs program: children with mild to moderate special needs (anxiety, autism spectrum disorder, down syndrome/trisomy, etc.)
Coverage area: Laval
Hours: Monday to Friday 7h00 to 22h00, Saturday and Sunday 8h00 to 20h00
Fees: variable
Financing: self-financing, provincial, federal, municipal, donations
Legal status: non-profit organization

CENTRE LAVALLOIS POUR L’INTÉGRATION ET LA COHÉSION SOCIALE
1876 des Laurentides Boulevard, Suite 205, Chomedey, Laval, QC, H7M 2P9
438 808-9242
Email: clicslaval@gmail.com


Eligibility: immigrants, JEU program: immigrants from 12 to 17 years old
Coverage area: Laval, school supplies: Montréal Island, Laval
Hours: Monday, Wednesday, Friday 9h00 to 16h00, Tuesday and Thursday 12h00 to 20h00
Fees: none
Financing: self-financing
Legal status: non-profit organization

CLUB DE GYMNASTIQUE LAVAL EXCELLENCE
1555 Saint-Martin Boulevard East, Vimont, Laval, QC, H7G 4R4
450 669-4966
Website: www.lavalexcellence.ca
Email: info@lavalexcellence.ca

Services: Recreational and competitive gymnastics and cheerleading clubs. * Free-time gym. * Parent and child program 1.2.3 Gym! for ages 2 and up. * Bébé-gym program for children aged 3 years old. * Bout chou program for girls 4 to 5 years old. * Recreational groups for girls 6 to 8 years old and 9 years old and up, boys 4 to 6 years old and 7 years old and up.
Eligibility: children 2 years and over.
Coverage area: Laval
Hours: Tuesday, Wednesday and Thursday 16h30 to 20h30, Friday 16h30 to 21h00, Saturday 8h30 to 14h00, Sunday 9h00 to 13h00
Financing: self-financing
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR SAINT-FRANÇOIS-DE-SALES
7100 des Mille-Îles Boulevard, Saint-François, Laval, QC, H7A 4C6
450 666-1108

Eligibility: seniors 50 years old and over
Coverage area: Saint-François
Hours: Tuesday to Saturday
Fees: FADOQ annual membership: $25
Financing: self-financing, membership fees
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR SAINT-MARTIN DE LAVAL
4080 Saint-Martin Boulevard West, Chomedey, Laval, QC, H7T 1C1
514 883-4108
Email: mmorin0000@gmail.com
Eligibility: seniors 50 years and over
Coverage area: Montréal Island, Laval
Hours: Thursday 18h30 to 22h00, dance classes: Tuesday 10h30 to 14h00, light exercise: Tuesday 9h30 to 11h30
Fees: membership card: $12 per year
Financing: self-financing
Legal status: non-profit organization

COMITÉ D’ANIMATION DU TROISIÈME ÂGE DE LAVAL
140 Nadon Street, Sainte-Rose, Laval, QC, H7L 1T5
450 622-1228     Fax: 450 625-3078
Website: www.lecatal.ca
Email: cia@lecatal.ca
Eligibility: seniors 50 years and over, volunteer transportation: people on the waiting list for paratransit
Coverage area: Laval
Hours: Monday to Thursday 8h30 to 16h00, Friday 8h30 to 13h30
Fees: membership: $15, off-territory member: $22
Financing: contributions, Centraide of Greater Montréal, provincial, municipal
Legal status: non-profit organization

DIAPASON JEUNESSE
3517 Lévesque Boulevard West, Chomedey, Laval, QC, H7V 1E9
450 668-8839     Fax: 450 668-8789
Website: diapasonjeunesse.ca
Email: info@diapasonjeunesse.ca
Eligibility: youth 12 to 24 years old, their parents
Capacity: about 180 youth per year
Coverage area: Laval
Hours: Monday to Friday 15h00 to 21h00
Fees: none
Financing: provincial, federal, Centraide of Greater Montréal, foundations, donations
Legal status: non-profit organization
ENTRAIDE (PONT-VIAU ET LAVAL DES RAPIDES) INC. (L’)
664 Saint-André Street, Pont-Viau, Laval, QC, H7G 3A5
450 663-8039 ext. 0     Fax: 450 663-9796
Website: www.entraidelaval.org
Email: coqlicorne@gmail.com
Eligibility: children, adults, newcomers, families, LGBTQIA2+ people
Coverage area: Laval
Hours: Monday, Wednesday and Friday 9h00 to 16h00, Tuesday and Thursday 9h00 to 18h30
Fees: annual membership: $25, services: variable
Financing: federal, provincial, foundations
Legal status: non-profit organization

FADOQ - RÉGION LAVAL
1850 le Corbusier Boulevard, Suite 307, Chomedey, Laval, QC, H7S 2K1
450 686-2339     Fax: 450 686-4845
Website: www.fadoq.ca/laval
Email: info@fadoq.laval.com
Services: * Grouping and representation in order to maintain and improve quality of life. * Advocacy of rights, promotion of contribution to society. * Awareness programs and workshops on various subjects. * Privilege program: access to discounts on various products and services. * Recreational and social activities.
Eligibility: people 50 years and over
Coverage area: Laval
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00
Fees: membership: $30 per year or $50 for 2 years
Financing: self-financing, membership fees
Legal status: non-profit organization

GROUPE DE LOISIRS LA RELANCE
3235 Saint-Martin Boulevard East, Suite 110, Duvernay, Laval, QC, H7E 5G8
450 661-4276
Website: groupe-loisirs-relance.org
Email: info@loisirsrelance.org
Eligibility: seniors 50 years and over
Coverage area: Laval
Hours: office: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00, activities: Monday to Friday 9h00 to 16h00
Fees: annual fee: $20
Financing: self-financing
Legal status: non-profit organization

GROUPE PROMO-SANTÉ LAVAL
3235 Saint-Martin Boulevard East, Suite 210, Duvernay, Laval, QC, H7E 5G8
450 668-2121
Website: gpslaval.com
Email: info@gpslaval.com

Eligibility: general public, community organizations

Coverage area: Laval

Hours: Monday to Friday 8h00 to 16h00, variable

Fees: physical activity support: free, other services: variable

Financing: municipal, provincial, federal, foundations, self-financing

Legal status: non-profit organization

HELLENIC SOCIAL SERVICES OF QUÉBEC - LAVAL

3860 Notre-Dame Boulevard, Suite 202, Chomedey, Laval, QC, H7V 1S1
450 688-2091    Fax: 450 688-2084

Website: hcgm.org

Email: info@hcgm.org


Eligibility: people of various origins, particularly Greek

Coverage area: Laval

Hours: Monday to Friday 9h00 to 17h00

Fees: annual membership: $15, less than $5 for clients of the food bank

Financing: donations, grants, provincial

Legal status: non-profit organization

LAVAL AU FÉMININ

25 Saint-Louis Street, Suite 204, Pont-Viau, Laval, QC, H7G 4W3
450 967-8204

Email: lavalaufeminin@videotron.ca


Eligibility: women

Coverage area: Laval

Hours: September to May, variable hours

Fees: membership: $15 per year, courses and activities: variable

Financing: membership fees

Legal status: non-profit organization

LOISIRS RENAUD/COURSOL

25 Saint-Louis Street, Suite 110, Pont-Viau, Laval, QC, H7G 4W3
450 933-5274

Website: renaudcoursol.com

Email: info@renaudcoursol.com

Coverage area: Laval
Hours: variable
Fees: variable
Financing: self-financing, municipal, donations
Legal status: non-profit organization

MAISON DE QUARTIER DE FABREVILLE - SECTEUR JEUNESSE
727 Montée Montrougeau, Fabreville, Laval, QC, H7P 3M1
450 937-1702     Fax: 450 628-3148
Website: www.mqfabreville.org/local-ados
Email: info@mqfabreville.org
Eligibility: youth 12 to 17 years old
Capacity: 25
Coverage area: Fabreville, Sainte-Rose
Hours: Tuesday and Wednesday 15h30 to 20h00, Thursday 15h30 to 21h00, Friday 15h30 to 22h00
Fees: voluntary contribution
Financing: Centraide of Greater Montréal, self-financing, provincial, federal, municipal, donations
Legal status: non-profit organization

MAISON DES JEUNES DE L’EST DE LAVAL
3602 de la Concorde Boulevard East, Duvernay, Laval, QC, H7E 2C9
450 664-1009     Fax: 450 936-4419
Website: www.mdjel.com
Email: mdjel@hotmail.com
Eligibility: youth 12 to 17 years old
Capacity: 60
Coverage area: Duvernay, Saint-Vincent-de-Paul
Hours: Tuesday to Friday 14h30 to 20h00
Fees: none
Financing: provincial, self-financing
Legal status: non-profit organization

MAISON DES JEUNES DE SAINTE-DOROTHÉE
996 Montée Gravel, Sainte-Dorothée, Laval, QC, H7X 2B8
450 689-8000
Website: www.mdjstedorothee.ca/english
Email: direction@mdjstedorothee.ca
Eligibility: youth 12 to 17 years old
Coverage area: Laval
Hours: Monday to Friday 15h30 to 21h00, September to June: Saturday 11h00 to 17h00
Fees: none
Financing: grants
Legal status: non-profit organization
MAISON DES JEUNES DU MARIGOT
599 Saint-André Street, Pont-Viau, Laval, QC, H7G 3A4
450 668-3939
Email: mjmarigot@gmail.com


Eligibility: youth 12 to 17 years old
Capacity: 30 youth
Coverage area: Laval-des-Rapides, Pont-Viau
Hours: Monday to Friday 16h30 to 21h00
Financing: provincial
Legal status: non-profit organization

MARDIS DE L’AMITIÉ SAINTE-BÉATRICE (LES)
475 des Perron Avenue, Suite 4, Auteuil, Laval, QC, H7H 1E2
514 506-4687

Eligibility: seniors
Capacity: 200
Coverage area: Laval
Hours: dance lessons: Tuesday 10h00 to 11h30, games: Tuesday 13h00 to 16h00
Fees: membership: $10
Financing: membership fees, self-financing
Legal status: non-profit organization

MÉCANISME D’ASSISTANCE POUR USAGERS VULNÉRABLES
Confidential Address
514 708-6288
Website: www.mauv.ca
Email: info@mauv.ca

Services: Guidance and specialized services for people in a situation of vulnerability or loss of autonomy. * MAUV: guidance and support in finding a living environment, conferences. * noMad: advice and support for incontinence and hygiene products and delivery anywhere in Québec. * L'heure Dorée: podcast offering a forum for seniors, caregivers and workers. * MAUV-it: physical training, certified yoga program, physical warm-up and stretching program. * Activities: cognitive and fun entertainment, board games, special events, zoo-animation, informative videos and conferences.
Eligibility: active elderly, or with a loss of autonomy
Coverage area: Laval, Laurentides, Lanaudière
Hours: Monday to Friday 9h00 to 17h00, Saturday and Sunday 10h00 to 16h00
Fees: none
Financing: self-financing, grants
Legal status: non-profit organization

PARENTÈLE DE LAVAL (LA)
196 7th Avenue, Laval-des-Rapides, Laval, QC, H7N 4J6
450 662-9835
Website: laparenteledelaval.com
Email: info@laparenteledelaval.com

Eligibility: families with children under 12 years old
Coverage area: Laval
Hours: Monday 9h00 to 16h00, Tuesday to Thursday 9h00 to 16h00 and 18h00 to 20h00, Friday 18h00 to 20h00
Fees: variable
Financing: Centraide of Greater Montréal, provincial, federal, self-financing, foundations
Legal status: non-profit organization

PARTAGE HUMANITAIRE
435 Curé-Labelle Boulevard, Suite 219, Chomedey, Laval, QC, H7V 2S8
450 681-1536     Fax: 450 681-3484
Website: partagehumanitaire.ca
Email: mariebdorval@partagehumanitaire.ca
Services: Animation in living environments for seniors living in housing resources in Laval.
Eligibility: seniors or people living with a disability with a loss of autonomy
Coverage area: Laval and surroundings
Hours: Monday to Friday 9h00 to 16h30
Financing: self-financing, provincial
Legal status: non-profit organization

Day camps and specialized camps

ASSOCIATION DES RÉSIDENTS DE CHAMPFLEURY
2585 des Oiseaux Boulevard, Sainte-Rose, Laval, QC, H7L 4M4
450 963-0676
Website: champfleury.qc.ca
Email: info@champfleury.qc.ca
Eligibility: general population
Capacity: up to 115 people
Coverage area: Laval
Hours: Champfleury community centre: Monday to Friday 9h00 to 23h00, Saturday and Sunday 8h30 to 18h00, customer service: Monday to Thursday 9h00 to 20h30, Friday 9h00 to 16h00, Saturday 9h00 to 13h00
Fees: optional membership card: family: $30, adult individual: $20, kid individual: $10, activities and room rentals: variables
Financing: self-financing, membership, grants
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE EBEN-EZER
8488 Lévesque Boulevard East, Saint-François, Laval, QC, H7A 1W5
450 665-1798     Fax: 450 665-5264
Email: emmanuellaurent@hotmail.fr
Eligibility: people on a low income, seniors, people with a loss of autonomy, newcomers
Coverage area: Saint-François
Hours: Monday to Friday 10h00 to 16h00
Financing: donations
Legal status: non-profit organization
CENTRE DU SABLON
755 du Sablon Road, Chomedey, Laval, QC, H7W 4H5
450 688-8961    Fax: 450 688-8969
Website: centredusablon.ca/en
Email: info@centredusablon.com
Eligibility: general population, Special needs program: children with mild to moderate special needs (anxiety, autism spectrum disorder, down syndrome/trisomy, etc.)
Coverage area: Laval
Hours: Monday to Friday 7h00 to 22h00, Saturday and Sunday 8h00 to 20h00
Fees: variable
Financing: self-financing, provincial, federal, municipal, donations
Legal status: non-profit organization

CONSEIL RÉGIONAL DE L’ENVIRONNEMENT DE LAVAL
3235 Saint-Martin Boulevard East, Suite 208-209, Duvernay, Laval, QC, H7E 5G8
450 664-3503
Website: www.credelaval.qc.ca/en/homepage
Email: credelaval@credelaval.qc.ca
Eligibility: individuals and organizations dedicated to environmental protection
Coverage area: Laval
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 17h00
Financing: membership fees, donations, municipal
Legal status: non-profit organization

ENTRAIDE (PONT-VIAU ET LAVAL DES RAPIDES) INC. (L’)
664 Saint-André Street, Pont-Viau, Laval, QC, H7G 3A5
450 663-8039 ext. 0    Fax: 450 663-9796
Website: www.entraidelaval.org
Email: coqlicorne@gmail.com
Eligibility: children, adults, newcomers, families, LGBTQIA2+ people
Coverage area: Laval
Hours: Monday, Wednesday and Friday 9h00 to 16h00, Tuesday and Thursday 9h00 to 18h30
Fees: annual membership: $25, services: variable
Financing: federal, provincial, foundations
Legal status: non-profit organization
GROUPE PROMO-SANTÉ LAVAL
3235 Saint-Martin Boulevard East, Suite 210, Duvernay, Laval, QC, H7E 5G8
450 668-2121
Website: gpslaval.com
Email: info@gpslaval.com


Eligibility: general public, community organizations

Coverage area: Laval

Hours: Monday to Friday 8h00 to 16h00, variable

Fees: physical activity support: free, other services: variable

Financing: municipal, provincial, federal, foundations, self-financing

Legal status: non-profit organization

LAVAL - CITY
1333 Chomedey Boulevard, Chomedey, Laval, QC, H7V 3Z4
311
Website: www.laval.ca/Pages/En/home.aspx


Coverage area: Laval

Hours: by phone: Monday to Friday 7h00 to 21h00, Saturday and Sunday 8h00 to 17h00, on site: Monday to Friday 8h30 to 16h30, by appointment

Financing: municipal

Legal status: municipal agency

LOISIRS RENAUD/COURSOL
25 Saint-Louis Street, Suite 110, Pont-Viau, Laval, QC, H7G 4W3
450 933-5274
Website: renaudcoursol.com
Email: info@renaudcoursol.com


Coverage area: Laval

Hours: variable

Fees: variable

Financing: self-financing, municipal, donations

Legal status: non-profit organization

MAISON DE QUARTIER VIMONT
1747 Lavoie Street, Vimont, Laval, QC, H7M 2N1
450 662-0580     Fax: 450 662-0500
Website: www.maisonquartiervimont.com
Email: maisonquartiervimont@videotron.ca

Eligibility: families and teenagers
Capacity: 60 people
Coverage area: Vimont, Auteuil
Hours: families: Monday to Friday 9h00 to 17h00, teenagers' room: Wednesday to Friday 16h00 to 21h00
Fees: annual membership
Financing: grants, foundations
Legal status: non-profit organization

MAISON DES ENFANTS LE DAUPHIN DE LAVAL
799 Loranger Street, Chomedey, Laval, QC, H7V 1Z5
450 978-2664
Website: www.maisondesenfants.qc.ca
Email: dauphin@maisondesenfants.qc.ca


Eligibility: most activities: children 0 to 5 years old, their parents, flexible activities and homework assistance: children 6 to 12 years old
Coverage area: Laval
Hours: Monday to Thursday 9h00 to 18h00, Friday 9h00 to 16h00, summer: Monday to Thursday 9h00 to 16h30, Friday 9h00 to 16h00
Financing: provincial, federal, municipal, self-financing
Legal status: non-profit organization

MAISON DES FAMILLES DE SAINT-VINCENT-DE-PAUL
4899 Saint-Joseph Street, Saint-Vincent-de-Paul, Laval, QC, H7C 1H6
450 664-4711
Website: www.rqsvp.com
Email: froustan@rqsvp.com


Eligibility: families
Coverage area: Saint-Vincent-de-Paul, Duvernay and Saint-François neighbourhoods
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, food bank: Thursday 11h15, summer: Monday to Thursday 8h30 to 16h30
Fees: food bank: $5, after 4 times beneficiaries must participate to a collective kitchen and the amount spent on the food bank will go towards it
Financing: self-financing, donations, grants
Legal status: non-profit organization

PARENTÈLE DE LAVAL (LA)
196 7th Avenue, Laval-des-Rapides, Laval, QC, H7N 4J6
450 662-9835
Website: laparenteledelaval.com
Email: info@laparenteledelaval.com

Eligibility: families with children under 12 years old

Coverage area: Laval

Hours: Monday 9h00 to 16h00, Tuesday to Thursday 9h00 to 16h00 and 18h00 to 20h00, Friday 18h00 to 20h00

Fees: variable

Financing: Centraide of Greater Montréal, provincial, federal, self-financing, foundations

Legal status: non-profit organization

REGROUPEMENT DES FAMILLES MONOPARENTALES ET RECOMPOSÉES DE LAVAL

140 Nadon Street, Sainte-Rose, Laval, QC, H7L 1T5

450 622-0524

Website: www.rfmrl.org


Eligibility: single parents or blended families with adaptation difficulties, women, men and children

Capacity: 12 people per group

Coverage area: Laval, Lanaudière, Laurentides, Montréal Island

Hours: Monday to Thursday 9h00 to 20h00, Saturday 9h00 to 15h00

Fees: annual membership: $20, other services: variable

Financing: provincial

Legal status: non-profit organization

RELAIS FAMILIAL D’AUTEUIL (LE)

6135 des Laurentides Boulevard, Suite 1, Auteuil, Laval, QC, H7H 2V3

450 628-3246 Fax: 450 628-0885

Website: relais-familial-auteuil.org

Email: info@relais-familial-auteuil.org


Eligibility: families, HLM: single-parent families on a low income

Coverage area: Laval

Hours: Monday to Thursday 8h30 to 16h30

Fees: annual membership: $5, contribution for some activities

Financing: grants, donations

Legal status: non-profit organization

SPORTS LAVAL

3235 Saint-Martin Boulevard East, Suite 221, Duvernay, Laval, QC, H7E 5G8

450 664-1917

Website: www.sportslaval.qc.ca

Email: info@sportslaval.qc.ca

Eligibility: rising star or elite athletes, coaches, sports partners, physical education teachers and general population  
Coverage area: Laval  
Hours: Monday to Friday 8h00 to 16h00  
Fees: free  
Financing: municipal  
Legal status: non-profit organization

Hobbies

AMICALE DE SAINT-VINCENT-DE-PAUL (L')
1111 Place J.-Eudes-Blanchard, Saint-Vincent-de-Paul, Laval, QC, H7C 1T1  
450 661-4372  
Email: francine1051@videotron.ca  
Eligibility: people 40 years old and over, recreational activities: people 50 and over  
Coverage area: Saint-Vincent-de-Paul district  
Hours: Thursday 19h30 to 22h00  
Fees: membership card: $8  
Financing: fundraising campaigns, membership  
Legal status: non-profit organization

ASSOCIATION POUR AINÉS RÉSIDANT À LAVAL
4901 Saint-Joseph Street, Saint-Vincent-de-Paul, Laval, QC, H7C 1H6  
450 661-5252     Fax: 450 661-2497  
Website: www.aparl.org  
Email: information@aparl.org  
Eligibility: people 50 years and over  
Coverage area: East of Laval, ITMAV: Saint-Vincent-de-Paul, Duvernay, Saint-François  
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30  
Fees: membership card: $15  
Financing: Centraide of Greater Montréal, provincial, municipal  
Legal status: non-profit organization

AVC-APHASIE LAVAL
3350 Dagenais Boulevard West, Fabreville, Laval, QC, H7P 1V6  
450 937-3666  
Website: www.avcaphasielaval.ca  
Email: info@avcaphasielaval.ca  
Eligibility: people who have had a stroke, with any after effects, people with aphasia, their close ones and the general public  
Coverage area: Laval  
Hours: Monday to Friday 8h30 to 16h30  
Fees: annual membership: $25, activities: 25 to $35 per class
Financing: provincial, municipal, donations  
Legal status: non-profit organization  

**AXION 50 PLUS**  
435 Curé-Labelle Boulevard, Chomedey, Laval, QC, H7V 2S8  
450 978-5555 ext. 121  Fax: 450 978-7643  
Website: www.axion50plus.org  
Email: info@axion50plus.org  
Eligibility: retired and pre-retired people 50 years and over  
Coverage area: Laval  
Hours: Monday to Friday 9h00 to 16h00  
Fees: annual contribution: $25  
Financing: self-financing  
Legal status: non-profit organization  

**CENTRE COMMUNAUTAIRE LE COUMBITE DE LAVAL**  
111 des Laurentides Boulevard, Suite 220, Pont-Viau, Laval, QC, H7G 2T2  
450 662-9771  Fax: 450 662-9319  
Website: coumbitelaval.net  
Email: coumbite@videotron.ca  
Eligibility: ethnocultural communities, especially the families of the Haitian community  
Coverage area: Laval  
Hours: Monday to Friday 9h00 to 17h00  
Fees: membership card: $12  
Financing: contributions, provincial, fundraising campaigns  
Legal status: non-profit organization  

**CENTRE COMMUNAUTAIRE LE RENDEZ-VOUS DES AÎNÉS**  
10 Proulx Street West, Laval-des-Rapides, Laval, QC, H7N 1N3  
450 667-8836  Fax: 450 667-5810  
Website: ccrva.org  
Email: info@ccrva.org  
Eligibility: people 50 years old and over, adapted recreational activities: people 35 years old and over  
Coverage area: Laval  
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, thrift store: Monday and Thursday 9h00 to 16h00  
Fees: membership: $15 per year, meals: $6.50 for members and $8 for non-members, frozen meals: variable prices, fresh meal of the day: $4.50
Financing: Centraide of Greater Montréal, provincial, self-financing
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE PETIT ESPOIR
1235 Montée du Moulin, Suite 06, Saint-François, Laval, QC, H7A 3V6
450 936-1922     Fax: 450 936-1923
Website: www.petitespoir.org
Email: petitespoir@videotron.ca


Eligibility: newcomers, seniors, women on a low income
Coverage area: Laval: Saint-François, Saint-Vincent-de-Paul, Vimont, Duvernay neighbourhoods
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: grants, donations, self-financing
Legal status: non-profit organization

CENTRE D'IMPLICATION LIBRE DE LAVAL EN RÉADAPTATION SOCIALE
156 des Laurentides Boulevard, Laval-des-Rapides, Laval, QC, H7G 2T5
450 668-1771     Fax: 450 668-9010
Website: www.cill.qc.ca
Email: info@cill.qc.ca


Eligibility: adults 18 years old and over living or who have lived with mental health issues
Coverage area: Laval, North of Montréal
Hours: Monday to Friday 8h30 to 17h00, Saturday, Sunday and evenings depending on the activities
Financing: self-financing, grants
Legal status: non-profit organization

CENTRE DE LA NATURE DE LAVAL
901 du Parc Avenue, Duvernay, Laval, QC, H7E 2T7
450 662-4942     Fax: 450 662-5279
Website: www.laval.ca/centredelanature/Pages/Fr/accueil.aspx
Email: centrenature@ville.laval.qc.ca


Coverage area: Laval
Hours: 7 days, 8h00 to 22h00, administration: Monday to Friday 8h00 to 12h00 and 13h00 to 16h30, Saturday and Sunday 10h00 to 12h00 and 13h00 to 18h00
Fees: access: free, rental and activities: variable
Financing: municipal
Legal status: non-profit organization
CENTRE DÉFI-JEUNESSE DE ST-FRANÇOIS
455 Montée du Moulin, Saint-François, Laval, QC, H7A 1Z2
450 665-3049 Fax: 450 665-3049
Website: www.centredefijeunesse.com
Email: info@centredefijeunesse.com


Eligibility: youth 11 to 17 years old
Coverage area: Saint-François
Hours: Tuesday to Thursday 17h00 to 21h00, Friday 17h00 to 22h00, homework assistance: Tuesday 15h30 to 16h30
Financing: provincial
Legal status: non-profit organization

CLUB DE L'ÂGE D'OR SAINT-ÉDOUARD DE FABREVILLE
6600 29e Avenue, Laval-Ouest, Laval, QC, H7R 3N3
450 689-5581


Eligibility: seniors 50 years old and over
Coverage area: Laval
Hours: Tuesday 9h00 to 15h00, dance night: 1st Saturday of the month, closed during the summer from mid-June to Labour Day
Fees: membership card: $10 per year, free for people 80 years and over, bingo: $1 for 3 cards
Financing: self-financing
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR SAINT-MARTIN DE LAVAL
4080 Saint-Martin Boulevard West, Chomedey, Laval, QC, H7T 1C1
514 883-4108
Email: mmorin0000@gmail.com


Eligibility: seniors 50 years and over
Coverage area: Montréal Island, Laval
Hours: Thursday 18h30 to 22h00, dance classes: Tuesday 10h30 to 14h00, light exercise: Tuesday 9h30 to 11h30
Fees: membership card: $12 per year
Financing: self-financing
Legal status: non-profit organization

CLUBS 4-H DU QUÉBEC (LES)
6500 Arthur-Sauvé Boulevard, Suite 202, Laval-Ouest, Laval, QC, H7R 3X7
450 314-1942 Fax: 450 314-1952
Website: www.clubs4h.qc.ca
Email: info@clubs4h.qc.ca

Services: Grouping of 4-H Clubs in the province of Québec. * Development of eco-citizenship to help in the conservation and improvement of environmental quality. * Awakening to nature and to what surrounds it to ensure its preservation. * Awareness to the importance of the tree and the forest.

Eligibility: young people aged 4 to 17 years old
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 17h00
Fees: $100 per club
Financing: fundraising campaigns, grants, membership fees
Legal status: non-profit organization

COMITÉ D’ANIMATION DU TROISIÈME ÂGE DE LAVAL
140 Nadon Street, Sainte-Rose, Laval, QC, H7L 1T5
450 622-1228  Fax: 450 625-3078
Website: www.lecatal.ca
Email: cia@lecatal.ca


Eligibility: seniors 50 years and over, volunteer transportation: people on the waiting list for paratransit

Coverage area: Laval

Hours: Monday to Thursday 8h30 to 16h00, Friday 8h30 to 13h30

Fees: membership: $15, off-territory member: $22

Financing: contributions, Centraide of Greater Montréal, provincial, municipal

Legal status: non-profit organization

CONSEIL RÉGIONAL DE L’ENVIRONNEMENT DE LAVAL
3235 Saint-Martin Boulevard East, Suite 208-209, Duvernay, Laval, QC, H7E 5G8
450 664-3503
Website: www.credelaval.qc.ca/en/homepage
Email: credelaval@credelaval.qc.ca


Eligibility: individuals and organizations dedicated to environmental protection

Coverage area: Laval

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 17h00

Financing: membership fees, donations, municipal

Legal status: non-profit organization

ÉCO-NATURE
345 Sainte-Rose Boulevard, Sainte-Rose, Laval, QC, H7L 1M7
450 622-1020
Website: www.parc-mille-iles.qc.ca/en
Email: info@eco-nature.ca


Coverage area: Laval, Rive-Nord

Hours: 7 days, 8h30 to 17h00, activity centres: 9h00 to 20h00

Financing: municipal, provincial, federal, donations

Legal status: non-profit organization

ENFANT D’ABORD
3781 Lévesque Boulevard West, Suite 209, Chomedey, Laval, QC, H7V 1G5
450 681-1154
Website: www.enfantdabord.org
Email: info@enfantdabord.org
Services:

Eligibility: families on a low income with children under 18 years old, isolated seniors 55 years old and over

Coverage area: Laval, food assistance: Chomedey

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, food assistance: Tuesday and Thursday 12h00 to 15h00

Fees: free

Financing: provincial, self-financing, fundraising campaigns

Legal status: non-profit organization

ENTRAIDE (PONT-VIAU ET LAVAL DES RAPIDES) INC. (L’)
664 Saint-André Street, Pont-Viau, Laval, QC, H7G 3A5
450 663-8039 ext. 0     Fax: 450 663-9796
Website: www.entraidelaval.org
Email: coqlicorne@gmail.com

Services:

Eligibility: children, adults, newcomers, families, LGBTQIA2+ people

Coverage area: Laval

Hours: Monday, Wednesday and Friday 9h00 to 16h00, Tuesday and Thursday 9h00 to 18h30

Fees: annual membership: $25, services: variable

Financing: federal, provincial, foundations

Legal status: non-profit organization

FONDATION LE PÉPIN D’ART
204 Sainte-Rose Boulevard, Sainte-Rose, Laval, QC, H7L 1L6
514 965-9637
Website: lepepindart.com
Email: fondationlepepindart@gmail.com

Services: Organization for the promotion and democratization of art for all ages. * Artistic activities: painting and drawing.

Eligibility: people of all ages

Coverage area: Laval

Hours: Monday to Friday 9h30 to 17h30

Financing: donations

Legal status: non-profit organization

G.E.M.E. GROUPE D’ENTRAIDE POUR UN MIEUX-ÊTRE - LAVAL
25 Saint-Louis Street, Pont-Viau, Laval, QC, H7G 4W3
450 332-4463
Website: www.groupegeme.com
Email: lucie.bergeron@groupegeme.com


Eligibility: people 18 years and over with anxiety disorders: stress, simple or social phobia, agoraphobia, panic disorder, burnout, depression, post-traumatic stress

Capacity: support groups: 15 to 33 people

Coverage area: Province of Québec
**GROUPE DE LOISIRS LA RELANCE**

3235 Saint-Martin Boulevard East, Suite 110, Duvernay, Laval, QC, H7E 5G8

**450 661-4276**

**Website:** groupe-loisirs-relance.org

**Email:** info@loisirsrelance.org


**Eligibility:** seniors 50 years and over

**Coverage area:** Laval

**Hours:** office: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, groups schedule: on the website

**Fees:** contributions

**Financing:** provincial, fundraising campaigns, membership fees, self-financing

**Legal status:** non-profit organization

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**GROUPE PROMO-SANTÉ LAVAL**

3235 Saint-Martin Boulevard East, Suite 210, Duvernay, Laval, QC, H7E 5G8

**450 668-2121**

**Website:** gpslaval.com

**Email:** info@gpslaval.com


**Eligibility:** general public, community organizations

**Coverage area:** Laval

**Hours:** Monday to Friday 8h00 to 16h00, variable

**Fees:** physical activity support: free, other services: variable

**Financing:** municipal, provincial, federal, foundations, self-financing

**Legal status:** non-profit organization

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**HELLENIC SOCIAL SERVICES OF QUÉBEC - LAVAL**

3860 Notre-Dame Boulevard, Suite 202, Chomedey, Laval, QC, H7V 1S1

**450 688-2091**    **Fax:** 450 688-2084

**Website:** hcgm.org

**Email:** info@hcgm.org


**Eligibility:** people of various origins, particularly Greek

**Coverage area:** Laval

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** annual membership: $15, less than $5 for clients of the food bank
Financing: donations, grants, provincial
Legal status: non-profit organization

JARDIN DE LA FAMILLE DE FABREVILLE
3867 Sainte-Rose Boulevard, Fabreville, Laval, QC, H7P 1C8
450 622-9456 Fax: 450 622-0312
Website: www.jardindelafamille.org
Email: ajff@jardindelafamille.org


Eligibility: people living with an intellectual, physical or psychological limitation, families on a low income, immigrants

Coverage area: Laval-Ouest, Fabreville, Sainte-Rose
Hours: administration: Monday to Friday 9h00 to 16h00, thrift store (regular hours): Monday to Saturday 9h00 to 17h00, thrift store (summer hours): Monday to Friday 9h00 to 18h00, Saturday 9h00 to 17h00
Fees: free with some exceptions

Financing: grants, fundraising campaigns, self-financing, donations
Legal status: non-profit organization

LAVAL - PUBLIC PIANOS
Confidential Address
450 978-6888 ext. 4429
Website: www.laval.ca/Pages/Fr/Culture/pianos-publics.aspx
Email: artetculture@ville.laval.qc.ca

Services: * Recycled pianos available for public use in the summer period. * Addresses and schedules online.

Coverage area: Laval
Hours: during summer
Fees: none

Financing: municipal
Legal status: municipal agency

LAVAL PUBLIC LIBRARIES NETWORK - ÉMILE-NELLIGAN LIBRARY
325 Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7N 2J5
450 662-4973
Website: www.laval.ca/lieux/Pages/Fr/bibliotheque-emile-nelligan.aspx


Eligibility: general public
Coverage area: Laval
Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00
Fees: membership: none for residents, variable for non-residents

Financing: municipal
Legal status: municipal agency

LAVAL PUBLIC LIBRARIES NETWORK - GABRIELLE-ROY LIBRARY
3505 Dagenais Boulevard West, Fabreville, Laval, QC, H7P 4V9
450 978-8909
Website: www.laval.ca/lieux/Pages/Fr/bibliotheque-gabrielle-roy.aspx

Eligibility: general public

Coverage area: Laval

Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00

Fees: membership: free for residents, variable for non-residents

Financing: municipal

Legal status: municipal agency

LAVAL PUBLIC LIBRARIES NETWORK - GERMAINE-GUÈVREMONT LIBRARY

2900 de la Concorde Boulevard East, Duvernay, Laval, QC, H7E 2B6

450 662-4002

Website: www.laval.ca/lieux/Pages/Fr/bibliotheque-germaine-guevremont.aspx


Eligibility: general public

Coverage area: Laval

Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00

Fees: membership: free for residents, variable for non-residents

Financing: municipal

Legal status: municipal agency

LAVAL PUBLIC LIBRARIES NETWORK - LAURE-CONAN LIBRARY

4660 des Laurentides Boulevard, Vimont, Laval, QC, H7K 2J4

450 662-4975

Website: www.laval.ca/lieux/Pages/Fr/bibliotheque-laure-conan.aspx


Eligibility: general public

Coverage area: Laval

Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00

Fees: membership: free for residents, variable for non-residents

Financing: municipal

Legal status: municipal agency

LAVAL PUBLIC LIBRARIES NETWORK - MARIUS-BARBEAU LIBRARY

1245 Montée du Moulin, Saint-François, Laval, QC, H7A 3V6

450 662-4005

Website: www.laval.ca/lieux/Pages/Fr/bibliotheque-marius-barbeau.aspx


Eligibility: general public

Coverage area: Laval

Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00

Fees: membership: free for residents, variable for non-residents
Sports, Recreation and Culture

**Financing:** municipal  
**Legal status:** municipal agency

### LAVAL PUBLIC LIBRARIES NETWORK - MULTICULTURAL LIBRARY

1535 Chomedey Boulevard, Chomedey, Laval, QC, H7V 3R2  
450 978-5995  
**Website:** [www.laval.ca/lieux/Pages/FR/bibliotheque-multiculturelle.aspx](http://www.laval.ca/lieux/Pages/FR/bibliotheque-multiculturelle.aspx)  
**Services:**  
* Loan and access to books and audiovisual documents.  
* Computers, Internet access and printing devices.  
* Animations and reading activities for all ages.  
* Summer book club for children.  
* Bibliomobile: travelling library in parks during summer.  
* Specialized services: exhibitions, training in information technology for elders, toolkit for caregivers.  
* Home loan for people with reduced mobility.  
* Le Studio: digital space to learn, create and experiment.  
* Telescope loan.  
**Eligibility:** general public  
**Coverage area:** Laval  
**Hours:** Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00, Le Studio: Monday to Friday 15h00 to 21h00, Saturday 10h00 to 17h00  
**Fees:** membership: free for residents, variable for non-residents  
**Financing:** municipal  
**Legal status:** municipal agency

### LAVAL PUBLIC LIBRARIES NETWORK - PHILIPPE-PANNETON LIBRARY

4747 Arthur-Sauvé Boulevard, Laval-Ouest, Laval, QC, H7R 5P8  
450 978-8919  
**Website:** [www.laval.ca/lieux/Pages/FR/bibliotheque-philippe-panneton.aspx](http://www.laval.ca/lieux/Pages/FR/bibliotheque-philippe-panneton.aspx)  
**Services:**  
* Loan and access to books and audiovisual documents.  
* Computers, Internet access and printing devices.  
* Animations and reading activities for all ages.  
* Summer book club for children.  
* Bibliomobile: travelling library in parks during summer.  
* Specialized services: exhibitions, training in information technology for elders, toolkit for caregivers.  
* Home loan for people with reduced mobility.  
* Telescope loan.  
**Eligibility:** general public  
**Coverage area:** Laval  
**Hours:** Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00  
**Fees:** membership: free for residents, variable for non-residents  
**Financing:** municipal  
**Legal status:** municipal agency

### LAVAL PUBLIC LIBRARIES NETWORK - SYLVAIN-GARNEAU LIBRARY

187 Sainte-Rose Boulevard, Sainte-Rose, Laval, QC, H7L 1L5  
450 978-3940  
**Website:** [www.laval.ca/lieux/Pages/FR/bibliotheque-sylvain-garneau.aspx](http://www.laval.ca/lieux/Pages/FR/bibliotheque-sylvain-garneau.aspx)  
**Services:**  
* Loan and access to books and audiovisual documents.  
* Computers, Internet access and printing devices.  
* Animations and reading activities for all ages.  
* Summer book club for children.  
* Bibliomobile: travelling library in parks during summer.  
* Specialized services: exhibitions, training in information technology for elders, toolkit for caregivers.  
* Home loan for people with reduced mobility.  
* Telescope loan.  
**Eligibility:** general public  
**Coverage area:** Laval  
**Hours:** Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00  
**Fees:** membership: free for residents, variable for non-residents  
**Financing:** municipal  
**Legal status:** municipal agency
LAVAL PUBLIC LIBRARIES NETWORK - YVES-THÉRIAULT LIBRARY
670 de la Place-Publique Street, Sainte-Dorothée, Laval, QC, H7X 1G1
450 978-6599
Website: www.laval.ca/lieux/Pages/ Fr/bibliotheque-yves-theriault.aspx
Eligibility: general public
Coverage area: Laval
Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal
Legal status: municipal agency

LOISIRS RENAUD/COURSOL
25 Saint-Louis Street, Suite 110, Pont-Viau, Laval, QC, H7G 4W3
450 933-5274
Website: renaudcoursol.com
Email: info@renaudcoursol.com
Coverage area: Laval
Hours: variable
Fees: variable
Financing: self-financing, municipal, donations
Legal status: non-profit organization

MAISON DE QUARTIER DE FABREVILLE - SECTEUR JEUNESSE
727 Montée Montrougeau, Fabreville, Laval, QC, H7P 3M1
450 937-1702     Fax: 450 628-3148
Website: www.mqfabreville.org/localados
Email: info@mqfabreville.org
Eligibility: youth 12 to 17 years old
Capacity: 25
Coverage area: Fabreville, Sainte-Rose
Hours: Tuesday and Wednesday 15h30 to 20h00, Thursday 15h30 to 21h00, Friday 15h30 to 22h00
Fees: voluntary contribution
Financing: Centraide of Greater Montréal, self-financing, provincial, federal, municipal, donations
Legal status: non-profit organization

MAISON DE QUARTIER VIMONT
1747 Lavoie Street, Vimont, Laval, QC, H7M 2N1
450 662-0580     Fax: 450 662-0500
Website: www.maisonquartiervimont.com
Email: maisonquartiervimont@videotron.ca

**Eligibility:** families and teenagers

**Capacity:** 60 people

**Coverage area:** Vimont, Auteuil

**Hours:** families: Monday to Friday 9h00 to 17h00, teenagers' room: Wednesday to Friday 16h00 to 21h00

**Fees:** annual membership

**Financing:** grants, foundations

**Legal status:** non-profit organization

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**MAISON DES FAMILLES DE SAINT-VINCENT-DE-PAUL**

4899 Saint-Joseph Street, Saint-Vincent-de-Paul, Laval, QC, H7C 1H6

450 664-4711

**Website:** www.rqsvp.com

**Email:** froustan@rqsvp.com


**Eligibility:** families

**Coverage area:** Saint-Vincent-de-Paul, Duvernay and Saint-François neighbourhoods

**Hours:** Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, food bank: Thursday 11h15, summer: Monday to Thursday 8h30 to 16h30

**Fees:** food bank: $5, after 4 times beneficiaries must participate to a collective kitchen and the amount spent on the food bank will go towards it

**Financing:** self-financing, donations, grants

**Legal status:** non-profit organization

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**MAISON DES GRANDS-PARENTS DE LAVAL**

25 Saint-Louis Street, Suite 111, Pont-Viau, Laval, QC, H7G 4W3

450 575-4443     Fax: 450 575-4443

**Website:** www.maisongpl.com

**Email:** mgplaval@videotron.ca

**Services:** * Intergenerational pairing and correspondance with children in collaboration with Maison des enfants Le Dauphin. * Participation in cultural events and in activities in primary and secondary schools. * Knitting club. * Un coup d'coeur pour toi: making of bags and comforters for Centre Jeunesse de Laval. * Pairing of seniors with students from Montmorency College and the Centre culturel québéco-syrien seeking to prevent seniors' isolation and extend the participants' learning of French.

**Eligibility:** seniors, children and teenagers

**Coverage area:** Laval

**Hours:** Monday and Wednesday 10h00 to 17h30

**Fees:** membership: $5

**Financing:** membership fees

**Legal status:** non-profit organization

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**MAISON DES JEUNES DU MARIGOT**

599 Saint-André Street, Pont-Viau, Laval, QC, H7G 3A4

450 668-3939

**Email:** mjmarigot@gmail.com
Eligibility: youth 12 to 17 years old
Capacity: 30 youth
Coverage area: Laval-des-Rapides, Pont-Viau
Hours: Monday to Friday 16h30 to 21h00
Financing: provincial
Legal status: non-profit organization

MARDIS DE L'AMITIÉ SAINTE-BÉATRICE (LES)
475 des Perron Avenue, Suite 4, Auteuil, Laval, QC, H7H 1E2
514 506-4687
Eligibility: seniors
Capacity: 200
Coverage area: Laval
Hours: dance lessons: Tuesday 10h00 to 11h30, games: Tuesday 13h00 to 16h00
Fees: membership: $10
Financing: membership fees, self-financing
Legal status: non-profit organization

RELAIS COMMUNAUTAIRE DE LAVAL
111 des Laurentides Boulevard, Suite 101, Pont-Viau, Laval, QC, H7G 2T2
450 668-8727     Fax: 450 668-9615
Website: relais-communautaire.org
Email: info@relais-communautaire.org
Eligibility: people on a low income
Capacity: 50
Coverage area: Laval
Hours: food bags distribution: Tuesday and Friday 9h30 to 11h30, Écono Bouffe: Wednesday and Thursday 13h00 to 16h00, breakfast: Tuesday and Friday 9h30 to 11h00, lunch: Monday to Friday 12h00 to 13h00, day centre: Monday to Friday 9h30 to 15h30, Carrefour des Aubaines: Monday 13h00 to 19h00, Tuesday 9h30 to 19h00, Wednesday 9h30 to 20h30, Thursday 12h00 to 19h00, Friday 9h30 to 18h00, Saturday 10h00 to 16h00
Fees: membership card: $5 per year, meals: $3 for members, $5 for non-members
Financing: federal, provincial, municipal, Centraide of Greater Montréal, foundations, donations, self-financing
Legal status: non-profit organization
RELAIL FAMILIAL D'AUTEUIL (LE)
6135 des Laurentides Boulevard, Suite 1, Auteuil, Laval, QC, H7H 2V3
450 628-3246  Fax: 450 628-0885
Website: relais-familial-auteuil.org
Email: info@relais-familial-auteuil.org
Eligibility: families, HLM: single-parent families on a low income
Coverage area: Laval
Hours: Monday to Thursday 8h30 to 16h30
Fees: annual membership: $5, contribution for some activities
Financing: grants, donations
Legal status: non-profit organization

RÉSEAU D'INFORMATION DES AÎNÉS DU QUÉBEC
162 André Chénier Street, Sainte-Rose, Laval, QC, H7L 2S6
1 866 592-9408
Website: www.riaq.ca
Email: leriaq@gmail.com
Eligibility: people 50 years and over
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: membership: $60 per year
Financing: grants, contributions
Legal status: non-profit organization

TEXTIL'ART LAVAL
2615 Le Corbusier Boulevard, Chomedey, Laval, QC, H7S 2E8
450 682-7474 ext. 13  Fax: 450 978-1022
Website: www.textilart.ca
Email: info@textilart.ca
Eligibility: unemployed people, newcomers
Capacity: 55 people per year
Coverage area: Laval
Hours: Monday to Thursday 7h50 to 16h00, Friday 8h00 à 12h10
Fees: none
Financing: self-financing, grants
Legal status: non-profit organization

YOUTH AND PARENTS AGAPE ASSOCIATION (THE)
3950 Notre-Dame Boulevard, Chomedey, Laval, QC, H7W 1S7
450 686-4333
Website: www.agapeassociationinc.com
Email: info@agapeassociationinc.com
**Services:** Support for English-speakers and multicultural communities of Laval. Food * Distribution of food according to the assessed needs. * Bread counter: distribution of free bread, pastries, pizzas and other baked goods. * Christmas and Hanukkah baskets. Family and community * Healing the family: support group for victims of abuse and violence. * Budget planning for families on a low income. * Clear head, clear soul: meetings for people coping with all types of addictions. * Social work. Seniors * Senior Wellness Centre: social activities, learning and health presentations, iPad courses, etc. Immigrants * Transitional housing for newcomers and refugees looking for permanent housing. Material assistance * On-site recovery of used toys, clothing and household items (dishes, blankets, etc.).

**Eligibility:** English-speaking people on a low income, multicultural communities, transition housing: newcomer and refugee families, Healing the family: women victims of domestic violence

**Coverage area:** Laval

**Hours:** Monday to Friday 8h30 to 17h00

**Fees:** free

**Financing:** donations, provincial, federal

**Legal status:** non-profit organization

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**Libraries**

**Laval Public Libraries Network - Émile-Nelligan Library**

325 Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7N 2J5

450 662-4973

Website: [www.laval.ca/lieux/Pages/Fr/bibliotheque-emile-nelligan.aspx](http://www.laval.ca/lieux/Pages/Fr/bibliotheque-emile-nelligan.aspx)


**Eligibility:** general public

**Coverage area:** Laval

**Hours:** Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00

**Fees:** membership: none for residents, variable for non-residents

**Financing:** municipal

**Legal status:** municipal agency

**Laval Public Libraries Network - Gabrielle-Roy Library**

3505 Dagenais Boulevard West, Fabreville, Laval, QC, H7P 4V9

450 978-8909

Website: [www.laval.ca/lieux/Pages/Fr/bibliotheque-gabrielle-roy.aspx](http://www.laval.ca/lieux/Pages/Fr/bibliotheque-gabrielle-roy.aspx)


**Eligibility:** general public

**Coverage area:** Laval

**Hours:** Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00

**Fees:** membership: free for residents, variable for non-residents

**Financing:** municipal

**Legal status:** municipal agency

**Laval Public Libraries Network - Germaine-Guèvremont Library**

2900 de la Concorde Boulevard East, Duvernay, Laval, QC, H7E 2B6

450 662-4002

Website: [www.laval.ca/lieux/Pages/Fr/bibliotheque-germaine-guevremont.aspx](http://www.laval.ca/lieux/Pages/Fr/bibliotheque-germaine-guevremont.aspx)

Eligibility: general public

Coverage area: Laval

Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00

Fees: membership: free for residents, variable for non-residents

Financing: municipal

Legal status: municipal agency

LAVAL PUBLIC LIBRARIES NETWORK - LAURE-CONAN LIBRARY

4660 des Laurentides Boulevard, Vimont, Laval, QC, H7K 2J4
450 662-4975

Website: www.laval.ca/lieux/Pages/Fr/bibliotheque-laure-conan.aspx


Eligibility: general public

Coverage area: Laval

Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00

Fees: membership: free for residents, variable for non-residents

Financing: municipal

Legal status: municipal agency

LAVAL PUBLIC LIBRARIES NETWORK - MARIUS-BARBEAU LIBRARY

1245 Montée du Moulin, Saint-François, Laval, QC, H7A 3V6
450 662-4005

Website: www.laval.ca/lieux/Pages/Fr/bibliotheque-marius-barbeau.aspx


Eligibility: general public

Coverage area: Laval

Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00

Fees: membership: free for residents, variable for non-residents

Financing: municipal

Legal status: municipal agency

LAVAL PUBLIC LIBRARIES NETWORK - MULTICULTURAL LIBRARY

1535 Chomedey Boulevard, Chomedey, Laval, QC, H7V 3R2
450 978-5995

Website: www.laval.ca/lieux/Pages/Fr/bibliotheque-multiculturelle.aspx


Eligibility: general public

Coverage area: Laval
LAVAL PUBLIC LIBRARIES NETWORK - PHILIPPE-PANNETON LIBRARY
4747 Arthur-Sauvé Boulevard, Laval-Ouest, Laval, QC, H7R 5P8
450 978-8919
Website: www.laval.ca/lieux/Pages/Fr/bibliotheque-philippe-panneton.aspx
Eligibility: general public
Coverage area: Laval
Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal
Legal status: municipal agency

LAVAL PUBLIC LIBRARIES NETWORK - SYLVAIN-GARNEAU LIBRARY
187 Sainte-Rose Boulevard, Sainte-Rose, Laval, QC, H7L 1L5
450 978-3940
Website: www.laval.ca/lieux/Pages/Fr/bibliotheque-sylvain-garneau.aspx
Eligibility: general public
Coverage area: Laval
Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal
Legal status: municipal agency

LAVAL PUBLIC LIBRARIES NETWORK - YVES-THÉRIAULT LIBRARY
670 de la Place-Publique Street, Sainte-Dorothée, Laval, QC, H7X 1G1
450 978-6599
Website: www.laval.ca/lieux/Pages/Fr/bibliotheque-yves-theriault.aspx
Eligibility: general public
Coverage area: Laval
Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal
Legal status: municipal agency
Municipal sports and recreation services

LAVAL - BUREAU MUNICIPAL LAVALLOIS SECTOR 1
4010 Saint-Martin Boulevard East, Duvernay, Laval, QC, H7E 5B3
450 662-8422  Fax: 450 664-7502
Website: www.ville.laval.qc.ca/wlav2/mvmp.site.show?p_id=86
Email: bml1@ville.laval.qc.ca

Services: Information on neighbourhood activities and municipal buildings. * Special events and leisure activities. * Arenas, community centres, parks and green spaces, etc. * Issuance of the Avantages Laval card.
Coverage area: Duvernay, Saint-François and Saint-Vincent-de-Paul
Hours: Monday to Friday 8h15 to 12h00 and 13h00 to 21h00
Financing: municipal
Legal status: municipal agency

LAVAL - BUREAU MUNICIPAL LAVALLOIS SECTOR 1 - SATELLITE OFFICE
1245 Montée du Moulin, Saint-François, Laval, QC, H7A 3V6
450 662-8422
Website: ville.laval.qc.ca/wlav2/mvmp.site.show?p_id=87
Email: bml1@laval.ca

Services: Information on neighbourhood activities and municipal buildings. * Special events and leisure activities. * Issuance of the Avantages Laval card. * Arenas, community centres, parks and green spaces, etc.
Coverage area: Duvernay, Saint-François and Saint-Vincent-de-Paul
Hours: Monday to Friday 17h00 to 21h00
Financing: municipal
Legal status: municipal agency

LAVAL - BUREAU MUNICIPAL LAVALLOIS SECTOR 2
62 Saint-Florent Street, Pont-Viau, Laval, QC, H7G 2H9
450 662-4902  Fax: 450 662-5252
Website: ville.laval.qc.ca/wlav2/mvmp.site.show?p_id=166
Email: bml2@ville.laval.qc.ca

Services: Information on neighbourhood activities and municipal buildings. * Special events and leisure activities. * Arenas, community centres, parks and green spaces, etc. * Issuance of the Avantages Laval card.
Coverage area: Pont-Viau, Renaud-Coursol and Laval-des-Rapides
Hours: Monday to Friday 8h15 to 12h00 and 13h00 to 21h00
Financing: municipal
Legal status: municipal agency

LAVAL - BUREAU MUNICIPAL LAVALLOIS SECTOR 3
435 Curé-Labelle Boulevard, Suite 104, Chomedey, Laval, QC, H7V 2S8
450 978-8903  Fax: 450 978-8958
Website: ville.laval.qc.ca/wlav2/mvmp.site.show?p_id=223
Email: bml3@ville.laval.qc.ca

Services: Information on neighbourhood activities and municipal buildings. * Special events and leisure activities. * Arenas, community centres, parks and green spaces, etc. * Issuance of the Avantages Laval card.
Coverage area: Chomedey
Hours: Monday to Friday 8h15 to 12h00 and 13h00 to 21h00
Financing: municipal
Legal status: municipal agency
LAVAL - BUREAU MUNICIPAL LAVALLOIS SECTOR 4
6500 Arthur-Sauvé Boulevard, Suite 110, Laval-Ouest, Laval, QC, H7R 3X7
450 978-8904   Fax: 450 978-8930
Website: ville.laval.qc.ca/wlav2/mvmp.site.show?p_id=290&p_showMap=0
Email: bml4@ville.laval.qc.ca
Services: Information on neighbourhood activities and municipal buildings. * Special events and leisure activities. * Arenas, community centres, parks and green spaces, etc. * Issuance of the Avantages Laval card.
Coverage area: Sainte-Dorothée, Laval-Ouest, Laval-Les Îles, Fabreville-Ouest and Laval-sur-le-Lac
Hours: Monday to Friday 8h15 to 12h00 and 13h00 to 21h00
Financing: municipal
Legal status: municipal agency

LAVAL - BUREAU MUNICIPAL LAVALLOIS SECTOR 5
2975 Dagenais Boulevard West, Fabreville, Laval, QC, H7P 1T3
450 978-8905   Fax: 450 978-8999
Website: ville.laval.qc.ca/wlav2/mvmp.site.show?p_id=367
Email: bml5@ville.laval.qc.ca
Services: Information on neighbourhood activities and municipal buildings. * Special events and leisure activities. * Arenas, community centres, parks and green spaces, etc. * Issuance of the Avantages Laval card.
Coverage area: Fabreville-East and Sainte-Rose
Hours: Monday to Friday 8h15 to 12h00 and 13h00 to 21h00
Financing: municipal
Legal status: municipal agency

LAVAL - BUREAU MUNICIPAL LAVALLOIS SECTOR 6
55 de Belgrade Street West, Auteuil, Laval, QC, H7K 2Z7
450 662-4906   Fax: 450 662-5208
Website: ville.laval.qc.ca/wlav2/mvmp.site.show?p_id=413
Email: bml6@ville.laval.qc.ca
Services: Information on neighbourhood activities and municipal buildings. * Special events and leisure activities. * Arenas, community centres, parks and green spaces, etc. * Issuance of the Avantages Laval card.
Coverage area: Vimont and Auteuil
Hours: Monday to Friday 8h15 to 12h00 and 13h00 to 21h00
Financing: municipal
Legal status: municipal agency

LAVAL - CULTURE, LOISIRS, SPORT ET DÉVELOPPEMENT SOCIAL
1200 Chomedey Boulevard, 9th floor, Chomedey, Laval, QC, H7V 3Z4
450 978-6888 ext. 5026   Fax: 450 978-5835
Website: www.laval.ca/Pages/En/About/culture-loisirs-sport-developpement-social.aspx
Services: * Promoting citizen participation and partnerships in the fields of culture, recreation, sports and social development. * Front-line proximity service addressing the needs of the population and organizations.
Coverage area: Laval
Fees: variable
Financing: municipal
Legal status: municipal agency
Sports, Recreation and Culture

Sport

CENTRE COMMUNAUTAIRE LE RENDEZ-VOUS DES AÎNÉS
10 Proulx Street West, Laval-des-Rapides, Laval, QC, H7N 1N3
450 667-8836 Fax: 450 667-5810
Website: ccrva.org
Email: info@ccrva.org


Eligibility: people 50 years old and over, adapted recreational activities: people 35 years old and over

Coverage area: Laval

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, thrift store: Monday and Thursday 9h00 to 16h00

Fees: membership: $15 per year, meals: $6.50 for members and $8 for non-members, frozen meals: variable prices, fresh meal of the day: $4.50

Financing: Centraide of Greater Montréal, provincial, self-financing

Legal status: non-profit organization

CLUB DE L’ÂGE D’OR SAINT-FRANÇOIS-DE-SALES
7100 des Mille-Îles Boulevard, Saint-François, Laval, QC, H7A 4C6
450 666-1108


Eligibility: seniors 50 years old and over

Coverage area: Saint-François

Hours: Tuesday to Saturday

Fees: FADOQ annual membership: $25

Financing: self-financing, membership fees

Legal status: non-profit organization

GROUPE DE LOISIRS LA RELANCE
3235 Saint-Martin Boulevard East, Suite 110, Duvernay, Laval, QC, H7E 5G8
450 661-4276

Website: groupe-loisirs-relance.org
Email: info@loisirsrelance.org


Eligibility: seniors 50 years and over

Coverage area: Laval

Hours: office: Monday to Thursday 9h00 to 12h00 and 13h00 to 14h00, Friday 9h00 to 12h00, activities: Monday to Friday 9h00 to 16h00

Fees: annual fee: $20

Financing: self-financing

Legal status: non-profit organization
GROUPE PROMO-SANTÉ LAVAL
3235 Saint-Martin Boulevard East, Suite 210, Duvernay, Laval, QC, H7E 5G8
450 668-2121
Website: gpslaval.com
Email: info@gpslaval.com
Eligibility: general public, community organizations
Coverage area: Laval
Hours: Monday to Friday 8h00 to 16h00, variable
Fees: physical activity support: free, other services: variable
Financing: municipal, provincial, federal, foundations, self-financing
Legal status: non-profit organization

LOISIRS RENAUD/COURSOL
25 Saint-Louis Street, Suite 110, Pont-Viau, Laval, QC, H7G 4W3
450 933-5274
Website: renaudcoursol.com
Email: info@renaudcoursol.com
Coverage area: Laval
Hours: variable
Fees: variable
Financing: self-financing, municipal, donations
Legal status: non-profit organization

MÉCANISME D'ASSISTANCE POUR USAGERS VULNÉRABLES
Confidential Address
514 708-6288
Website: www.mauv.ca
Email: info@mauv.ca
Services: Guidance and specialized services for people in a situation of vulnerability or loss of autonomy. * MAUVment: guidance and support in finding a living environment, conferences. * noMad: advice and support for incontinence and hygiene products and delivery anywhere in Québec. * L'heure Dorée: podcast offering a forum for seniors, caregivers and workers. * MAUV-it: physical training, certified yoga program, physical warm-up and stretching program. * Activities: cognitive and fun entertainment, board games, special events, zoo-animation, informative videos and conferences.
Eligibility: active elderly, or with a loss of autonomy
Coverage area: Laval, Laurentides, Lanaudière
Hours: Monday to Friday 9h00 to 17h00, Saturday and Sunday 10h00 to 16h00
Fees: none
Financing: self-financing, grants
Legal status: non-profit organization
MIEUX-NAÎTRE À LAVAL
3534 de la Concorde Boulevard East, Duvernay, Laval, QC, H7E 2C5
438 830-4323
Website: mieuxnaitre.org
Email: info@mieuxnaitre.org

Services: Perinatal resources centre. * Support to parents and to pregnant women, before, during and after
Complementary workshops preparing to give birth (Fears of giving birth, Movement and childbirth). * Relevails:
at-home respite. * Prenatal and postnatal physical activities. * Care to newborns, babywearing workshops and
baby massage classes. * Breastfeeding consultation, during and after the pregnancy. * Sign language for
babies. * Baby led weaning workshops. * Community and intercultural environment dedicated to women and
their families during the perinatal period: access to books, coffee-chat and playing area for toddlers.

Eligibility: families, particularly mothers

Coverage area: Laval

Hours: Monday to Friday 9h00 to 17h00, reservations are possible at nights or on weekends

Fees: free, variable depending on family income

Financing: grants, contributions, fundraising campaigns, donations

Legal status: non-profit organization

SOCIÉTÉ CANADIENNE DE LA SCLÉROSE EN PLAQUES - DIVISION DU QUÉBEC - SECTION
LAVAL
387 des Prairies Boulevard, Suite 210A, Laval-des-Rapides, Laval, QC, H7N 2W4
450 663-4911
Website: mssociety.ca
Email: info.laval@scleroseenplaques.ca

for people living with multiple sclerosis. * Advocacy. * Adapted activities: physical exercise, aquafitness, art
workshops, yoga, Qi-Gong. * Social activities: lunch-meetings, SP-In Laval (monthly 5 to 7), coffee-meeting,
themetic outings. * Support to people living with multiple sclerosis and their close ones. * Fundraising activities.

Eligibility: people with multiple sclerosis, caregivers, spouses

Capacity: about ten participants per course

Coverage area: Laval

Hours: Monday to Friday 9h00 to 16h00

Fees: free

Financing: donations, fundraising campaigns, grants

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE SAINT-VINCENT-DE-PAUL (LAVAL)
1111 Place Jean-Eudes-Blanchard, Saint-Vincent-de-Paul, Laval, QC, H7C 1T1
450 661-3061

Services: * Food vouchers. * Thrift store: donation and sale of used clothing and household items. * Christmas
baskets. * School supplies.

Eligibility: people on a low income

Coverage area: Saint-Vincent-de-Paul Parish

Hours: by appointment only

Fees: free, except thrift store

Financing: donations, self-financing

Legal status: non-profit organization
Sports, Recreation and Culture

SPORTS LAVAL
3235 Saint-Martin Boulevard East, Suite 221, Duvernay, Laval, QC, H7E 5G8
450 664-1917
Website: www.sportslaval.qc.ca
Email: info@sportslaval.qc.ca
Eligibility: rising star or elite athletes, coaches, sports partners, physical education teachers and general population
Coverage area: Laval
Hours: Monday to Friday 8h00 to 16h00
Fees: free
Financing: municipal
Legal status: non-profit organization

Sports and recreation for people with a disability

ASSOCIATION DE BALLE POUR JEUNES HANDICAPÉES DE LAVAL
2020 Laplante Avenue, Chomedey, Laval, QC, H7S 1E7
450 668-2592
Services: * Baseball and softball.
Eligibility: people living with a physical or intellectual disability
Coverage area: Laval
Fees: $60 per season
Financing: self-financing
Legal status: non-profit organization

ASSOCIATION DES LOISIRS POUR LES PERSONNES HANDICAPÉES PSYCHIQUES DE LAVAL
6600 29th Avenue, Suite 130, Laval-Ouest, Laval, QC, H7R 3M3
450 627-4525    Fax: 450 627-4370
Website: www.alphpl.org
Email: secretariat@alphpl.org
Services: * Promote and encourage the development of sociocultural, physical and recreational activities. * Improve the quality of life and autonomy of people living with mental health issues. * Support learning, training and use of social and community resources and equipment. * Secure a sense of belonging.
Eligibility: people living with a mental health issue
Coverage area: Laval
Hours: Monday to Friday 9h00 to 16h00
Financing: donations, grants, federal, provincial, municipal
Legal status: non-profit organization

ASSOCIATION DES PERSONNES HANDICAPÉES VISUELLES DE LAVAL
25 Saint-Louis Street, Pont-Viau, Laval, QC, H7G 4W3
438 989-7300
Website: www.aphvl.ca
Email: 1980aphvl@gmail.com
Services: Exchange and socialization place for people living with a visual disability. * Social, cultural and sports activities.
Eligibility: people living with a visual disability
Coverage area: Laval
Hours: Tuesday 13h00 to 15h30
Sports, Recreation and Culture

**FEES:**
- **Annual membership:** $15
- **Financing:** donations, self-financing
- **Legal status:** non-profit organization

**ASSOCIATION DES PERSONNES VIVANT AVEC UNE SURDITÉ DE LAVAL**
387 des Prairies Boulevard, Suite 211, Laval-des-Rapides, Laval, QC, H7N 2W4
450 967-8717  TTY: 450 967-9734
Website: www.apvsl.org/association-sourds-laval
Email: apvsl@videotron.ca

**Services:**
- Awareness about the consequences of deafness.
- Communication: explication of QSL texts, writing of formal documents, production of videos in QSL.
- Activities: conferences, outings, cultural and recreational visits.

**Eligibility:** people living with deafness, their close ones

**Coverage area:** Laval

**Hours:** Monday to Friday 9h00 to 16h30

**Fees:** activities: variable

**Financing:** donations

**Legal status:** non-profit organization

**ASSOCIATION DYSPHASIE +**
3235 Saint-Martin Boulevard East, Suite 216, Duvernay, Laval, QC, H7E 5G8
450 937-3670
Website: www.dysphasieplus.com
Email: info@dysphasieplus.com

**Services:**
- Conferences for parents.
- Self-help and discussion groups for parents, thematic workshops.
- Training for parents and counsellors.
- Assistance and support.
- Stimulation workshops for children 3 to 5 years old.
- Language, artistic and sporting activities for children 5 to 12 years old.
- Artistic, sporting and autonomy-building activities for youth 13 to 16 years old.
- Recreation groups for people 17 years and over.

**Eligibility:** children, teenagers and adults with dysphasia, their parents or close ones

**Coverage area:** Laval, Montréal Island

**Hours:** variable

**Fees:** phone listening and referral: free, services: membership fees

**Financing:** self-financing, provincial

**Legal status:** non-profit organization

**ASSOCIATION IRIS - PROGRAMME DE SOU**
3542 de la Concorde Boulevard East, Duvernay, Laval, QC, H7E 3A4
450 936-9963
Website: www.associationiris.ca
Email: local.laval@associationiris.ca

**Services:**
- Independent living support program.
- Listening and intervention.
- Support and guidance.
- At-home visits.
- Accompaniment through procedures.
- Social activities, group outings and theme nights.

**Eligibility:** adults living with severe or persisting mental health problems, with or without medical recommendation

**Coverage area:** Laval

**Hours:** Monday to Saturday 10h00 to 17h00

**Financing:** self-financing, donations, provincial

**Legal status:** non-profit organization
ASSOCIATION LAVALLOISE POUR LA DÉFICIENCE INTELLECTUELLE ET LE TROUBLE DU SPECTRE DE L’AUTISME
73 Saint-Elzéar Boulevard West, Vimont, Laval, QC, H7M 1E7
450 972-1010     Fax: 450 972-1515
Website: aledia1959.com/en

Services: * Promotion of the interests and rights. * Demystification of intellectual disability and the autism spectrum disorder. * Development of services to encourage individual and social growth within the community. * Support and assistance for members and their relatives. * House-sitting. * Summer camp, recreational and sports activities, monthly outings. * One week long shelter to develop the residential autonomy of youth 16 years old and over. * Animated monitoring service for members 12 years and over. * Food assistance.

Eligibility: people living with an intellectual disability or an autism spectrum disorder, their parents and fieldworkers, food assistance: people living with an intellectual disability or an autism spectrum disorder, living alone or in a couple, families in need who have a child with a developmental disability or an autism spectrum disorder

Coverage area: Laval
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Fees: evaluation to become a member: $15, annual membership; $10 for people with a diagnosis, $20 for their parents or relatives, $25 for other people, variable fees for activities
Financing: provincial, self-financing
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DES TRAUMATISÉS CRÂNIENS - RÉGION DE LAVAL
220 du Parc Avenue, Laval-des-Rapides, Laval, QC, H7N 3X4
514 274-7447     Fax: 450 629-8807
Website: www.aqtc.ca
Email: aqtc@aqtc.ca


Eligibility: people with traumatic brain injury (TBI), families, public, professionals
Capacity: support groups: 7 to 8 people
Coverage area: Laval
Hours: Monday to Friday 9h00 to 17h00
Fees: annual membership: $15, the first 2 years are free
Financing: provincial, grants
Legal status: parapublic organization

ASSOCIATION RÉGIONALE DE LOISIRS POUR PERSONNES HANDICAPÉES DE LAVAL
387 des Prairies Boulevard, Suite 215-A, Laval-des-Rapides, Laval, QC, H7N 2W4
450 668-2354
Website: arlphl.qc.ca
Email: info@arlphl.qc.ca


Eligibility: anyone with a disability, regardless of age and type of disability
Coverage area: Laval
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: provincial, municipal
Legal status: non-profit organization
AVC-APHASIE LAVAL
3350 Dagenais Boulevard West, Fabreville, Laval, QC, H7P 1V6
450 937-3666
Website: www.avcaphasielaval.ca
Email: info@avcaphasielaval.ca
Eligibility: people who have had a stroke, with any after effects, people with aphasia, their close ones and the general public
Coverage area: Laval
Hours: Monday to Friday 8h30 to 16h30
Fees: annual membership: $25, activities: 25 to $35 per class
Financing: provincial, municipal, donations
Legal status: non-profit organization

CAFGRAF (GROUPE D’ENTRAIDE EN SANTÉ MENTALE DE LAVAL)
62 Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7N 2H5
450 490-4224
Website: www.lecafgraf.org
Email: info@lecafgraf.org
Eligibility: people 16 years and over who have lived or are living with mental health, homelessness, addiction or psychosocial adaptation issues
Capacity: between 40 and 60 people
Coverage area: Laval
Hours: administration: Tuesday to Friday 9h00 to 17h00, day centre: Wednesday and Thursday 12h00 to 17h00, Friday 9h30 to 12h00, Saturday 11h30 to 16h00
Fees: membership: $2 per year
Financing: provincial, self-financing, federal, grants, membership fees
Legal status: non-profit organization

CAFGRAF (GROUPE D’ENTRAIDE EN SANTÉ MENTALE DE LAVAL) - ADULTS SERVICE POINT
62 Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7N 2H7
450 490-4224
Website: www.lecafgraf.org
Email: info@lecafgraf.org
Eligibility: people 18 years and over who have lived or are living with mental health, homelessness, addiction or psychosocial adaptation issues
Capacity: 40 to 50 people
Coverage area: Laval
Hours: Tuesday to Friday 9h30 to 17h00, Saturday 11h30 to 16h00
Fees: contribution: $2 per year
Financing: provincial, self-financing, federal, grants, membership fees
Legal status: non-profit organization
CAFGRAF (GROUPE D'ENTRAIDE EN SANTÉ MENTALE DE LAVAL) - YOUNG ADULTS
62 Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7N 2H5
450 490-4224
Website: www.lecafgraf.org
Email: info@lecafgraf.org


Eligibility: people 16 to 35 years old who have lived or are living with mental health, homelessness, addiction or psychosocial adaptation issues
Capacity: 50 people
Coverage area: Laval
Hours: administration and workshops: Tuesday to Friday 9h00 to 17h00, day centre: Wednesday 12h00 to 17h00, Thursday 12h00 to 19h00, Friday 9h30 to 12h00, Saturday 11h30 to 16h00
Fees: membership: $2 per year
Financing: provincial, self-financing, grants, federal, membership fees
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE LE RENDEZ-VOUS DES AÎNÉS
10 Proulx Street West, Laval-des-Rapides, Laval, QC, H7N 1N3
450 667-8836  Fax: 450 667-5810
Website: ccrva.org
Email: info@ccrva.org


Eligibility: people 50 years old and over, adapted recreational activities: people 35 years old and over
Coverage area: Laval
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, thrift store: Monday and Thursday 9h00 to 16h00
Fees: membership: $15 per year, meals: $6.50 for members and $8 for non-members, frozen meals: variable prices, fresh meal of the day: $4.50
Financing: Centraide of Greater Montréal, provincial, self-financing
Legal status: non-profit organization

CENTRE D'IMPLICATION LIBRE DE LAVAL EN RÉADAPTATION SOCIALE
156 des Laurentides Boulevard, Laval-des-Rapides, Laval, QC, H7G 2T5
450 668-1771  Fax: 450 668-9010
Website: www.cill.qc.ca
Email: info@cill.qc.ca


Eligibility: adults 18 years old and over living or who have lived with mental health issues
Coverage area: Laval, North of Montréal
Hours: Monday to Friday 8h30 to 17h00, Saturday, Sunday and evenings depending on the activities
CENTRE D'IMPLICATION LIBRE DE LAVAL EN RÉADAPTATION SOCIALE - POINT DE SERVICE SAINTE-ROSE
295 A Sainte-Rose Boulevard, Sainte-Rose, Laval, QC, H7L 1M1
450 628-0468 Fax: 450 628-6713
Website: www.cill.qc.ca
Email: info.sterose@cill.qc.ca
Services: * Drop-in centre: trainings and workshops, social-cultural activities. * Social integration, accompaniment, listening and moral support. * Integration in the workplace: internship and accompaniment.
Eligibility: adults 18 years old and over, living or who have lived with mental health issues
Coverage area: Laval
Hours: Monday to Friday 8h30 to 16h30
Financing: self-financing, grants
Legal status: non-profit organization

CENTRE DU SABLON
755 du Sablon Road, Chomedey, Laval, QC, H7W 4H5
450 688-8961 Fax: 450 688-8969
Website: centredusablon.ca/en
Email: info@centredusablon.com
Eligibility: general population, Special needs program: children with mild to moderate special needs (anxiety, autism spectrum disorder, down syndrome/trisomy, etc.)
Coverage area: Laval
Hours: Monday to Friday 7h00 to 22h00, Saturday and Sunday 8h00 to 20h00
Fees: variable
Financing: self-financing, provincial, federal, municipal, donations
Legal status: non-profit organization

CORPORATION INTÉGRATION À LA VIE ACTIVE DES PERSONNES HANDICAPÉES DE LAVAL
387 des Prairies Boulevard, Suite 210-B, Laval-des-Rapides, Laval, QC, H7N 2W4
450 668-1429 Fax: 450 668-7360
Website: civaphl.org
Email: info@civaphl.org
Services: Follow-up and individual support to ease social and vocational reintegration. * Information and referral. * Socioprofessional integration program and summer job program. * Group activities and day activities. * Club propulsion: adapted day camp for youth 14 to 21 years old living with a physical disability. * Day camp for young adults 18 to 35 years old living with an intellectual disability or a pervasive development disorder (PDD). * Collective kitchens.
Eligibility: youth and young adults 14 to 35 years old living with physical, sensory and intellectual limitations
Capacity: 12 to 17 people per activity
Coverage area: Laval
Hours: Monday to Friday 8h30 to 15h30, collective kitchens: Saturday 9h00 to 12h00
Fees: membership card: $5, day camps: variable
Financing: provincial, donations, federal
Legal status: non-profit organization
HALTE DE L'ORCHIDBLEUE (LA)
113 de la Concorde Boulevard West, Laval-des-Rapides, Laval, QC, H7N 1H8
450 575-3276     Fax: 450 933-2244
Website: www.halte-orchidbleue.ca
Email: info@halte-orchidbleue.ca


Eligibility: people 12 years and over with an intellectual disability with or without ASD

Coverage area: Laval
Hours: Monday to Friday 6h30 to 18h00, Saturday 9h00 to 15h00

Fees: variable

Financing: provincial, self-financing

Legal status: non-profit organization

MOUVEMENT PERSONNE D’ABORD DE LAVAL
304 Cartier Boulevard West, Suite 240, Laval-des-Rapides, Laval, QC, H7N 2J2
450 972-2099 ext. 42002
Email: mpdatalaval@hotmail.com


Eligibility: people living with intellectual disabilities

Coverage area: Laval
Hours: Monday to Thursday, variable schedule

Fees: membership card: $10 per year

Financing: provincial

Legal status: non-profit organization

SERVICES DU CHAT BOTTÉ (LES)
2285 Francis Hughes Avenue, Suite 200, Chomedey, Laval, QC, H7S 1N5
450 663-5551 ext. 5     Fax: 450 663-0694
Website: autismelaval.org
Email: info@autismelaval.org


Eligibility: people with an autism spectrum disorder, day activities: semi-autonomous people 21 years and over with a behavioural problem, an intellectual disability or an autism spectrum disorder

Capacity: respite: 24

Coverage area: Laval
Hours: Monday to Friday 8h30 to 16h00

Fees: variable

Financing: provincial, membership fees

Legal status: non-profit organization

SOCIÉTÉ CANADIENNE DE LA SCLÉROSE EN PLAQUES - DIVISION DU QUÉBEC - SECTION LAVAL
387 des Prairies Boulevard, Suite 210A, Laval-des-Rapides, Laval, QC, H7N 2W4
450 663-4911
Website: mssociety.ca
Email: info.laval@scleroseenplaques.ca

Eligibility: people with multiple sclerosis, caregivers, spouses

Capacity: about ten participants per course

Coverage area: Laval

Hours: Monday to Friday 9h00 to 16h00

Fees: free

Financing: donations, fundraising campaigns, grants

Legal status: non-profit organization

T.R.E.S. THÉÂTRAL
921 Noël Street, Sainte-Dorothée, Laval, QC, H7X 1X9
514 817-9464

Email: jodoin@vl.videotron.ca

Services: Theatrical representations and activities. * Promotion of theatre for deaf and hearing people.

Eligibility: deaf and hearing people

Coverage area: Laval

Hours: variable

Financing: donations, self-financing

Legal status: non-profit organization
Thrift store and material aid

CLOTHING

DONATION PICK-UPS

SCHOOL SUPPLIES

THRIFT STORES
Clothing

BUREAU D’AIDE ET D’ASSISTANCE FAMILIALE PLACE SAINT-MARTIN
1885 Dumouchel Avenue, Suite 202, Chomedey, Laval, QC, H7S 1J7
450 681-9979     Fax: 450 681-2835
Website: baaf.ca
Email: baaf@videotron.ca


Eligibility: families with children 0 to 5 years old, people on a low income

Coverage area: Laval

Hours: Monday to Friday 8h00 to 16h00

Fees: minimal fees depending on the activity

Financing: grants, donations

Legal status: non-profit organization

CENTRE DES FEMMES DE LAVAL
69 8th Street, Laval-des-Rapides, Laval, QC, H7N 2C5
450 629-1991     Fax: 450 629-7433
Website: www.cflaval.org
Email: info@cflaval.org


Eligibility: women

Coverage area: Laval

Hours: Tuesday 13h00 to 17h00, Wednesday 12h00 to 17h00, Friday 13h00 to 21h00

Fees: clothing: free

Financing: provincial, Centraide of Greater Montréal, self-financing

Legal status: non-profit organization

DIVISION URGENCE SOCIALE DU SERVICE DE POLICE DE LAVAL
2785, Francis-Hugues Avenue, Chomedey, Laval, QC, H7L 3J6
450 662-4595     Fax: 450-662-8534
Website: laval.ca/police
Email: urgence.sociale@laval.ca


Eligibility: citizens 18 years and over in a crisis situation, food vouchers: families with pending social benefit

Coverage area: Laval

Hours: Monday to Friday 8h15 to 17h30

Fees: none

Financing: municipal

Legal status: municipal agency
GROUPE D’ENTRAIDE LA ROSÉE
5565 Dagenais Boulevard, Laval-Ouest, Laval, QC, H7R 1M1
450 962-9971 Fax: 450 962-4420
Website: www.larosee.qc.ca
Email: reception@larosee.qc.ca


Eligibility: people on a low income or with a loss of autonomy

Coverage area: Laval-Ouest, Fabreville, Sainte-Dorothée (postal codes starting with H7R, H7P, H7Y and H7X)

Hours: thrift store: Tuesday to Friday 12h00 to 17h00, Saturday 12h00 to 15h00, meals on wheels: 5 times a week, at lunchtime, emergency food assistance: Monday to Friday, in the afternoon

Fees: meals on wheels: $6.75 per meal

Financing: donations, self-financing, provincial

Legal status: non-profit organization

PARTAGE SAINT-MAXIME
3700 Lévesque Boulevard West, Suite 1, Chomedey, Laval, QC, H7V 1E8
450 973-4242 Fax: 450 973-3549
Website: www.paroissesaintmaxime.org
Email: partagestmaxime@videotron.ca


Eligibility: individuals and families who are on a low income, marginalized, single parents or immigrants

Coverage area: Chomedey: Saint-Maxime parish sector

Hours: Monday to Friday 9h00 to 16h00, food distribution: Monday to Friday 9h00 to 11h00 by appointment

Fees: variable

Financing: donations

Legal status: non-profit organization

RELAIS FAMILIAL D’AUTEUIL (LE)
6135 des Laurentides Boulevard, Suite 1, Auteuil, Laval, QC, H7H 2V3
450 628-3246 Fax: 450 628-0885
Website: relais-familial-auteuil.org
Email: info@relais-familial-auteuil.org


Eligibility: families, HLM: single-parent families on a low income

Coverage area: Laval

Hours: Monday to Thursday 8h30 to 16h30

Fees: annual membership: $5, contribution for some activities

Financing: grants, donations

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINTE-DOROTHÉ
400 Principale Street, Sainte-Dorothée, Laval, QC, H7X 3T9
438 395-6219
Email: stedorothee@ssvp-mtl.org

Eligibility: people on a low income  
Coverage area: Sainte-Dorothée parish, Îles-Laval  
Hours: thrift store: Wednesday 13h00 to 15h30, food assistance: by appointment  
Financing: donations  
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE SAINT-VINCENT-DE-PAUL (LAVAL)  
1111 Place Jean-Eudes-Blanchard, Saint-Vincent-de-Paul, Laval, QC, H7C 1T1  
450 661-3061  
Eligibility: people on a low income  
Coverage area: Saint-Vincent-de-Paul Parish  
Hours: by appointment only  
Fees: free, except thrift store  
Financing: donations, self-financing  
Legal status: non-profit organization

Donation pick-ups

CENTRE DE BÉNÉVOLAT ET MOISSON LAVAL - ITEMS RECOVERY  
1870 Michelin Street, Sainte-Rose, Laval, QC, H7L 4R3  
450 681-6164   Fax: 450 681-5458  
Website: benevolatlaval.qc.ca/en/  
Email: info@benevolatlaval.qc.ca  
Services: * On-site recovery and donations pick-up of food and new school supplies.  
Coverage area: Laval  
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00  
Financing: Centraide of Greater Montréal, provincial, foundations, donations  
Legal status: non-profit organization

PRO-VISION LAVAL - USED ITEMS RECOVERY  
34-K Cartier Street West, Laval-des-Rapides, Laval, QC, H7N 2H3  
579 631-3663   Fax: 450 667-2011  
Website: www.provisionlaval.ca  
Email: info@provisionlaval.ca  
Services: * Donations recovery and at-home pick-up: food, clothing, small household items and school supplies.  
Eligibility: general public  
Coverage area: Laval: postal codes H7G, H7V and H7N  
Hours: Monday 8h30 to 10h30  
Financing: donations, foundations, fundraising campaigns  
Legal status: non-profit organization

RELAIS COMMUNAUTAIRE DE LAVAL - USED ITEMS RECOVERY  
111 des Laurentides Boulevard, Suite 101, Pont-Viau, Laval, QC, H7G 2T2  
450 668-8727 ext. 180   Fax: 450 668-9615  
Website: relais-communaute.org/page/carrefour-des-aubaines/dons-et-ramassage-darticles  
Services: * Used items recycling on site: food, clothes, furniture, appliances, household items, toys and sport equipment. * Collected at home: appliances and furniture.  
Coverage area: Laval  
Hours: by appointment
School supplies

CENTRE D’AIDE PORTAIL
560 Justin Street, Fabreville, Laval, QC, H7P 5R2
450 622-7315
Email: info@centreaideportail.com
Eligibility: people in need
Capacity: 150 baskets per week
Coverage area: Laval
Hours: Tuesday to Thursday 9h00 to 16h00, baskets distribution: Thursday 14h15 to 17h00
Fees: none
Financing: donations
Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT ET MOISSON LAVAL
1870 Michelin Street, Sainte-Rose, Laval, QC, H7L 4R3
450 681-6164     Fax: 450 681-5458
Website: benevolatlaval.qc.ca/en/
Email: info@benevolatlaval.qc.ca
Eligibility: residents, people and families on a low income, organizations helping people on a low income, newcomers, refugees
Capacity: 75 organizations
Coverage area: Laval
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00
Fees: emergency food counter: voluntary contribution of $5
Financing: Centraide of Greater Montréal, provincial, foundations, donations
Legal status: non-profit organization

CENTRE LAVALLOIS POUR L'INTÉGRATION ET LA COHÉSION SOCIALE
1876 des Laurentides Boulevard, Suite 205, Chomedey, Laval, QC, H7M 2P9
438 808-9242
Email: clicslaval@gmail.com
Eligibility: immigrants, JEU program: immigrants from 12 to 17 years old
Coverage area: Laval, school supplies: Montréal Island, Laval
Thrift store and material aid

**Hours:** Monday, Wednesday, Friday 9h00 to 16h00, Tuesday and Thursday 12h00 to 20h00  
**Fees:** none  
**Financing:** self-financing  
**Legal status:** non-profit organization

**MAISON DE LA FAMILLE DE LAVAL-OUEST**  
7190 21st Avenue, Laval-Ouest, Laval, QC, H7R 3G8  
450 962-3367  
**Website:** www.mfl-o.org  
**Email:** mfl@videotron.ca  
**Eligibility:** families with young children  
**Coverage area:** Laval-West, Sainte-Dorothée, Fabreville-West  
**Hours:** Monday to Friday 9h00 to 16h00, summer: closed from mid-June to mid-August, except for the walking club and the community garden  
**Fees:** annual membership: $5 per family  
**Financing:** provincial, federal  
**Legal status:** non-profit organization

**MAISON DES JEUNES DE LAVAL-OUEST**  
3850 Sainte-Rose Boulevard, Laval-Ouest, Laval, QC, H7R 1V1  
450 962-8973  
**Website:** www.mdjlo.org  
**Email:** mdjalaval-ouest@hotmail.com  
**Services:** * Listening, support and referral. * Individual and group intervention. * Sociocultural and recreational activities.  
**Eligibility:** youth 12 to 17 years old  
**Capacity:** 50  
**Coverage area:** Laval-Ouest and west Fabreville  
**Hours:** Tuesday to Thursday 15h00 to 21h30, Friday 15h30 to 22h00  
**Fees:** none  
**Financing:** federal, provincial, municipal, fundraising campaigns, donations  
**Legal status:** non-profit organization

**SOCIÉTÉ DE SAINT-VINCENT DE PAUL - BON-PASTEUR**  
400 Laurier Street, Laval-des-Rapides, Laval, QC, H7N 2P6  
438 823-9105  
**Website:** ssvp-mtl.org/en  
**Email:** confbonpasteur@ssvp-mtl.org  
**Services:** * Food assistance: distribution of food vouchers and food. * Activities for children. * Christmas baskets. * Assistance for school supplies.  
**Eligibility:** people with a low income or financial difficulties  
**Coverage area:** Laval-Des-Rapides, Chomedey  
**Hours:** by appointment, usually on Thursdays and Fridays  
**Fees:** none  
**Financing:** donations, self-financing  
**Legal status:** non-profit organization
SOCIÉTÉ DE SAINT-VINCENT DE PAUL - FRANÇOIS-DE-LAVAL
9 Saint-Louis Street, Pont-Viau, Laval, QC, H7G 2J1
450 490-9900
Eligibility: adults on a low income
Coverage area: Bienheureux-François-de-Montmorency-Laval Parish and Saint-Christophe, Saint-Gilles, Saint-Julien-Eymard, Saint-Louis-de-Montfort and Saint-Maurice-de-Duvernay merged parishes
Hours: Monday and Thursday 10h00 to 12h00, summer: Thursday 10h00 to 12h00
Financing: donations, fundraising campaigns
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINT-FERDINAND
3250 Esther Street, Fabreville, Laval, QC, H7P 4X3
514 991-7837     Fax: 450 625-4525
Services: * Distribution of food vouchers and food baskets. * Christmas baskets for people already benefiting from food assistance. * School supplies.
Eligibility: people on a low income
Coverage area: Saint-Ferdinand parish
Hours: Thursday, by appointment
Fees: none
Financing: donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINT-FRANÇOIS-DE-SALES
7070 des Mille-Îles Boulevard, Saint-François, Laval, QC, H7A 4B3
450 666-3563     Fax: 450 666-2761
Eligibility: people on a low income
Coverage area: Saint-François-de-Sales Parish
Hours: by appointment
Fees: free
Financing: donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINT-MARTIN
4080 Saint-Martin Boulevard West, Chomedey, Laval, QC, H7T 1C1
450 682-5493
Eligibility: people on a low income
Capacity: 15 requests per week
Coverage area: Saint-Martin, Saint-Pie-X and Saint-Urbain parishes
Hours: by appointment
Fees: none
Financing: donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINT-NOËL-CHABANEL
8560 de l’Église Street, Saint-François, Laval, QC, H7A 1K9
450 665-0550
Email: stnoelchabanel@ssvp-mtl.org

Thrift store and material aid
Thrift store and material aid


Eligibility: people on a low income

Coverage area: Saint-Noël-Chabanel Parish

Hours: by appointment, call return 7 days 9h00 to 16h00

Fees: none

Financing: donations, fundraising campaigns

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINTE-DOROTHÉ

400 Principale Street, Sainte-Dorothée, Laval, QC, H7X 3T9

438 395-8219

Email: stedorothee@ssvp-mtl.org


Eligibility: people on a low income

Coverage area: Sainte-Dorothée parish, Îles-Laval

Hours: thrift store: Wednesday 13h00 to 15h30, food assistance: by appointment

Financing: donations

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE SAINT-VINCENT-DE-PAUL (LAVAL)

1111 Place Jean-Eudes-Blanchard, Saint-Vincent-de-Paul, Laval, QC, H7C 1T1

450 661-3061


Eligibility: people on a low income

Coverage area: Saint-Vincent-de-Paul Parish

Hours: by appointment only

Fees: free, except thrift store

Financing: donations, self-financing

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINT-ELZÉAR

16 Saint-Elzéar Boulevard East, Vimont, Laval, QC, H7M 1C2

450 669-3681 Fax: 450 629-3415

Email: paroissesaintelzear@videotron.ca


Eligibility: people on a low income

Coverage area: Saint-Elzéar Parish (H7M)

Hours: thrift store: Monday 9h00 to 12h00, Thursday 19h00 to 20h30, food assistance: by appointment

Fees: free, thrift store: variables

Financing: donations, fundraising campaigns, self-financing

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINT-THÉOPHILE

6000 31st Avenue, Laval-Ouest, Laval, QC, H7R 3N1

450 314-1219


Eligibility: people on a low income

Capacity: about 90 families per month

443
Coverage area: Saint-Théophile Parish
Hours: by appointment, food assistance: Friday 10h00 to 12h00
Fees: none
Financing: donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINTE-ROSE-DE-LIMA
219 Sainte-Rose Boulevard, Sainte-Rose, Laval, QC, H7L 1L7
450 625-1963     Fax: 450 625-4677


Eligibility: people on a low income
Coverage area: Sainte-Rose-de-Lima Parish
Hours: Monday to Thursday 8h00 to 10h00, Soupière Sainte-Rose: Wednesday during the summer, Tuesday and Wednesday starting in September
Financing: donations, fundraising campaigns
Legal status: non-profit organization

Thrift Stores

CENTRE COMMUNAUTAIRE LE RENDEZ-VOUS DES AÎNÉS
10 Proulx Street West, Laval-des-Rapides, Laval, QC, H7N 1N3
450 667-8836     Fax: 450 667-5810
Website: ccrva.org
Email: info@ccrva.org


Eligibility: people 50 years old and over, adapted recreational activities: people 35 years old and over
Coverage area: Laval
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, thrift store: Monday and Thursday 9h00 to 16h00
Fees: membership: $15 per year, meals: $6.50 for members and $8 for non-members, frozen meals: variable prices, fresh meal of the day: $4.50
Financing: Centraide of Greater Montréal, provincial, self-financing
Legal status: non-profit organization

CENTRE LAVALLOIS POUR L'INTÉGRATION ET LA COHÉSION SOCIALE
1876 des Laurentides Boulevard, Suite 205, Chomedey, Laval, QC, H7M 2P9
438 808-9242
Email: clicslaval@gmail.com

Eligibility: immigrants, JEU program: immigrants from 12 to 17 years old

Coverage area: Laval, school supplies: Montréal Island, Laval

Hours: Monday, Wednesday, Friday 9h00 to 16h00, Tuesday and Thursday 12h00 to 20h00

Fees: none

Financing: self-financing

Legal status: non-profit organization

COMPASSION LAVAL
1645 des Laurentides boulevard, Vimont, Laval, QC, H7M2P2
450 669-7072    Fax: 450 662-7152
Email: compassionlaval450@gmail.com


Eligibility: people on a low income

Coverage area: Laval

Hours: thrift shop: Thursday 11h00 to 16h30, food bank: by appointment, on-site recovery of donations: Tuesday to Thursday, summer: closed from June 22nd to September

Fees: free

Financing: donations, municipal

Legal status: non-profit organization

GROUPE D'ENTRAIDE LA ROSÉE
5565 Dagenais Boulevard, Laval-Ouest, Laval, QC, H7R 1M1
450 962-9971    Fax: 450 962-4420
Website: www.larosee.qc.ca
Email: reception@larosee.qc.ca


Eligibility: people on a low income or with a loss of autonomy

Coverage area: Laval-Ouest, Fabreville, Sainte-Dorothée (postal codes starting with H7R, H7P, H7Y and H7X)

Hours: thrift store: Tuesday to Friday 12h00 to 17h00, Saturday 12h00 to 15h00, meals on wheels: 5 times a week, at lunchtime, emergency food assistance: Monday to Friday, in the afternoon

Fees: meals on wheels: $6.75 per meal

Financing: donations, self-financing, provincial

Legal status: non-profit organization

JARDIN DE LA FAMILLE DE FABREVILLE
3867 Sainte-Rose Boulevard, Fabreville, Laval, QC, H7P 1C8
450 622-9456    Fax: 450 622-0312
Website: www.jardindelafamille.org
Email: ajff@jardindelafamille.org

Eligibility: people living with an intellectual, physical or psychological limitation, families on a low income, immigrants
Coverage area: Laval-Ouest, Fabreville, Sainte-Rose
Hours: administration: Monday to Friday 9h00 to 16h00, thrift store (regular hours): Monday to Saturday 9h00 to 17h00, thrift store (summer hours): Monday to Friday 9h00 to 18h00, Saturday 9h00 to 17h00
Fees: free with some exceptions
Financing: grants, fundraising campaigns, self-financing, donations
Legal status: non-profit organization

MAISON DE LA FAMILLE DE SAINT-FRANÇOIS
8190 Lévesque Boulevard East, Saint-François, Laval, QC, H7A 1V4
450 665-6510     Fax: 450 665-9987
Website: maisonfamillestfrancois.com
Email: info@maisonfamillestfrancois.com
Eligibility: families
Coverage area: Laval East
Hours: administration: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, activities: variable hours
Fees: member: $5, daycare: $3 per child per block or $5 per family per block, collective kitchen: $5 per person, activities for 5 to 12 year olds: $5 per child, family outings: low cost
Financing: self-financing, Centraide of Greater Montréal, provincial, federal, municipal
Legal status: non-profit organization

PARTAGE SAINT-MAXIME
3700 Lévesque Boulevard West, Suite 1, Chomedey, Laval, QC, H7V 1E8
450 973-4242     Fax: 450 973-3549
Website: www.paroissesaintmaxime.org
Email: partagesaintmaxime@videotron.ca
Eligibility: individuals and families who are on a low income, marginalized, single parents or immigrants
Coverage area: Chomedey: Saint-Maxime parish sector
Hours: Monday to Friday 9h00 to 16h00, food distribution: Monday to Friday 9h00 to 11h00 by appointment
Fees: variable
Financing: donations
Legal status: non-profit organization

PRO-VISION LAVAL
34-K Cartier Street West, Laval-des-Rapides, Laval, QC, H7N 2H3
579 631-3663
Website: www.provisionlaval.ca
Email: info@provisionlaval.ca
Eligibility: people in need or experiencing homelessness
Capacity: 50
Coverage area: Laval
Hours: food bank: Tuesday 8h30 to 11h00
Fees: variable
Financing: donations, foundations, fundraising campaigns
Legal status: non-profit organization

Thrift store and material aid
Thrift store and material aid

RELAIS COMMUNAUTAIRE DE LAVAL
111 des Laurentides Boulevard, Suite 101, Pont-Viau, Laval, QC, H7G 2T2
450 668-8727 Fax: 450 668-9615
Website: relais-communautaire.org
Email: info@relais-communautaire.org


Eligibility: people on a low income
Capacity: 50

Coverage area: Laval

Hours: food bags distribution: Tuesday and Friday 9h30 to 11h30, Écono Bouffe: Wednesday and Thursday 13h00 to 16h00, breakfast: Tuesday and Friday 9h30 to 11h00, lunch: Monday to Friday 12h00 to 13h00, day centre: Monday to Friday 9h30 to 15h30, Carrefour des Aubaines: Monday 13h00 to 19h00, Tuesday 9h30 to 19h00, Wednesday 9h30 to 20h30, Thursday 12h00 to 19h00, Friday 9h30 to 18h00, Saturday 10h00 to 16h00

Fees: membership card: $5 per year, meals: $3 for members, $5 for non-members

Financing: federal, provincial, municipal, Centraide of Greater Montréal, foundations, donations, self-financing

Legal status: non-profit organization

RELAIS FAMILIAL D’AUTEUIL (LE)
6135 des Laurentides Boulevard, Suite 1, Auteuil, Laval, QC, H7H 2V3
450 628-3246 Fax: 450 628-0885
Website: relais-familial-auteuil.org
Email: info@relais-familial-auteuil.org


Eligibility: families, HLM: single-parent families on a low income
Coverage area: Laval

Hours: Monday to Thursday 8h30 to 16h30

Fees: annual membership: $5, contribution for some activities

Financing: grants, donations

Legal status: non-profit organization

RENAISSANCE - DES LAURENTIDES THRIFT STORE
1770 des Laurentides Boulevard, Chomedey, Laval, QC, H7M 2Y4
450 663-8060
Website: renaissancequebec.ca/en/
Email: information@renaissancequebec.ca

Services: Recovery and sale of clothing, housewares, sporting equipment, school supplies, small appliances, computer equipment, books and bicycles.

Coverage area: Pont-Viau

Hours: Monday to Friday 9h00 to 20h00, Saturday and Sunday 9h00 to 17h00
Thrift store and material aid

Financing: self-financing
Legal status: non-profit organization

RENAISSANCE - SAINT-MARTIN THRIFT STORE
965 Curé-Labelle Boulevard, Chomedey, Laval, QC, H7V 2V7
450 681-9821
Website: renaissancequebec.ca/en/
Email: information@renaissancequebec.ca
Services: Recovery and sale of clothing, housewares, sporting equipment, school supplies, small appliances, computer equipment, books and bicycles.
Coverage area: Laval-des-Rapides
Hours: Monday to Friday 9h00 to 21h00, Saturday and Sunday 9h00 to 17h00
Financing: self-financing
Legal status: non-profit organization

SERVICE BÉNÉVOLE D'ENTRAIDE DE VIMONT-AUTEUIL
2287-B Aladin Street, Vimont, Laval, QC, H7K 2T6
450 662-1341  Fax: 450 662-3560
Website: www.sbeva.com
Email: sbeva@videotron.ca
Coverage area: Laval: postal codes starting by H7L, H7K, H7H
Hours: Monday to Friday 8h00 to 15h30, friendly lunch: Tuesday
Fees: lunches or meals on wheels: $6.75, frozen meals: $4.75
Financing: grants, self-financing, donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINTE-DOROTHÉ
400 Principale Street, Sainte-Dorothée, Laval, QC, H7X 3T9
438 395-8219
Email: stedorothee@ssvp-mtl.org
Coverage area: Sainte-Dorothée parish, Îles-Laval
Hours: thrift store: Wednesday 13h00 to 15h30, food assistance: by appointment
Financing: donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE SAINT-VINCENT-DE-PAUL (LAVAL)
1111 Place Jean-Eudes-Blanchard, Saint-Vincent-de-Paul, Laval, QC, H7C 1T1
450 661-3061
Coverage area: Saint-Vincent-de-Paul Parish
Hours: by appointment only
Fees: free, except thrift store
Financing: donations, self-financing
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINT-ELZÉAR
16 Saint-Elzéar Boulevard East, Vimont, Laval, QC, H7M 1C2
450 669-3681  Fax: 450 629-3415
Email: paroissesaintelzear@videotron.ca

Eligibility: people on a low income
Coverage area: Saint-Elzéar Parish (H7M)
Hours: thrift store: Monday 9h00 to 12h00, Thursday 19h00 to 20h30, food assistance: by appointment
Fees: free, thrift store: variables
Financing: donations, fundraising campaigns, self-financing
Legal status: non-profit organization
Transportation

ACCOMPANIED TRANSPORT

ACCOMPANIED TRANSPORT FOR MEDICAL REASONS

PARATRANSIT

PUBLIC TRANSPORTATION
Accompanied transport

ASSOCIATION POUR AINÉS RÉSIDANT À LAVAL - ACCOMPANIMENT-TRANSPORTATION
4901 Saint-Joseph Street, Saint-Vincent-de-Paul, Laval, QC, H7C 1H6
450 661-5252  Fax: 450 661-2497
Website: www.aparl.org
Email: information@aparl.org

Services: * Grocery accompaniment and transportation in groups, by volunteers.
Eligibility: people 50 years old and over without a car, autonomous or with slight loss of autonomy
Coverage area: East of Laval
Hours: Monday to Wednesday, every two week
Fees: membership card: $15, grocery accompaniment: $4 for round-trip and tip for grocery packer
Financing: Centraide of Greater Montréal, federal, provincial
Legal status: non-profit organization

BONJOUR AUJOURD'HUI ET APRÈS - ACCOMPANIMENT-TRANSPORTATION
800 Montrose Street, Duvernay, Laval, QC, H7E 3M5
450 661-6716  Fax: 450 661-5300
Website: bonjouraujourdhui.ca
Email: transport@bonjouraujourdhui.com

Services: * Transportation and accompaniment to medical appointments by volunteers.
Eligibility: seniors with a permanent or temporary loss of autonomy
Coverage area: Duvernay, Saint-François, Saint-Vincent-de-Paul (postal codes beginning with H7A, H7B, H7C, H7E and H7J), appointments: Laval, Montréal Island
Hours: day, evening and weekend according to availabilities
Fees: mandatory annual membership: $25, transportation: $0.45 per km
Financing: provincial, fundraising campaigns
Legal status: non-profit organization

CENTRE D'ENTRAIDE DU MARIGOT - ACCOMPANIMENT-TRANSPORTATION
131 de la Concorde Boulevard East, Pont-Viau, Laval, QC, H7G 2C3
450 668-5375 ext. 221  Fax: 450 668-5634
Website: cemarigot.com
Email: reception@cemarigot.com

Services: * Accompaniment and transportation for medical appointments by volunteers.
Eligibility: seniors and people with a loss of autonomy
Coverage area: CLSC du Marigot: postal codes beginning with H7M, H7N and H7G
Hours: Monday to Friday 8h00 to 16h00
Fees: $0.54 per km
Financing: provincial, self-financing, donations
Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT ET MOISSON LAVAL - ACCOMPANIMENT-TRANSPORTATION
1870 Michelin Street, Sainte-Rose, Laval, QC, H7L 4R3
450 681-6164  Fax: 450 681-5458
Website: benevolatlaval.qc.ca/en
Email: info@benevolatlaval.qc.ca

Services: * Transportation and accompaniment to regular or intensive medical appointments by volunteers. * Reservation of taxi transportation for vaccination against COVID-19.
Eligibility: people living difficulties, isolated, vulnerable or on a low income with intensive or long-term treatments
Coverage area: Laval, accompaniment and transportation in Greater Montréal
Hours: Monday to Sunday, make a reservation 3 days prior minimum
Transportation

Fees: variable 
Financing: Centraide of Greater Montréal, provincial, foundations, donations 
Legal status: non-profit organization

GROUPE D'ENTRAIDE LA ROSÉE - ACCOMPANIMENT-TRANSPORTATION

5565 Dagenais Boulevard, Laval-Ouest, Laval, QC, H7R 1M1
450 962-9971     Fax: 450 962-4420
Website: www.larosee.qc.ca
Email: reception@larosee.qc.ca

Services: * Accompagnement et transport à des rendez-vous médicaux par des bénévoles.
Eligibility: seniors, people with permanent or temporary loss of autonomy, people in vulnerable situations
Coverage area: Laval-Ouest, Fabreville, Sainte-Dorothée (postal codes starting with H7R, H7P, H7Y and H7X), appointments: Greater Montréal
Hours: Monday to Friday
Fees: $0.54 per km
Financing: provincial, donations, self-financing 
Legal status: non-profit organization

SERVICE BÉNÉVOLE D'ENTRAIDE DE VIMONT-AUTEUIL - ACCOMPANIMENT-TRANSPORTATION

2287B Aladin Street, Vimont, Laval, QC, H7K 2T6
450 662-1341     Fax: 450 662-3560
Website: www.sbeva.com
Email: sbeva@videotron.ca

Services: * Medical accompaniment and transportation by volunteers.
Eligibility: people with a permanent or temporary loss of autonomy
Coverage area: Laval: postal codes starting by H7L, H7K, H7H, appointments: Laval and Montréal Island
Hours: Monday to Friday 8h00 to 15h30, later if available
Fees: transportation: $0.45 per km from the volunteer's residence
Financing: grants, self-financing, donations 
Legal status: non-profit organization

Accompanied transport for medical reasons

BONJOUR AUJOURD'HUI ET APRÈS - ACCOMPANIMENT-TRANSPORTATION

800 Montrose Street, Duvernay, Laval, QC, H7E 3M5
450 661-6716     Fax: 450 661-5300
Website: bonjouraujourdhui.ca
Email: transport@bonjouraujourdhui.com

Services: * Transportation and accompaniment to medical appointments by volunteers.
Eligibility: seniors with a permanent or temporary loss of autonomy
Coverage area: Duvernay, Saint-François, Saint-Vincent-de-Paul (postal codes beginning with H7A, H7B, H7C, H7E and H7J), appointments: Laval, Montréal Island
Hours: day, evening and weekend according to availabilities
Fees: mandatory annual membership: $25, transportation: $0.45 per km
Financing: provincial, fundraising campaigns 
Legal status: non-profit organization
CENTRE D'ENTRAIDE DU MARIGOT - ACCOMPANIMENT-TRANSPORTATION
131 de la Concorde Boulevard East, Pont-Viau, Laval, QC, H7G 2C3
450 668-5375 ext. 221 Fax: 450 668-5634
Website: cemarigot.com
Email: reception@cemarigot.com
Services: * Accompaniment and transportation for medical appointments by volunteers.
Eligibility: seniors and people with a loss of autonomy
Coverage area: CLSC du Marigot: postal codes beginning with H7M, H7N and H7G
Hours: Monday to Friday 8h00 to 16h00
Fees: $0.54 per km
Financing: provincial, self-financing, donations
Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT ET MOISSON LAVAL - ACCOMPANIMENT-TRANSPORTATION
1870 Michelin Street, Sainte-Rose, Laval, QC, H7L 4R3
450 681-6164 Fax: 450 681-5458
Website: benevolatlaval.qc.ca/en
Email: info@benevolatlaval.qc.ca
Services: * Transportation and accompaniment to regular or intensive medical appointments by volunteers. * Reservation of taxi transportation for vaccination against COVID-19.
Eligibility: people living difficulties, isolated, vulnerable or on a low income with intensive or long-term treatments
Coverage area: Laval, accompaniment and transportation in Greater Montréal
Hours: Monday to Sunday, make a reservation 3 days prior minimum
Fees: variable
Financing: Centraide of Greater Montréal, provincial, foundations, donations
Legal status: non-profit organization

GROUPE D'ENTRAIDE LA ROSÉE - ACCOMPANIMENT-TRANSPORTATION
5565 Dagenais Boulevard, Laval-Ouest, Laval, QC, H7R 1M1
450 962-9971 Fax: 450 962-4420
Website: www.larosee.qc.ca
Email: reception@larosee.qc.ca
Services: * Accompaniment and transportation to medical appointments by volunteers.
Eligibility: seniors, people with permanent or temporary loss of autonomy, people in vulnerable situations
Coverage area: Laval-Ouest, Fabreville, Sainte-Dorothée (postal codes starting with H7R, H7P, H7Y and H7X), appointments: Greater Montréal
Hours: Monday to Friday
Fees: $0.54 per km
Financing: provincial, donations, self-financing
Legal status: non-profit organization

SERVICE BÉNÉVOLE D'ENTRAIDE DE VIMONT-AUTEUIL - ACCOMPANIMENT-TRANSPORTATION
2287B Aladin Street, Vimont, Laval, QC, H7K 2T6
450 662-1341 Fax: 450 662-3560
Website: www.sbeva.com
Email: sbeva@videotron.ca
Services: * Medical accompaniment and transportation by volunteers.
Eligibility: people with a permanent or temporary loss of autonomy
Coverage area: Laval: postal codes starting by H7L, H7K, H7H, appointments: Laval and Montréal Island
Hours: Monday to Friday 8h00 to 15h30, later if available
Fees: transportation: $0.45 per km from the volunteer's residence
Financing: grants, self-financing, donations
Legal status: non-profit organization

Paratransit

SOCIÉTÉ DE TRANSPORT DE LAVAL - PARATRANSIT SERVICE
2250 Francis-Hughes Avenue, Chomedey, Laval, QC, H7S 2C3
450 688-6520
Website: stlaval.ca/paratransit/general-info
Services: Laval paratransit network: buses and taxis. * STL Compagnon mobile application: assistance in using the regular transportation system for people living with a mild intellectual disability or autism spectrum disorder.
Eligibility: disabled people and people with limitations affecting their mobility
Coverage area: Laval
Hours: Paratransit service contact center: Monday to Thursday 6h30 to 23h00, Friday 6h30 to 24h00, Saturday 8h00 to 24h00, Sunday 8h00 to 23h00, national holidays 8h00 to 24h00, Customer contact centre: Monday to Friday 6h30 to 20h00, Saturday 8h00 to 17h00, Sunday and national holidays 8h00 to 12h00 and 13h00 to 17h00
Fees: variable
Financing: grants, self-financing
Legal status: parapublic organization

Public Transportation

SOCIÉTÉ DE TRANSPORT DE LAVAL
2250 Francis-Hugues Avenue, Chomedey, Laval, QC, H7S 2C3
450 688-6520
Website: stlaval.ca/home
Services: Public transit system.
Coverage area: Laval
Hours: customer contact centre: Monday to Friday 6h30 to 20h00, Saturday and Sunday 8h00 to 17h00, office: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h00 to 12h00 and 13h00 to 16h30
Fees: variable
Financing: self-financing, provincial
Legal status: parapublic organization

SOCIÉTÉ DE TRANSPORT DE LAVAL - 360 ??SHUTTLE (THE)
2250 Francis-Hugues Avenue, Chomedey, Laval, QC, H7S 2C3
450 688-6520
Website: stlaval.ca/practical-info/deals/360-shuttle
Services: Free public transit service that circles around the Laval downtown area in connection with the Montmorency station. * Ensures a constant connection between various hotels and touristic sites. * Map of route and schedules: 360 shuttle
Coverage area: Laval
Hours: summer: 7 days, holidays, school break and every weekend and public holidays: variable schedule online
Fees: free
Financing: self-financing, provincial
Legal status: parapublic organization
Violence and abuse

DOMESTIC VIOLENCE: SHELTERS AND SUPPORT

ELDER ABUSE

HELP LINES RELATED TO VIOLENCE AND ABUSE

PREVENTION OF VIOLENCE AND CRIME

SEXUAL ASSAULT AND INCEST

SUPPORT FOR PERPETRATORS OF VIOLENCE AND THEIR FAMILIES

SUPPORT FOR VICTIMS AND THEIR FAMILIES

THERAPY AND COUNSELLING
Domestic violence: shelters and support

CARREFOUR D’HOMMES EN CHANGEMENT
25 Lévesque Boulevard East, Pont-Viau, Laval, QC, H7G 1B3
450 975-2462     Fax: 450 975-4993
Website: www.organismechoc.com
Email: choc@organismechoc.com


Eligibility: men with domestic violence problems or suicidal
Capacity: domestic violence group: 7 to 10 men, suicide group: 6 to 8 men
Coverage area: Laval
Hours: Monday to Thursday 12h00 to 20h00, Friday 12h00 to 16h00, groups in the evening
Fees: domestic violence support group: $200 to $1500 depending on the income, suicide support group: free
Financing: provincial, contributions, self-financing, Centraide of Greater Montréal
Legal status: non-profit organization

DIVISION URGENCE SOCIALE DU SERVICE DE POLICE DE LAVAL
2785, Francis-Hugues Avenue, Chomedey, Laval, QC, H7L 3J6
450 662-4595     Fax: 450-662-8534
Website: laval.ca/police
Email: urgence.sociale@laval.ca


Eligibility: citizens 18 years and over in a crisis situation, food vouchers: families with pending social benefit
Coverage area: Laval
Hours: Monday to Friday 8h15 to 17h30
Fees: none
Financing: municipal
Legal status: municipal agency

LEGAL AID OFFICE - MULTI-SECTOR OFFICE - LAVAL
1717 Saint-Martin Boulevard West, Suite 200, Chomedey, Laval, QC, H7S 1N2
450 680-6210     Fax: 450 680-6084
Website: www.aidejuridiquedemontreal.ca/en/points_services/laval-legal-aid-bureau
Email: baj.laval@ccjm.qc.ca

Services: Legal aid office in family law, criminal and penal law, right of youth, civil law, administrative (social assistance, SAAQ, CSST), housing law, bankruptcy, carceral. * Telephone consultation with a lawyer, available 24/7, for people who have been arrested or are being held in custody.

Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Laval
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, telephone consultation service: 24 hours / 7 days
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
LINA'S HOME
Confidential Address
450 962-8085   Fax: 450 627-0489
Website: maisondelina.org/en/
Email: maisondelina@videotron.ca
Services: Support and housing shelter. * 24 hours helpline: listening, accompaniment and information. *
Awareness and prevention. * Support groups with or without housing. * Individual intervention meetings with or without housing.
Eligibility: women and children victims of domestic violence  
Capacity: 15 accommodation places  
Coverage area: Province of Québec  
Hours: 24 hours / 7 days  
Fees: none 
Financing: grants, donations, self-financing  
Legal status: non-profit organization

MAISON L'ESTHER
Confidential Address
450 963-6161   Fax: 450 963-3145
Website: www.maisonlether.com  
Email: maison.lesther@videotron.ca
Eligibility: women victim of domestic violence, their children  
Capacity: 16 beds  
Coverage area: Province of Québec  
Hours: 24 hours / 7 days  
Fees: none 
Financing: provincial, donations  
Legal status: non-profit organization

MAISON LE PRÉLUDE (LA)
Confidential Address   Fax: 450 682-1674
Email: leprelude@videotron.ca
Eligibility: women victims of domestic violence, with or without children  
Capacity: 20 people, 2 apartments  
Coverage area: Laval, Montréal Island and surroundings  
Hours: 24 hours / 7 days  
Financing: provincial, self-financing 
Legal status: non-profit organization

MAISON LE PRÉLUDE (LA) - 2ND STEP
Confidential Address
450 682-3050   Fax: 450 682-1674
Website: www.maisonleprelude.com/index_en.html  
Email: leprelude@videotron.ca
Services: * 2nd step apartments.
Eligibility: women victims of domestic violence with or without children and who have stayed in a shelter
Coverage area: Laval, Montréal Island and surroundings
Hours: 24 hours / 7 days
Financing: provincial, self-financing
Legal status: non-profit organization

TABLE DE CONCERTATION EN VIOLENCE CONJUGALE ET AGRESSIONS À CARACTÈRE SEXUEL DE LAVAL
Confidential Address
514 436-4743
Website: tcvcasl.com
Email: info@tcvcasl.com
Services: Promotion of equality between women and men and security and prevention of violence.
Eligibility: organizations, victims of domestic violence or sexual abuse, counsellors, general public
Coverage area: Laval
Hours: variable
Fees: annual membership fee: $75
Financing: membership fees, grants
Legal status: non-profit organization

YOUTH AND PARENTS AGAPE ASSOCIATION (THE)
3950 Notre-Dame Boulevard, Chomedey, Laval, QC, H7W 1S7
450 686-4333
Website: www.agapeassociationinc.com
Email: info@agapeassociationinc.com
Services: Support for English-speakers and multicultural communities of Laval. Food * Distribution of food according to the assessed needs. * Bread counter: distribution of free bread, pastries, pizzas and other baked goods. * Christmas and Hanukkah baskets. Family and community * Healing the family: support group for victims of abuse and violence. * Budget planning for families on a low income. * Clear head, clear soul: meetings for people coping with all types of addictions. * Social work. Seniors * Senior Wellness Centre: social activities, learning and health presentations, iPad courses, etc. Immigrants * Transitional housing for newcomers and refugees looking for permanent housing. Material assistance * On-site recovery of used toys, clothing and household items (dishes, blankets, etc.).
Eligibility: English-speaking people on a low income, multicultural communities, transition housing: newcomer and refugee families, Healing the family: women victims of domestic violence
Coverage area: Laval
Hours: Monday to Friday 8h30 to 17h00
Fees: free
Financing: donations, provincial, federal
Legal status: non-profit organization

Elder abuse

DIRA-LAVAL
1450 Pie-X Boulevard, Suite 217, Chomedey, Laval, QC, H7V 3C1
450 681-8813   Fax: 450 681-1163
Website: dira-laval.ca
Email: diralaval@videotron.ca

**Eligibility:** seniors 50 years and over

**Coverage area:** Laval

**Hours:** Monday to Friday 8h30 to 16h30, by appointment

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

**HELLENIC SOCIAL SERVICES OF QUÉBEC - LAVAL**

3860 Notre-Dame Boulevard, Suite 202, Chomedey, Laval, QC, H7V 1S1

**450 688-2091**  **Fax:** 450 688-2084

**Website:** hcgm.org

**Email:** info@hcgm.org


**Eligibility:** people of various origins, particularly Greek

**Coverage area:** Laval

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** annual membership: $15, less than $5 for clients of the food bank

**Financing:** donations, grants, provincial

**Legal status:** non-profit organization

**Help lines related to violence and abuse**

**DIVISION URGENCE SOCIALE DU SERVICE DE POLICE DE LAVAL**

2785, Francis-Hugues Avenue, Chomedey, Laval, QC, H7L 3J6

**450 662-4595**  **Fax:** 450-662-8534

**Website:** laval.ca/police

**Email:** urgence.sociale@laval.ca

**Services:** Frontline and emergency psychosocial intervention. * Disaster: psychosocial support, temporary housing and distribution of essential goods. * Traumatic death (accident, suicide, homicide): joint intervention with the police force, psychosocial support, assistance and referral. * Mental health issues: home intervention, assessment of dangerousness, support, assistance to the person and their relatives, assistance with obtaining a court order for a psychiatric evaluation, joint intervention with the police force. * Insalubrity: mental health assessment, assistance and referral. * Isolated people with a loss of autonomy whose condition is deteriorating: home assessment, assistance and referral. * Family or violence problems: intervention and referral.

**Eligibility:** citizens 18 years and over in a crisis situation, food vouchers: families with pending social benefit

**Coverage area:** Laval

**Hours:** Monday to Friday 8h15 to 17h30

**Fees:** none

**Financing:** municipal

**Legal status:** municipal agency
LINA’S HOME
Confidential Address
450 962-8085    Fax: 450 627-0489
Website: maisondelina.org/en/
Email: maisondelina@videotron.ca

Services: Support and housing shelter. * 24 hours helpline: listening, accompaniment and information. * Awareness and prevention. * Support groups with or without housing. * Individual intervention meetings with or without housing.

Eligibility: women and children victims of domestic violence
Capacity: 15 accommodation places
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Fees: none
Financing: grants, donations, self-financing
Legal status: non-profit organization

MAISON L’ESTHER
Confidential Address
450 963-6161    Fax: 450 963-3145
Website: www.maisonlesther.com
Email: maison.lesther@videotron.ca


Eligibility: women victim of domestic violence, their children
Capacity: 16 beds
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Fees: none
Financing: provincial, donations
Legal status: non-profit organization

Prevention of violence and crime

CARREFOUR D'HOMMES EN CHANGEMENT
25 Lévesque Boulevard East, Pont-Viau, Laval, QC, H7G 1B3
450 975-2462    Fax: 450 975-4993
Website: www.organismechoc.com
Email: choc@organismechoc.com


Eligibility: men with domestic violence problems or suicidal
Capacity: domestic violence group: 7 to 10 men, suicide group: 6 to 8 men
Coverage area: Laval
Hours: Monday to Thursday 12h00 to 20h00, Friday 12h00 to 16h00, groups in the evening
 Fees: domestic violence support group: $200 to $1500 depending on the income, suicide support group: free
Financing: provincial, contributions, self-financing, Centraide of Greater Montréal
Legal status: non-profit organization
CENTRE DE PRÉVENTION ET D'INTERVENTION POUR VICTIMES D'AGRESSION SEXUELLE
Confidential Address
450 669-9053   Fax: 450 669-1658
Website: cpivas.com/en
Email: administration@cpivas.com
Eligibility: children 3 to 11 years old, men, women, non-binary people, teenagers 12 years and over victims of incest or sexual assault, their partners and parents
Coverage area: Laval
Hours: Monday to Friday 8h30 to 17h00, support groups: Monday to Friday, day or evening
Fees: annual membership: $15, individual meeting: $10, group therapy: $120
Financing: provincial, grants, donations
Legal status: non-profit organization

LINA'S HOME
Confidential Address
450 962-8085   Fax: 450 627-0489
Website: maisondelina.org/en/
Email: maisondelina@videotron.ca
Services: Support and housing shelter. * 24 hours helpline: listening, accompaniment and information. * Awareness and prevention. * Support groups with or without housing. * Individual intervention meetings with or without housing.
Eligibility: women and children victims of domestic violence
Capacity: 15 accommodation places
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Fees: none
Financing: grants, donations, self-financing
Legal status: non-profit organization

MAISON L'ESTHER
Confidential Address
450 963-6161   Fax: 450 963-3145
Website: www.maisonlesther.com
Email: maison.lesther@videotron.ca
Eligibility: women victim of domestic violence, their children
Capacity: 16 beds
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Fees: none
Financing: provincial, donations
Legal status: non-profit organization

MAISON LE PRÉLUDE (LA)
Confidential Address   Fax: 450 682-1674
Email: leprelude@videotron.ca
Violence and abuse


Eligibility: women victims of domestic violence, with or without children
Capacity: 20 people, 2 apartments

Coverage area: Laval, Montréal Island and surroundings
Hours: 24 hours / 7 days
Financing: provincial, self-financing

Legal status: non-profit organization

SERVICE DE MÉDIATION CITOYENNE DE LAVAL
234 des Laurentides Boulevard, Laval-des-Rapides, Laval, QC, H7G 2T6
450 663-7674 ext. 221
Website: smclaval.org
Email: info@smclaval.org


Eligibility: citizens, organizations, corporations

Coverage area: Laval
Hours: Monday to Friday
Fees: none

Financing: grants, donations

Legal status: non-profit organization

SERVICE DE POLICE DE LAVAL - HEADQUARTERS
2911 Chomedey Boulevard, Chomedey, Laval, QC, H7V 3Z4
450 662-4242 Fax: 450 662-7282 TTY: 911
Website: www.laval.ca/police/Pages/Fr/accueil.aspx
Email: spl@laval.ca


Coverage area: Laval
Financing: municipal

Legal status: municipal agency

SERVICE DE POLICE DE LAVAL - SURVIVANTES (LES)
2911 Chomedey Boulevard, Chomedey, Laval, QC, H7P 0B8
514 894-4593


Eligibility: vulnerable persons, their relatives

Coverage area: Laval
Hours: 24 hours / 7 days
Fees: none

Financing: municipal

Legal status: municipal agency
TABLE DE CONCERTATION EN VIOLENCE CONJUGALE ET AGRESSIONS À CARACTÈRE SEXUEL DE LAVAL
Confidential Address
514 436-4743
Website: tcvcasl.com
Email: info@tcvcasl.com
Services: Promotion of equality between women and men and security and prevention of violence.
Eligibility: organizations, victims of domestic violence or sexual abuse, counsellors, general public
Coverage area: Laval
Hours: variable
Fees: annual membership fee: $75
Financing: membership fees, grants
Legal status: non-profit organization

Sexual assault and incest

CENTRE DE PRÉVENTION ET D'INTERVENTION POUR VICTIMES D'AGRESSION SEXUELLE
Confidential Address
450 669-9053     Fax: 450 669-1658
Website: cpivas.com/en
Email: administration@cpivas.com
* Therapy group for women: victims and non-offending parents. * Appeasement workshops for victims and their close ones.
* Assistance with medical and legal procedures. * Awareness, prevention and intervention in primary and secondary schools and in community organizations. * Awareness conferences and booths in different environments. * Self-defense classes for women and teenagers over 14 years old.
Eligibility: children 3 to 11 years old, men, women, non-binary people, teenagers 12 years and over victims of incest or sexual assault, their partners and parents
Coverage area: Laval
Hours: Monday to Friday 8h30 to 17h00, support groups: Monday to Friday, day or evening
Fees: annual membership: $15, individual meeting: $10, group therapy: $120
Financing: provincial, grants, donations
Legal status: non-profit organization

CLSC DU MARIGOT - CENTRE DÉSIGNÉ DE LAVAL POUR LES VICTIMES D'AGRESSIONS SEXUELLES
1351 des Laurentides Boulevard, Vimont, Laval, QC, H7M 2Y2
450 668-1803 ext. 45173
Website: www.lavalensante.com
Services: Designated centre for sexual assault victims. * Dedicated psychosocial services. * For medical attention and required tests, visit the Cité-de-la-Santé de Laval hospital.
Eligibility: sexual assault victims
Coverage area: Laval
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization

HÔPITAL DE LA CITÉ-DE-LA-SANTÉ
1755 René-Laennec Boulevard, Vimont, Laval, QC, H7M 3L9
450 668-1010
Website: www.lavalensante.com

Coverage area: Province of Québec

Hours: 24 hours / 7 days, test centre: Monday to Friday 7h00 to 15h00

Financing: provincial

Legal status: parapublic organization

INTERVENTION CENTRE IN SEXUAL DELINQUENCY

Confidential Address
579 641-3941   Fax: 579 641-7845
Website: www.cidslaval.com
Email: info@cidslaval.com


Eligibility: youth and adults with a problem of sexual offending, including any form of sexual assault or harassment, partners, families and close ones

Coverage area: Greater Montréal

Hours: Monday to Thursday 8h00 to 21h00

Fees: $15 to $40 depending on the area of origin

Financing: provincial

Legal status: non-profit organization

TABLE DE CONCERTATION EN VIOLENCE CONJUGALE ET AGRESSIONS À CARACTÈRE SEXUEL DE LAVAL

Confidential Address
514 436-4743
Website: tcvcasl.com
Email: info@tcvcasl.com


Eligibility: organizations, victims of domestic violence or sexual abuse, counsellors, general public

Coverage area: Laval

Hours: variable

Fees: annual membership fee: $75

Financing: membership fees, grants

Legal status: non-profit organization

Support for perpetrators of violence and their families

ÇA SUFFIT

Confidential Address
1 844 654-3111
Website: casuffit.info/en
Email: casuffit.info@gmail.com


Eligibility: adults and adolescents of all gender identities who are suffering from sexual fantasies towards minors, with or without acting out

Coverage area: Province of Québec

Hours: helpline: Monday to Thursday 9h00 to 18h00, chat: Monday and Wednesday 9h00 to 18h00

Fees: none
CARREFOUR D'HOMMES EN CHANGEMENT
25 Lévesque Boulevard East, Pont-Viau, Laval, QC, H7G 1B3
450 975-2462     Fax: 450 975-4993
Website: www.organismechoc.com
Email: choc@organismechoc.com


Eligibility: men with domestic violence problems or suicidal
Capacity: domestic violence group: 7 to 10 men, suicide group: 6 to 8 men
Coverage area: Laval
Hours: Monday to Thursday 12h00 to 20h00, Friday 12h00 to 16h00, groups in the evening
Fees: domestic violence support group: $200 to $1500 depending on the income, suicide support group: free
Financing: provincial, contributions, self-financing, Centraide of Greater Montréal
Legal status: non-profit organization

INTERVENTION CENTRE IN SEXUAL DELINQUENCY
Confidential Address
579 641-3941     Fax: 579 641-7845
Website: www.cidslaval.com
Email: info@cidslaval.com

Eligibility: youth and adults with a problem of sexual offending, including any form of sexual assault or harassment, partners, families and close ones
Coverage area: Greater Montréal
Hours: Monday to Thursday 8h00 to 21h00
Fees: $15 to $40 depending on the area of origin
Financing: provincial
Legal status: non-profit organization

MESURES ALTERNATIVES JEUNESSE DE LAVAL
234 des Laurentides Boulevard, Laval-des-Rapides, Laval, QC, H7G 2T6
450 663-7674     Fax: 450 663-3529
Website: www.majl.org
Email: info@majl.org

Eligibility: teenagers, parents, counsellors, school staff
Coverage area: Laval
Hours: Monday, Thursday and Friday 9h00 to 17h00, Tuesday and Wednesday 9h00 to 20h00
Financing: provincial, grants
Legal status: non-profit organization
Support for victims and their families

ASSOCIATION OF FAMILIES OF PERSONS ASSASSINATED OR DISAPPEARED
1686 des Laurentides Boulevard, Suite 203, Vimont, Laval, QC, H7M 2P4
1 877 484-0404
Website: afpad.ca/en
Email: administration@afpad.ca

Services: * Meeting with new members and distribution of an information package. * Support group through breakfast chats in many Quebec regions. * Conferences and workshops on themes like emotional, physical and mental wellness. * Legal accompaniment and support with drafting testimonials. * Online informational videos about grievance, police investigations, post-traumatic shock, disappearances, victims' rights, CAVAC and dealing with the media. * Referrals to community resources and psychological assistance. * Monthly newsletter featuring community resources, testimonies, activities, legal or psychological advices, etc.

Eligibility: families of people who were assassinated or are missing because of a crime

Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Fees: free
Financing: provincial, federal, donations
Legal status: non-profit organization

CENTRE D’AIDE AUX VICTIMES D’ACTES CRIMINELS DE LAVAL
Confidential Address
450 688-4581 Fax: 450 688-5508
Website: cavac.qc.ca/en
Email: administration@cavaclaval.com


Eligibility: victims of criminal acts towards a person or property, their relatives, witnesses

Coverage area: Laval
Hours: Monday and Wednesday 9h00 to 21h00, Tuesday, Thursday and Friday 9h00 to 17h00
Fees: none
Financing: provincial
Legal status: non-profit organization

CENTRE DE PRÉVENTION ET D’INTERVENTION POUR VICTIMES D’AGRESSION SEXUELLE
Confidential Address
450 669-9053 Fax: 450 669-1658
Website: cpivas.com/en
Email: administration@cpivas.com


Eligibility: children 3 to 11 years old, men, women, non-binary people, teenagers 12 years and over victims of incest or sexual assault, their partners and parents

Coverage area: Laval
Hours: Monday to Friday 8h30 to 17h00, support groups: Monday to Friday, day or evening
Fees: annual membership: $15, individual meeting: $10, group therapy: $120
Financing: provincial, grants, donations
Legal status: non-profit organization
CORRECTIONAL SERVICE CANADA - VICTIM SERVICES
Regional Administration, 4 Place Laval, Suite 400, Chomedey, Laval, QC, H7N 5Y3
1 866 806-2275 Fax: 450-972-7762
Website: csc-scc.gc.ca/victims/003006-index-en.shtml
Email: victimes@csc-scc.gc.ca
Services: Services to victims of criminal acts. * Victim registration: information provided about the offender having committed a criminal action towards them. * Reception of victim statements. * Processing of complaints concerning Correctional Service Canada (CSC). * Victim notification. * Referrals towards appropriate services and information about CSC.
Eligibility: victims of criminal act whose offender is under federal jurisdiction
Coverage area: Canada
Financing: federal
Legal status: federal government agency

DIRA-LAVAL
1450 Pie-X Boulevard, Suite 217, Chomedey, Laval, QC, H7V 3C1
450 681-8813 Fax: 450 681-1163
Website: dira-laval.ca
Email: diralaval@videotron.ca
Eligibility: seniors 50 years and over
Coverage area: Laval
Hours: Monday to Friday 8h30 to 16h30, by appointment
Fees: none
Financing: provincial
Legal status: non-profit organization

MESURES ALTERNATIVES JEUNESSE DE LAVAL
234 des Laurentides Boulevard, Laval-des-Rapides, Laval, QC, H7G 2T6
450 663-7674 Fax: 450 663-3529
Website: www.majl.org
Email: info@majl.org
Eligibility: teenagers, parents, counsellors, school staff
Coverage area: Laval
Hours: Monday, Thursday and Friday 9h00 to 17h00, Tuesday and Wednesday 9h00 to 20h00
Financing: provincial, grants
Legal status: non-profit organization

SERVICE DE POLICE DE LAVAL - SURVIVANTES (LES)
2911 Chomedey Boulevard, Chomedey, Laval, QC, H7P 0B8
514 894-4583
Eligibility: vulnerable persons, their relatives
Coverage area: Laval
Hours: 24 hours / 7 days
Fees: none
Financing: municipal  
Legal status: municipal agency  

**TABLE DE CONCERTATION EN VIOLENCE CONJUGALE ET AGRESSIONS À CARACTÈRE SEXUEL DE LAVAL**  
Confidential Address  
514 436-4743  
Website: tcvcasl.com  
Email: info@tcvcasl.com  
Services: Promotion of equality between women and men and security and prevention of violence.  
Eligibility: organizations, victims of domestic violence or sexual abuse, counsellors, general public  
Coverage area: Laval  
Hours: variable  
Fees: annual membership fee: $75  
Financing: membership fees, grants  
Legal status: non-profit organization

**Therapy and counselling**

**ASSOCIATION DE LA FIBROMYALGIE DE LAVAL**  
2465 Honoré-Mercier Street, Suite 225, Sainte-Rose, Laval, QC, H7L 2S9  
450 622-1414     Fax: 450 622-1414  
Website: fibromyalgielaval.org  
Email: info@fibromyalgielaval.org  
Eligibility: people with fibromyalgia or chronic pain, their close ones, students, health professionals  
Coverage area: Laval  
Hours: Monday to Thursday 10h00 to 16h00  
Fees: annual membership: $30, mutual aid groups: free  
Financing: membership fees, grants  
Legal status: non-profit organization

**AVC-APHASIE LAVAL**  
3350 Dagenais Boulevard West, Fabreville, Laval, QC, H7P 1V6  
450 937-3666  
Website: www.avcaphasielaval.ca  
Email: info@avcaphasielaval.ca  
Eligibility: people who have had a stroke, with any after effects, people with aphasia, their close ones and the general public  
Coverage area: Laval  
Hours: Monday to Friday 8h30 to 16h30  
Fees: annual membership: $25, activities: 25 to $35 per class  
Financing: provincial, municipal, donations  
Legal status: non-profit organization
CAFGRAF (GROUPE D'ENTRAIDE EN SANTÉ MENTALE DE LAVAL)

62 Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7N 2H5
450 490-4224
Website: www.lecafgraf.org
Email: info@lecafgraf.org


Eligibility: people 16 years and over who have lived or are living with mental health, homelessness, addiction or psychosocial adaptation issues

Capacity: between 40 and 60 people

Coverage area: Laval

Hours: administration: Tuesday to Friday 9h00 to 17h00, day centre: Wednesday and Thursday 12h00 to 17h00, Friday 9h30 to 12h00, Saturday 11h30 to 16h00

Fees: membership: $2 per year

Financing: provincial, self-financing, federal, grants, membership fees

Legal status: non-profit organization

CAFGRAF (GROUPE D'ENTRAIDE EN SANTÉ MENTALE DE LAVAL) - ADULTS SERVICE POINT

62 Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7N 2H7
450 490-4224
Website: www.lecafgraf.org
Email: info@lecafgraf.org


Eligibility: people 18 years and over who have lived or are living with mental health, homelessness, addiction or psychosocial adaptation issues

Capacity: 40 to 50 people

Coverage area: Laval

Hours: Tuesday to Friday 9h30 to 17h00, Saturday 11h30 to 16h00

Fees: contribution: $2 per year

Financing: provincial, self-financing, federal, grants, membership fees

Legal status: non-profit organization

CAFGRAF (GROUPE D'ENTRAIDE EN SANTÉ MENTALE DE LAVAL) - YOUNG ADULTS

62 Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7N 2H5
450 490-4224
Website: www.lecafgraf.org
Email: info@lecafgraf.org


Eligibility: people 16 to 35 years old who have lived or are living with mental health, homelessness, addiction or psychosocial adaptation issues

Capacity: 50 people

Coverage area: Laval

Hours: administration and workshops: Tuesday to Friday 9h00 to 17h00, day centre: Wednesday 12h00 to 17h00, Thursday 12h00 to 19h00, Friday 9h30 to 12h00, Saturday 11h30 to 16h00

Fees: membership: $2 per year
Financing: provincial, self-financing, grants, federal, membership fees
Legal status: non-profit organization

CARREFOUR D'INTERCULTURES DE LAVAL
1536 Curé-Labelle Boulevard, Suite 226, Chomedey, Laval, QC, H7V 2W2
450 686-0554
Website: www.carrefourintercultures.com
Email: info@carrefourintercultures.com
Eligibility: immigrants and newcomers
Coverage area: Laval
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: variable, French courses: none
Financing: grants, self-financing, provincial, municipal, federal
Legal status: non-profit organization

CARREFOUR ESPOIR ET SOBRIÉTÉ
415 66th Avenue, Chomedey, Laval, QC, H7V 2L2
450 681-2399     Fax: 450 681-2399
Website: www.carrefouresperoir.org
Email: carrefouresperoir2000@gmail.com
Services: * External and internal services for people and families living with one or multiple addictions: alcoholism, drug abuse, gambling, food compulsion, affective and sexual dependence, etc. * Education, information, helping relationship, psychological and spiritual accompaniment following the 12 steps. * Internal groups on weekends for the 4th and 5th steps.
Eligibility: people and families living with one or multiple addictions
Coverage area: Province of Québec
Hours: Monday to Thursday 8h00 to 18h00
Fees: external service: $60 per hour for insured people, sessions on steps 4 and 5: $550, variable costs for other activities
Financing: self-financing, donations
Legal status: non-profit organization

CENTRE D'IMPLICATION LIBRE DE LAVAL EN RÉADAPTATION SOCIALE
156 des Laurentides Boulevard, Laval-des-Rapides, Laval, QC, H7G 2T5
450 668-1771     Fax: 450 668-9010
Website: www.cill.qc.ca
Email: info@cill.qc.ca
Eligibility: adults 18 years old and over living or who have lived with mental health issues
Coverage area: Laval, North of Montréal
Hours: Monday to Friday 8h30 to 17h00, Saturday, Sunday and evenings depending on the activities
Financing: self-financing, grants
Legal status: non-profit organization
CLINIQUE DES RÉFUGIÉS
1665 du Couvent Street, Chomedey, Laval, QC, H7W 3A8
450 687-5690 ext. 64901  Fax: 450 687-9842
Website: lavalensante.com
Email: clinrefugieslaval.cissslav@ssss.gouv.qc.ca
Services: * Medical and psychosocial examinations. * Medical tests for people with a refugee status. * Interpreter services in most languages during examinations.
Eligibility: refugees
Coverage area: Laval
Hours: Monday to Friday 8h00 to 16h00, by appointment only
Financing: provincial
Legal status: parapublic organization

CLSC DU MARIGOT - CENTRE DÉSIGNÉ DE LAVAL POUR LES VICTIMES D’AGRESSIONS SEXUELLES
1351 des Laurentides Boulevard, Vimont, Laval, QC, H7M 2Y2
450 668-1803 ext. 45173
Website: www.lavalensante.com
Services: Designated centre for sexual assault victims. * Dedicated psychosocial services. * For medical attention and required tests, visit the Cité-de-la-Santé de Laval hospital.
Eligibility: sexual assault victims
Coverage area: Laval
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization

CLSC DU RUISSEAU-PAPINEAU - RUE DU COUVENT
1665 du Couvent Street, Chomedey, Laval, QC, H7W 3A8
450 687-5690
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=840&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H7W3A8
Coverage area: Laval
Hours: Monday to Friday 7h30 to 20h00, Saturday, Sunday and holidays 9h00 to 17h00
Financing: provincial
Legal status: parapublic organization

COOPÉRATIVE DE SOUTIEN À DOMICILE DE LAVAL
312-A Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7N 2J2
450 972-1313  Fax: 450 972-1919
Website: cooplaval.com/en/home
Email: info@cooplaval.com
Eligibility: people aged 50 years old and over, people in temporary or permanent loss of autonomy, people with a temporary or permanent physical disability

Coverage area: Laval

Hours: Monday to Friday 8h00 to 17h00

Fees: social geriatrics: free, light housekeeping: $31.50 per hour, heavy housekeeping: $35 per hour, RAMQ financial assistance program allowing for reductions depending on admissibility

Financing: self-financing

Legal status: cooperative

COURT OF QUÉBEC - CIVIL DIVISION - LAVAL

2800 Saint-Martin Boulevard West, Chomedey, Laval, QC, H7T 2S9

450 686-5021

Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/laval-courthouse

Services: Court constituting the judicial system of Québec. * Hearing of cases where the amount in dispute is less than $85,000. * Hearing of some cases regarding municipal and school affairs. * Hearing of temporary and authorized confinement cases prior to or following psychiatric assessment. * Exclusive jurisdiction to hear appeals from decisions of certain administrative tribunals, such as the Tribunal administratif du logement. * Voluntary deposit.

Coverage area: Laval judicial district

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: provincial government agency

DIVISION URGENCE SOCIALE DU SERVICE DE POLICE DE LAVAL

2785, Francis-Hugues Avenue, Chomedey, Laval, QC, H7L 3J6

450 662-4595 Fax: 450-662-8534

Website: laval.ca/police

Email: urgence.sociale@laval.ca


Eligibility: citizens 18 years and over in a crisis situation, food vouchers: families with pending social benefit

Coverage area: Laval

Hours: Monday to Friday 8h15 to 17h30

Fees: none

Financing: municipal

Legal status: municipal agency

GROUPE D'ENTRAIDE DÉCLIC

60 Coutu Terrasse, Auteuil, Laval, QC, H7J 1A6

450 736-0966

Services: Treatment centre for emotional dependence and emotion management. * Individual, couple, family and group therapy.

Eligibility: people living with emotional dependence

Coverage area: Laval

Hours: Monday to Friday 8h30 to 16h30, variable according to services

Fees: depending on income

Financing: self-financing

Legal status: non-profit organization
INFO-SOCIAL 811 - LAVAL
Confidential Address
811 option 2
Website: www.quebec.ca/en/health/finding-a-resource/info-social-811
Services: Psychosocial counselling by phone. * Information and referral to help resources.
Coverage area: Laval
Hours: 24 hours / 7 days
Fees: free
Financing: provincial
Legal status: non-profit organization

INSTITUT RAYMOND-DEWAR - POINT DE SERVICE DU MARIGOT
250 Cartier Boulevard West, Laval-des-Rapides, Laval, QC, H7N 5S5
450 668-1803 ext. 4591 Fax: 450 972-6888 TTY: 450 972-6827
Email: 1e_laval@raymond-dewar.gouv.qc.ca
Eligibility: deaf people who use Québec Sign Language (QSL)
Coverage area: Montréal Island, Laval
Hours: Monday, Wednesday and Friday 9h00 to 12h00 and 13h00 to 16h00, by appointment
Financing: provincial
Legal status: parapublic organization

LUMI-VIE
1850 Le Corbusier Boulevard, Suite 303, Chomedey, Laval, QC, H7S 2K1
450 687-8311
Website: www.lumivie.com/?lang=en
Email: info@lumivie.com
Eligibility: bereaved adults, adolescents and children, caregivers, people at the end of life<br />
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 17h00, summer schedule: Monday to Thursday 8h30 to 17h00, Friday 8h30 to 12h00
Fees: variable
Financing: provincial
Legal status: non-profit organization

REGROUPEMENT DES FAMILLES MONOPARENTALES ET RECOMPOSÉES DE LAVAL
140 Nadon Street, Sainte-Rose, Laval, QC, H7L 1T5
450 622-0524
Website: www.rfmrl.org
Email: info@rfmrl.org

Eligibility: single parents or blended families with adaptation difficulties, women, men and children

Capacity: 12 people per group

Coverage area: Laval, Lanaudière, Laurentides, Montréal Island

Hours: Monday to Thursday 9h00 to 20h00, Saturday 9h00 to 15h00

Fees: annual membership: $20, other services: variable

Financing: provincial

Legal status: non-profit organization

SERVICE POPULAIRE DE PSYCHOTHÉRAPIE
100 Tourangeau Street East, Pont-Viau, Laval, QC, H7G 1L1
450 975-2182 Fax: 450 975-9966
Website: spp-laval.qc.ca
Email: info@spp-laval.qc.ca


Eligibility: people on a low income

Coverage area: Laval

Hours: reception: Monday to Friday 9h00 to 16h00, psychotherapy: Monday to Friday 9h00 to 21h00

Fees: psychotherapy: according to the income, self-development groups: low registration fees

Financing: provincial

Legal status: non-profit organization

SPHÈRE - SANTÉ SEXUELLE GLOBALE
90 Lévesque Boulevard East, Pont-Viau, Laval, QC, H7G 1B9
450 669-3099 Fax: 450 669-3421
Website: spheressg.org
Email: info@spheressg.org


Eligibility: people living with HIV/AIDS or other STIs, trans people, non-binary people, people who identify with the LGBTQ+ community or who are questioning, youth, men having sex with men, sex workers, users of injected or inhaled drugs, people from countries where HIV is endemic (Africa, Haiti, Carribean), general public

Coverage area: Laval

Hours: Tuesday to Friday

Fees: none

Financing: grants, self-financing, donations

Legal status: non-profit organization
<table>
<thead>
<tr>
<th>Alphabetical Index</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>1313 CHOMEDEY (LE)</td>
<td>359</td>
</tr>
<tr>
<td>ACTION AUTISME</td>
<td>229</td>
</tr>
<tr>
<td>ÂGE D'OR DE ST-FERDINAND</td>
<td>383</td>
</tr>
<tr>
<td>AIDE AUX PERSONNES ÂGÉES, DÉFAVORISÉES, HANDICAPÉES DE LAVAL</td>
<td>154</td>
</tr>
<tr>
<td>ALZHEIMER SOCIETY LAVAL</td>
<td>359</td>
</tr>
<tr>
<td>AMICALE DE SAINT-VINCENT-DE-PAUL (L’)</td>
<td>406</td>
</tr>
<tr>
<td>ARRIMAGE (L’) - LAVAL OFFICE</td>
<td>154</td>
</tr>
<tr>
<td>ASSOCIATION COOPÉRATIVE D’ÉCONOMIE FAMILIALE - ÎLE JÉSUS</td>
<td>291</td>
</tr>
<tr>
<td>ASSOCIATION DE BALLE POUR JEUNES HANDICAPÉES DE LAVAL</td>
<td>428</td>
</tr>
<tr>
<td>ASSOCIATION DE CITOYENS DE LAVAL-SUR-LE-LAC</td>
<td>281</td>
</tr>
<tr>
<td>ASSOCIATION DE LA FIBROMYALGIE DE LAVAL</td>
<td>468</td>
</tr>
<tr>
<td>ASSOCIATION DES LOISIRS POUR LES PERSONNES HANDICAPÉES PSYCHIQUES DE LAVAL</td>
<td>428</td>
</tr>
<tr>
<td>ASSOCIATION DES ORTHOPÉDAGOGUES DU QUÉBEC (L’)</td>
<td>301</td>
</tr>
<tr>
<td>ASSOCIATION DES PERSONNES HANDICAPÉES VISUELLES DE LAVAL</td>
<td>428</td>
</tr>
<tr>
<td>ASSOCIATION DES PERSONNES VIVANT AVEC UNE SURDITÉ DE LAVAL</td>
<td>429</td>
</tr>
<tr>
<td>ASSOCIATION DES POPOTES ROULANTES DE LAVAL</td>
<td>366</td>
</tr>
<tr>
<td>ASSOCIATION DES RÉSIDENTS DE CHAMPFLEURY</td>
<td>401</td>
</tr>
<tr>
<td>ASSOCIATION DU DIABÈTE LAVAL LAURENTIDES</td>
<td>281</td>
</tr>
<tr>
<td>ASSOCIATION DYSPHASIE +</td>
<td>429</td>
</tr>
<tr>
<td>ASSOCIATION IRIS - PROGRAMME DE SOUTIEN À LA VIE EN LOGEMENT - LAVAL</td>
<td>429</td>
</tr>
<tr>
<td>ASSOCIATION LAVALLOISE DE PARENTS ET AMIS POUR LE BIEN-ÊTRE MENTAL</td>
<td>323</td>
</tr>
<tr>
<td>ASSOCIATION LAVALLOISE DES PERSONNES AIDANTES</td>
<td>353</td>
</tr>
<tr>
<td>ASSOCIATION LAVALLOISE POUR LA DÉFICIENCE INTELLECTUELLE ET LE TROUBLE DU SPECTRE DE L’AUTISME</td>
<td>429</td>
</tr>
<tr>
<td>ASSOCIATION LAVALLOISE POUR LE TRANSPORT ADAPTÉ</td>
<td>282</td>
</tr>
<tr>
<td>ASSOCIATION MIDI-QUARANTE</td>
<td>150</td>
</tr>
<tr>
<td>ASSOCIATION OF FAMILIES OF PERSONS ASSASSINATED OR DISAPPEARED</td>
<td>465</td>
</tr>
<tr>
<td>ASSOCIATION POUR AÎNÉS RÉSIDANT À LAVAL</td>
<td>406</td>
</tr>
<tr>
<td>ASSOCIATION POUR AÎNÉS RÉSIDANT À LAVAL - ACCOMPANIMENT-TRANSPORTATION</td>
<td>451</td>
</tr>
<tr>
<td>ASSOCIATION PULMONAIRE DU QUÉBEC - GROUPE D’ENTRAIDE MALADIES PULMONAIRES - LAVAL/RIVE-NORD</td>
<td>329</td>
</tr>
<tr>
<td>ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - LAVAL</td>
<td>368</td>
</tr>
<tr>
<td>ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - LAVAL</td>
<td>368</td>
</tr>
<tr>
<td>ASSOCIATION RÉGIONALE DE LOISIRS POUR PERSONNES HANDICAPÉES DE LAVAL</td>
<td>430</td>
</tr>
<tr>
<td>ATELIER DE TRI DES MATIÈRES PLASTIQUES RECYCLABLES DU QUÉBEC</td>
<td>154</td>
</tr>
<tr>
<td>AU PANIER</td>
<td>203</td>
</tr>
<tr>
<td>AUBERGE DU COEUR L’ENVOLÉE - LOGEMENTS DE TRANSITION</td>
<td>249</td>
</tr>
<tr>
<td>AUBERGE DU COEUR L’ENVOLÉE - LOGEMENTS DE TRANSITION - JEUNES MÈRES</td>
<td>249</td>
</tr>
<tr>
<td>AUBERGE DU COEUR L’ENVOLÉE - REFUGE</td>
<td>250</td>
</tr>
<tr>
<td>AVC-APHASIE LAVAL</td>
<td>468</td>
</tr>
<tr>
<td>AVIRON (L’) - HÉBERGEMENT COMMUNAUTAIRE</td>
<td>248</td>
</tr>
<tr>
<td>AVIRON (L’) - HÉBERGEMENT COMMUNAUTAIRE - BRAZEAU</td>
<td>249</td>
</tr>
<tr>
<td>AVIRON (L’) - HÉBERGEMENT COMMUNAUTAIRE - TRANSITIONAL HOUSING</td>
<td>249</td>
</tr>
<tr>
<td>AXION 50 PLUS</td>
<td>407</td>
</tr>
<tr>
<td>BARREAU DE LAVAL</td>
<td>301</td>
</tr>
<tr>
<td>BONJOUR AUJOURD'HUI ET APRÈS</td>
<td>366</td>
</tr>
<tr>
<td>BONJOUR AUJOURD'HUI ET APRÈS - ACCOMPANIMENT-TRANSPORTATION</td>
<td>452</td>
</tr>
<tr>
<td>BUREAU D’AIDE ET D’ASSISTANCE FAMILIALE PLACE SAINT-MARTIN</td>
<td>437</td>
</tr>
<tr>
<td>ÇA SUFFIT</td>
<td>464</td>
</tr>
<tr>
<td>CAFÉ DE RUE</td>
<td>248</td>
</tr>
</tbody>
</table>
## Alphabetical Index

<table>
<thead>
<tr>
<th>Service Name</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>CAFÉ LE SIGNET</td>
<td>204</td>
</tr>
<tr>
<td>CAFGRAG (GROUPE D’ENTRAIDE EN SANTÉ MENTALE DE LAVAL)</td>
<td>468</td>
</tr>
<tr>
<td>CAFGRAG (GROUPE D’ENTRAIDE EN SANTÉ MENTALE DE LAVAL) - ADULTS SERVICE POINT</td>
<td>469</td>
</tr>
<tr>
<td>CAFGRAG (GROUPE D’ENTRAIDE EN SANTÉ MENTALE DE LAVAL) - YOUNG ADULTS</td>
<td>469</td>
</tr>
<tr>
<td>CARREFOUR D’HOMMES EN CHANGEMENT</td>
<td>465</td>
</tr>
<tr>
<td>CARREFOUR D’INTERCULTURES DE LAVAL</td>
<td>470</td>
</tr>
<tr>
<td>CARREFOUR ESPOIR ET SOBRIETÉ</td>
<td>470</td>
</tr>
<tr>
<td>CARREFOUR JEUNESSE DE SAINTE-ROSE</td>
<td>43</td>
</tr>
<tr>
<td>CARREFOUR JEUNESSE-EMPLOI DE LAVAL</td>
<td>152</td>
</tr>
<tr>
<td>CARREFOUR POUR ÂNÉS SEMI-AUTONOMES</td>
<td>360</td>
</tr>
<tr>
<td>CENTRE COMMUNAUTAIRE EBEN-EZER</td>
<td>401</td>
</tr>
<tr>
<td>CENTRE COMMUNAUTAIRE LE COUMBITE DE LAVAL</td>
<td>407</td>
</tr>
<tr>
<td>CENTRE COMMUNAUTAIRE LE COUMBITE DE LAVAL - TAX CLINIC</td>
<td>271</td>
</tr>
<tr>
<td>CENTRE COMMUNAUTAIRE LE RENDEZ-VOUS DES ÂNÉS</td>
<td>444</td>
</tr>
<tr>
<td>CENTRE COMMUNAUTAIRE PETIT ESPOIR</td>
<td>408</td>
</tr>
<tr>
<td>CENTRE COMMUNAUTAIRE SAINT-JOSEPH</td>
<td>56</td>
</tr>
<tr>
<td>CENTRE COMMUNAUTAIRE VAL-MARTIN</td>
<td>53</td>
</tr>
<tr>
<td>CENTRE COMMUNAUTAIRE VAL-MARTIN - MAISON DE LA FAMILLE</td>
<td>171</td>
</tr>
<tr>
<td>CENTRE COMMUNAUTAIRE VAL-MARTIN - MAISON DES JEUNES</td>
<td>393</td>
</tr>
<tr>
<td>CENTRE COMMUNAUTAIRE VAL-MARTIN - PROJET ÇA CLIQ</td>
<td>152</td>
</tr>
<tr>
<td>CENTRE D’AIDE AUX VICTIMES D’ACTES CRIMINELS DE LAVAL</td>
<td>466</td>
</tr>
<tr>
<td>CENTRE D’AIDE PORTAIL</td>
<td>440</td>
</tr>
<tr>
<td>CENTRE D’ASSISTANCE ET D’ACCOMPAGNEMENT AUX PLAINTESES - LAVAL</td>
<td>369</td>
</tr>
<tr>
<td>CENTRE D’ÉCOUTE DE LAVAL</td>
<td>346</td>
</tr>
<tr>
<td>CENTRE D’ENTRAIDE DU MARIGOT</td>
<td>366</td>
</tr>
<tr>
<td>CENTRE D’ENTRAIDE DU MARIGOT - ACCOMPANIMENT-TRANSPORTATION</td>
<td>452</td>
</tr>
<tr>
<td>CENTRE D’HÉBERGEMENT DE SAINTE-DOROTHÉE</td>
<td>360</td>
</tr>
<tr>
<td>CENTRE D’HÉBERGEMENT FERNAND-LAROCQUE</td>
<td>360</td>
</tr>
<tr>
<td>CENTRE D’HÉBERGEMENT LA PINIÈRE</td>
<td>360</td>
</tr>
<tr>
<td>CENTRE D’HÉBERGEMENT LDOLA-SAINT-JEAN</td>
<td>360</td>
</tr>
<tr>
<td>CENTRE D’HÉBERGEMENT SAINTE-ROSE</td>
<td>361</td>
</tr>
<tr>
<td>CENTRE D’IMPLICATION LIBRE DE LAVAL EN RÉADAPTATION SOCIALE</td>
<td>470</td>
</tr>
<tr>
<td>CENTRE D’IMPLICATION LIBRE DE LAVAL EN RÉADAPTATION SOCIALE - POINT DE SERVICE SAINTE-ROSE</td>
<td>433</td>
</tr>
<tr>
<td>CENTRE DE BÉNÉVOLAT ET MOISSON LAVAL</td>
<td>440</td>
</tr>
<tr>
<td>CENTRE DE BÉNÉVOLAT ET MOISSON LAVAL - ACCOMPANIMENT-TRANSPORTATION</td>
<td>453</td>
</tr>
<tr>
<td>CENTRE DE BÉNÉVOLAT ET MOISSON LAVAL - ITEMS RECOVERY</td>
<td>439</td>
</tr>
<tr>
<td>CENTRE DE BÉNÉVOLAT ET MOISSON LAVAL - PROGRAMME DE TRAVAUX COMPENSATOIRES</td>
<td>301</td>
</tr>
<tr>
<td>CENTRE DE BÉNÉVOLAT ET MOISSON LAVAL - TAX CLINIC</td>
<td>271</td>
</tr>
<tr>
<td>CENTRE DE LA NATURE DE LAVAL</td>
<td>408</td>
</tr>
<tr>
<td>CENTRE DE PÉDIATRIE SOCIALE LAVAL</td>
<td>98</td>
</tr>
<tr>
<td>CENTRE DE PÉDIATRIE SOCIALE LAVAL - POINT DE SERVICE CHOMEDEY</td>
<td>99</td>
</tr>
<tr>
<td>CENTRE DE PÉDIATRIE SOCIALE LAVAL - POINT DE SERVICE PONT-VIAU</td>
<td>99</td>
</tr>
<tr>
<td>CENTRE DE PRÉVENTION ET D’INTERVENTION POUR VICTIMES D’AGRESSION SEXUELLE</td>
<td>466</td>
</tr>
<tr>
<td>CENTRE DE PROTECTION DE L’ENFANCE ET DE LA JEUNESSE AVENUE LAVAL</td>
<td>317</td>
</tr>
<tr>
<td>CENTRE DE PROTECTION DE L’ENFANCE ET DE LA JEUNESSE DE LAVAL</td>
<td>215</td>
</tr>
<tr>
<td>CENTRE DE RÉADAPTATION EN DÉFICIENCE INTELLECTUELLE ET EN TROUBLES DU SPECTRE DE L’AUTISME - BOULEVARD CARTIER</td>
<td>109</td>
</tr>
<tr>
<td>CENTRE DE RÉADAPTATION EN DÉFICIENCE INTELLECTUELLE ET EN TROUBLES DU SPECTRE DE L’AUTISME - BOULEVARD SAINTE-ROSE</td>
<td>109</td>
</tr>
<tr>
<td>CENTRE DE RÉADAPTATION EN DÉPENDANCE BIENVILLE</td>
<td>309</td>
</tr>
<tr>
<td>CENTRE DE RÉADAPTATION EN DÉPENDANCE DE LAVAL</td>
<td>309</td>
</tr>
</tbody>
</table>
Alphabetical Index

CENTRE DE RÉADAPTATION POUR LES JEUNES EN DIFFICULTÉS D'ADAPTATION CARTIER 2
CENTRE DE RÉADAPTATION POUR LES JEUNES EN DIFFICULTÉS D'ADAPTATION DE LAVAL 2
CENTRE DE SERVICES AMBULATOIRES DE LAVAL 232
CENTRE DE SERVICES SCOLAIRE DE LAVAL 263
CENTRE DÉFI-JEUNESSE DE ST-FRANÇOIS 408
CENTRE DES FEMMES DE LAVAL 437
CENTRE DES FEMMES DYNAMIQUES DE LAVAL 394
CENTRE DU SABLON 433
CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DE LAVAL 236
CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DE LAVAL - COMMISSION AUX PLAINTES ET À LA QUALITÉ DES SERVICES 292
CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DE LAVAL - GUICHET D'ACCÈS DI-TSA-DP 109
CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DE LAVAL - VACCINATION CONTRE LA GRIPPE 236
CENTRE LAVALLOIS POUR L'INTEGRATION ET LA COHÉSION SOCIALE 444
CENTRE MARCELLE ET JEAN COUTU 93
CENTRE MULTISERVICES CARPE DIEM 302
CLINIQUE DES RÉFUGIÉS 470
CLSC DE L'OUEST-DE-L'ÎLE 306
CLSC DE SAINTE-ROSE 306
CLSC DES MILLE-ÎLES 306
CLSC DU MARIGOT - BOULEVARD CARTIER 306
CLSC DU MARIGOT - BOULEVARD DES LAURENTIDES 307
CLSC DU MARIGOT - CENTRE DÉSIGNÉ DE LAVAL POUR LES VICTIMES D'AGRESSIONS SEXUELLES 471
CLSC DU RUISSEAU-PAPIEAU - BOULEVARD CHOMEDEY 277
CLSC DU RUISSEAU-PAPIEAU - RUE DU COUVENT 471
CLUB DE GYMNASTIQUE LAVAL EXCELLENCE 395
CLUB DE L'ÂGE D'OR DE VIMONT 386
CLUB DE L'ÂGE D'OR SAINT-CLAIRE DE CHOMEDEY 387
CLUB DE L'ÂGE D'OR SAINT-ÉDOUARD DE FABREVILLE 409
CLUB DE L'ÂGE D'OR SAINT-FRANÇOIS-DE-SALES 425
CLUB DE L'ÂGE D'OR SAINT-MARTIN DE LAVAL 409
CLUB DE L'ÂGE D'OR SAINT-NOËL CHABANEL 387
CLUB DE L'ÂGE D'OR SAINT-SYLVAINE 388
CLUB DE L'ÂGE D'OR SAINT-URBAIN DE LAVAL 388
CLUB DES AÎNÉES DE CHOMEDEY 388
CLUB DES AÎNÉES LES MÈCHES D'ARGENT DE SAINT-PIE-X DE CHOMEDEY 388
CLUBS 4-H DU QUÉBEC (LES) 409
COLLÈGE MONTMORENCY 272
COLLÈGE MONTMORENCY - CLINIQUE-ÉCOLE D'ORTHÉSES ET DE PROTHÈSES 84
COLLÈGE MONTMORENCY - CLINIQUE-ÉCOLE DE PHYSIOTHÉRAPIE 110
COMITÉ D'ACTION EN SÉCURITÉ ALIMENTAIRE DE LAVAL 284
COMITÉ D'ANIMATION DU TROISIÈME ÂGE DE LAVAL 410
COMITÉ DE DÉVELOPPEMENT LOCAL DE CHOMEDEY 284
COMITÉ DES CIToyENS DE LAVAL-OUEST 284
COMITÉ DES USAGERS DE L'HÔPITAL JUIF DE RÉADAPTATION 292
COMITÉ DES USAGERS DES CENTRES DE RÉADAPTATION EN DÉFICIENCE INTELLECTUELLE ET TROUBLE DU SPECTRE DE L'AUTISME 292
COMITÉ DES USAGERS DU CISSS DE LAVAL 292
COMITÉ DES USAGERS DU CSSS DE LAVAL 293
COMMISSION DE L'ÉQUITÉ SALARIALE - LAVAL - BOULEVARD CHOMEDEY 376

477
<p>| Alphabetical Index |
|-------------------|-------------------|-------------------|-------------------|-------------------|
| COMMISSION DE L’ÉQUITÉ SALARIALE - LAVAL - BOULEVARD LAVAL | 377 |
| COMMISSION DE LA SANTÉ ET DE LA SÉCURITÉ DU TRAVAIL DU QUÉBEC - LAVAL | 277 |
| COMMISSION DES NORMES DU TRAVAIL - LAVAL | 298 |
| COMPASSION LAVAL | 445 |
| COMPTOIR D’ACCUEIL DES CITOYENS - EST DE LAVAL | 216 |
| COMPTOIR D’ACCUEIL DES CITOYENS - OUEST DE LAVAL | 216 |
| CONSEIL RÉGIONAL DE L’ENVIRONNEMENT DE LAVAL | 410 |
| COOPÉRATIVE DE SOUTIEN À DOMICILE DE LAVAL | 471 |
| CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE DE LAVAL | 57 |
| CORPORATION INTEGRATION À LA VIE ACTIVE DES PERSONNES HANDICAPÉES DE LAVAL | 433 |
| CORRECTIONAL SERVICE CANADA - LAVAL PAROLE OFFICE | 294 |
| CORRECTIONAL SERVICE CANADA - MINIMAL SECURITY FEDERAL TRAINING CENTRE | 294 |
| CORRECTIONAL SERVICE CANADA - MULTI-LEVEL SECURITY FEDERAL TRAINING CENTRE | 294 |
| CORRECTIONAL SERVICE CANADA - VICTIM SERVICES | 466 |
| COURT OF QUÉBEC - CIVIL DIVISION - LAVAL | 472 |
| COURT OF QUÉBEC - CRIMINAL AND PENAL DIVISION - LAVAL | 295 |
| COURT OF QUÉBEC - SMALL CLAIMS DIVISION - LAVAL | 296 |
| COURT OF QUÉBEC - YOUTH DIVISION - LAVAL | 298 |
| DEBRIS SITE | 210 |
| DÉCLIC ACTION - PAVILLON LA MAISONNÉE | 310 |
| DÉCLIC ACTION - PAVILLON UN FOYER POUR TOI | 310 |
| DÉVELOPPEMENT ÉCONOMIQUE DE LA VILLE DE LAVAL | 141 |
| DIAPASON JEUNESSE | 396 |
| DIMENSION TRAVAIL | 151 |
| DIRA-LAVAL | 467 |
| DIRECTION DE LA SANTÉ PUBLIQUE DE LAVAL | 238 |
| DIRECTION DES SERVICES PROFESSIONNELS CORRECTIONNELS - LAVAL-LANAUDIÈRE | 302 |
| DIVISION URGENCE SOCIALE DU SERVICE DE POLICE DE LAVAL | 472 |
| ÉCO-NATURE | 410 |
| EN-DROIT DE LAVAL (L’) | 322 |
| ENFANT D’ABORD | 410 |
| ENTRAIDE (PONT-VIAU ET LAVAL DES RAPIDES) INC. (L’) | 411 |
| ENTRAIDE SAINT-BRUNO | 180 |
| ÉQUIPE SPÉCIALISÉE EN PRÉVENTION DU SUICIDE | 325 |
| ÉTAPE (L’) - POINT DE SERVICE DE LAVAL | 157 |
| FADOQ - RÉGION LAVAL | 397 |
| FÉDÉRATION DES OSBL D’HABITATION DES 3L | 255 |
| FEMMES EN EMPLOI | 389 |
| FONDAITION LE PéPIN D’ART | 411 |
| FONDAITION LE PILIER | 288 |
| G.E.M.E. GROUPE D’ENTRAIDE POUR UN MIEUX-ÊTRE - LAVAL | 411 |
| GROUPE ALPHA LAVAL | 145 |
| GROUPE D’ENTRAIDE DÉCLIC | 472 |
| GROUPE D’ENTRAIDE LA ROSÉE | 445 |
| GROUPE D’ENTRAIDE LA ROSÉE - ACCOMPANIMENT-TRANSPORTATION | 453 |
| GROUPE DE LOISIRS LA RELANCE | 425 |
| GROUPE PRIORITÉ TRAVAIL | 299 |
| GROUPE PROMO-SANTÉ LAVAL | 425 |
| GYMNO LAVAL | 120 |
| HABITATIONS ARARAT | 361 |
| HABITATIONS DU RENDEZ-VOUS (LES) | 361 |</p>
<table>
<thead>
<tr>
<th>Service/Location</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>HABITATIONS SAINT-CHRISTOPHE (LES)</td>
<td>362</td>
</tr>
<tr>
<td>HALTE DE L'ORCHIDBLEUE (LA)</td>
<td>433</td>
</tr>
<tr>
<td>HELLENIC SOCIAL SERVICES OF QUEBEC - LAVAL</td>
<td>459</td>
</tr>
<tr>
<td>HÔPITAL DE LA CITÉ-DE-LA-SANTÉ</td>
<td>463</td>
</tr>
<tr>
<td>ÎLOT (L') - CENTRE DE CRISE ET DE PRÉVENTION DU SUICIDE DE LAVAL</td>
<td>320</td>
</tr>
<tr>
<td>INFO-SOCIAL 811 - LAVAL</td>
<td>472</td>
</tr>
<tr>
<td>INITIATIVE LOCALE ST-FRANÇOIS EN ACTION</td>
<td>192</td>
</tr>
<tr>
<td>INSTITUT DES TROUBLES D'APPRENTISSAGE - SECTION LAVAL</td>
<td>288</td>
</tr>
<tr>
<td>INSTITUT RAYMOND-DEWAR - POINT DE SERVICE DU MARIGOT</td>
<td>473</td>
</tr>
<tr>
<td>INTERVENTION CENTRE IN SEXUAL DELINQUENCY</td>
<td>465</td>
</tr>
<tr>
<td>JARDIN DE LA FAMILLE DE FABREVILLE</td>
<td>445</td>
</tr>
<tr>
<td>JEUN'EST EN FORME</td>
<td>357</td>
</tr>
<tr>
<td>JEUNES AU TRAVAIL</td>
<td>158</td>
</tr>
<tr>
<td>JEWISH REHABILITATION HOSPITAL</td>
<td>110</td>
</tr>
<tr>
<td>JEWISH REHABILITATION HOSPITAL - TECHNICAL AIDS AND ASSISTIVE COMMUNICATION AIDS</td>
<td>234</td>
</tr>
<tr>
<td>LAVAL - AIR-CONDITIONED PUBLIC AREAS</td>
<td>254</td>
</tr>
<tr>
<td>LAVAL - BUREAU MUNICIPAL LAVALLOIS SECTOR 1</td>
<td>422</td>
</tr>
<tr>
<td>LAVAL - BUREAU MUNICIPAL LAVALLOIS SECTOR 1 - SATELLITE OFFICE</td>
<td>423</td>
</tr>
<tr>
<td>LAVAL - BUREAU MUNICIPAL LAVALLOIS SECTOR 2</td>
<td>423</td>
</tr>
<tr>
<td>LAVAL - BUREAU MUNICIPAL LAVALLOIS SECTOR 3</td>
<td>423</td>
</tr>
<tr>
<td>LAVAL - BUREAU MUNICIPAL LAVALLOIS SECTOR 4</td>
<td>423</td>
</tr>
<tr>
<td>LAVAL - BUREAU MUNICIPAL LAVALLOIS SECTOR 5</td>
<td>424</td>
</tr>
<tr>
<td>LAVAL - BUREAU MUNICIPAL LAVALLOIS SECTOR 6</td>
<td>424</td>
</tr>
<tr>
<td>LAVAL - CITY</td>
<td>403</td>
</tr>
<tr>
<td>LAVAL - CULTURE, LOISIRS, SPORT ET DÉVELOPPEMENT SOCIAL</td>
<td>424</td>
</tr>
<tr>
<td>LAVAL - ÉCOCENTRE PRINCIPAL</td>
<td>213</td>
</tr>
<tr>
<td>LAVAL - MULTISERVICE COUNTER</td>
<td>299</td>
</tr>
<tr>
<td>LAVAL - MUNICIPAL COURT</td>
<td>299</td>
</tr>
<tr>
<td>LAVAL - PUBLIC PIANOS</td>
<td>413</td>
</tr>
<tr>
<td>LAVAL - SUPPORT FOR SENIORS AGED 65 AND OVER</td>
<td>257</td>
</tr>
<tr>
<td>LAVAL - USED ITEMS RECOVERY</td>
<td>214</td>
</tr>
<tr>
<td>LAVAL AU FÉMININ</td>
<td>398</td>
</tr>
<tr>
<td>LAVAL COURTHOUSE</td>
<td>296</td>
</tr>
<tr>
<td>LAVAL PASSPORT CANADA OFFICE</td>
<td>217</td>
</tr>
<tr>
<td>LAVAL PUBLIC LIBRARIES NETWORK - ÉMILE-NELLIGAN LIBRARY</td>
<td>420</td>
</tr>
<tr>
<td>LAVAL PUBLIC LIBRARIES NETWORK - GABRIELLE-ROY LIBRARY</td>
<td>420</td>
</tr>
<tr>
<td>LAVAL PUBLIC LIBRARIES NETWORK - GERMAINE-GUÈVREMONT LIBRARY</td>
<td>420</td>
</tr>
<tr>
<td>LAVAL PUBLIC LIBRARIES NETWORK - LAURE-CONAN LIBRARY</td>
<td>421</td>
</tr>
<tr>
<td>LAVAL PUBLIC LIBRARIES NETWORK - MARIUS-BARBEAU LIBRARY</td>
<td>421</td>
</tr>
<tr>
<td>LAVAL PUBLIC LIBRARIES NETWORK - MULTICULTURAL LIBRARY</td>
<td>421</td>
</tr>
<tr>
<td>LAVAL PUBLIC LIBRARIES NETWORK - PHILIPPE-PANNETON LIBRARY</td>
<td>422</td>
</tr>
<tr>
<td>LAVAL PUBLIC LIBRARIES NETWORK - SYLVAIN-GARNEAU LIBRARY</td>
<td>422</td>
</tr>
<tr>
<td>LAVAL PUBLIC LIBRARIES NETWORK - YVES-THÉRIAULT LIBRARY</td>
<td>422</td>
</tr>
<tr>
<td>LEARNING EXCHANGE (THE)</td>
<td>133</td>
</tr>
<tr>
<td>LEGAL AID OFFICE - MULTI-SECTOR OFFICE - LAVAL</td>
<td>456</td>
</tr>
<tr>
<td>LINA'S HOME</td>
<td>461</td>
</tr>
<tr>
<td>LIS AVEC MOI</td>
<td>131</td>
</tr>
<tr>
<td>LITTLE BROTHERS - LAVAL</td>
<td>352</td>
</tr>
<tr>
<td>LOISIRS RENAUD/COURSOL</td>
<td>426</td>
</tr>
<tr>
<td>LUMI-VIE</td>
<td>473</td>
</tr>
<tr>
<td>MAISON 100 LIMITES (LA)</td>
<td>326</td>
</tr>
<tr>
<td>MAISON DE LA FAMILLE DE LAVAL-OUEST</td>
<td>441</td>
</tr>
<tr>
<td>Organisation</td>
<td>Page</td>
</tr>
<tr>
<td>----------------------------------------------------------------------------</td>
<td>------</td>
</tr>
<tr>
<td>MAISON DE LA FAMILLE DE SAINT-FRANÇOIS</td>
<td>446</td>
</tr>
<tr>
<td>MAISON DE LA SÉRÉNITÉ</td>
<td>229</td>
</tr>
<tr>
<td>MAISON DE QUARTIER DE FABREVILLE</td>
<td>192</td>
</tr>
<tr>
<td>MAISON DE QUARTIER DE FABREVILLE - SECTEUR JEUNESSE</td>
<td>416</td>
</tr>
<tr>
<td>MAISON DE QUARTIER VIMONT</td>
<td>416</td>
</tr>
<tr>
<td>MAISON DES ENFANTS LE DAUPHIN DE LAVAL</td>
<td>404</td>
</tr>
<tr>
<td>MAISON DES FAMILLES DE SAINT-VINCENT-DE-PAUL</td>
<td>417</td>
</tr>
<tr>
<td>MAISON DES GRANDS-PARENTS DE LAVAL</td>
<td>417</td>
</tr>
<tr>
<td>MAISON DES JEUNES DE L'EST DE LAVAL</td>
<td>399</td>
</tr>
<tr>
<td>MAISON DES JEUNES DE LAVAL-OUEST</td>
<td>441</td>
</tr>
<tr>
<td>MAISON DES JEUNES DE SAINTE-DOROTHÉE</td>
<td>399</td>
</tr>
<tr>
<td>MAISON DES JEUNES DU MARIGOT</td>
<td>417</td>
</tr>
<tr>
<td>MAISON DOMINIQUE</td>
<td>250</td>
</tr>
<tr>
<td>MAISON DU MARIGOT (LA)</td>
<td>362</td>
</tr>
<tr>
<td>MAISON DU PAS SAGE</td>
<td>94</td>
</tr>
<tr>
<td>MAISON L'ESTHER</td>
<td>461</td>
</tr>
<tr>
<td>MAISON LE PRÉLUDE (LA)</td>
<td>461</td>
</tr>
<tr>
<td>MAISON LE PRÉLUDE (LA) - 2ND STEP</td>
<td>457</td>
</tr>
<tr>
<td>MANOIR CARDINAL</td>
<td>362</td>
</tr>
<tr>
<td>MANOIR DES PRAIRIES</td>
<td>363</td>
</tr>
<tr>
<td>MARDIS DE L'AMITIÉ SAINTE-BÉATRICE (LES)</td>
<td>418</td>
</tr>
<tr>
<td>MÉCANISME D'ASSISTANCE POUR USAGERS VULNÉRABLES</td>
<td>426</td>
</tr>
<tr>
<td>MESURES ALTERNATIVES JEUNESSE DE LAVAL</td>
<td>467</td>
</tr>
<tr>
<td>MIEUX-NAÎTRE À LAVAL</td>
<td>426</td>
</tr>
<tr>
<td>MOUVEMENT PERSONNE D'ABORD DE LAVAL</td>
<td>434</td>
</tr>
<tr>
<td>MOUVEMENT PLANTACTION</td>
<td>289</td>
</tr>
<tr>
<td>NOURRI-SOURCE - LAVAL</td>
<td>101</td>
</tr>
<tr>
<td>OASIS, UNITÉ MOBILE D'INTERVENTION</td>
<td>308</td>
</tr>
<tr>
<td>OFFICE MUNICIPAL D'HABITATION DE LAVAL</td>
<td>363</td>
</tr>
<tr>
<td>OFFICE MUNICIPAL D'HABITATION DE LAVAL - ACCÈS LOGEMENT LAVAL</td>
<td>363</td>
</tr>
<tr>
<td>OFFICE MUNICIPAL D'HABITATION DE LAVAL - SERVICE D'AIDE À LA RECHERCHE DE</td>
<td>259</td>
</tr>
<tr>
<td>LOGEMENT</td>
<td></td>
</tr>
<tr>
<td>OPÉRATION PÈRE NOËL</td>
<td>164</td>
</tr>
<tr>
<td>OPEX'82 MANPOWER CENTRE - LAVAL</td>
<td>303</td>
</tr>
<tr>
<td>OSTEOPOROSIS CANADA - GREATER MONTRÉAL CHAPTER</td>
<td>234</td>
</tr>
<tr>
<td>PAGES VERTES DE LAVAL</td>
<td>214</td>
</tr>
<tr>
<td>PARENTÈLE DE LAVAL (LA)</td>
<td>404</td>
</tr>
<tr>
<td>PARTAGE HUMANITAIRE</td>
<td>401</td>
</tr>
<tr>
<td>PARTAGE SAINT-MAXIME</td>
<td>446</td>
</tr>
<tr>
<td>PERSPECTIVE CARRIÈRE</td>
<td>273</td>
</tr>
<tr>
<td>POPOTE ROULANTE SAINT-NOËL-CHABANEL</td>
<td>367</td>
</tr>
<tr>
<td>PRO-VISION LAVAL</td>
<td>446</td>
</tr>
<tr>
<td>PRO-VISION LAVAL - USED ITEMS RECOVERY</td>
<td>439</td>
</tr>
<tr>
<td>PROJET HUMANITAIRE ETHNOCULTURE MON PREMIER PANIER</td>
<td>274</td>
</tr>
<tr>
<td>REFUGE D'URGENCE DE LAVAL</td>
<td>258</td>
</tr>
<tr>
<td>RÉGROUPEMENT DES FAMILLES MONOPARENTALES ET RECOMPOSÉES DE LAVAL</td>
<td>473</td>
</tr>
<tr>
<td>RÉGROUPEMENT DES ORGANISMES DE PROMOTION DES PERSONNES HANDICAPÉES DE LAVAL</td>
<td>289</td>
</tr>
<tr>
<td>RELAIS COMMUNAUTAIRE DE LAVAL</td>
<td>446</td>
</tr>
<tr>
<td>RELAIS COMMUNAUTAIRE DE LAVAL - USED ITEMS RECOVERY</td>
<td>439</td>
</tr>
<tr>
<td>RELAIS FAMILIAL D'AUTEUIL (LE)</td>
<td>447</td>
</tr>
<tr>
<td>RENAISSANCE - DES LAURENTIDES THRIFT STORE</td>
<td>447</td>
</tr>
<tr>
<td>RENAISSANCE - SAINT-MARTIN THRIFT STORE</td>
<td>448</td>
</tr>
</tbody>
</table>
Alphabetical Index

<p>| Réseau 2000 + | 256 |
| Réseau d'Information des Âînés du Québec | 419 |
| Réseau des Organismes et Intervenants en Itinérance de Laval | 289 |
| Résidence Carpe Diem | 304 |
| Résidence Funéraire Laval | 228 |
| Ressource ATP - Groupes de Soutien pour Personnes Anxieuses et Trouble Panique (La) | 326 |
| Revênu Québec - Laval | 278 |
| Revênu Québec - Support - Payment Collection Program | 220 |
| Rotary Club Laval North-Shore | 52 |
| Scama | 367 |
| Service Bénévole d'Entraide de Vimont-Auteuil | 448 |
| Service Bénévole d'Entraide de Vimont-Auteuil - Accompagnement-Transportation | 453 |
| Service Canada Centre - Laval | 293 |
| Service de Médiation Citoyenne de Laval | 462 |
| Service de Police de Laval - Headquarters | 462 |
| Service de Police de Laval - Police Station 2 - Pont-Viau, Duvernay, Val-Dés-Arbres, Laval-Des-Rapides, Renaud, Chomedey | 217 |
| Service de Police de Laval - Police Station 5 - Sainte-Rose, Fabreville-Est, Vimont, Auteuil, Val-Dés-Brises | 218 |
| Service de Police de Laval - Survivantes (Les) | 467 |
| Service Populaire de Psychothérapie | 474 |
| Services aux Jeunes Impliqués ou à Risque d'Implication dans les Réseaux Criminalisés | 45 |
| Services Correctionnels du Québec - Établissement de Détention de Laval (Léclerc) | 295 |
| Services du Chat Botté (Les) | 434 |
| Services Québec - Chomedey | 278 |
| Services Québec - Direction Régionale de Laval | 278 |
| Services Québec - Laval-Des-Rapides | 279 |
| Société Canadienne de la Sclérose en Plaques - Division du Québec - Section Laval | 434 |
| Société Communautaire Lavalloise d'Emprunt | 143 |
| Société de l'Autisme et des Ted - Laval | 290 |
| Société de Saint-Vincent de Paul - Bon-Pasteur | 441 |
| Société de Saint-Vincent de Paul - Conférence Saint-Claude | 194 |
| Société de Saint-Vincent de Paul - François-de-Laval | 441 |
| Société de Saint-Vincent de Paul - Saint-Ferdinand | 442 |
| Société de Saint-Vincent de Paul - Saint-François-de-Sales | 442 |
| Société de Saint-Vincent de Paul - Saint-Léopold | 185 |
| Société de Saint-Vincent de Paul - Saint-Martin | 442 |
| Société de Saint-Vincent de Paul - Saint-Noël-Chabanel | 442 |
| Société de Saint-Vincent de Paul - Sainte-Dorothé | 448 |
| Société de Saint-Vincent-de-Paul - Conférence Saint-Vincent-de-Paul (Laval) | 448 |
| Société de Saint-Vincent-de-Paul - Saint-Elzéar | 449 |
| Société de Saint-Vincent-de-Paul - Saint-Théophile | 443 |
| Société de Saint-Vincent-de-Paul - Sainte-Beatrice | 187 |
| Société de Saint-Vincent-de-Paul - Sainte-Rose-de-Lima | 444 |
| Société de Transport de Laval | 454 |
| Société de Transport de Laval - 360 ??Shuttle (The) | 454 |
| Société de Transport de Laval - Paratransit Service | 454 |
| Société Internationale d' Arboriculture Québec | 301 |
| Sourires Solidaire | 224 |
| Spanish-Speaking Association of Laval | 391 |</p>
<table>
<thead>
<tr>
<th>Organization</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>SPHÈRE - SANTÉ SEXUELLE GLOBALE</td>
<td>474</td>
</tr>
<tr>
<td>SPORTS LAVAL</td>
<td>427</td>
</tr>
<tr>
<td>STIMULEARTS</td>
<td>94</td>
</tr>
<tr>
<td>SUPERIOR COURT - LAVAL</td>
<td>297</td>
</tr>
<tr>
<td>T.R.E.S. THÉÂTRAL</td>
<td>435</td>
</tr>
<tr>
<td>TABLE DE CONCERTATION DE LAVAL EN CONDITION FÉMININE</td>
<td>378</td>
</tr>
<tr>
<td>TABLE DE CONCERTATION EN VIOLENCE CONJUGALE ET AGRESSIONS À CARACTÈRE SEXUEL DE LAVAL</td>
<td>468</td>
</tr>
<tr>
<td>TABLE RÉGIONALE DE CONCERTATION DES AÏNÉS DE LAVAL</td>
<td>370</td>
</tr>
<tr>
<td>TEXTIL'ART LAVAL</td>
<td>419</td>
</tr>
<tr>
<td>TRAVAIL DE RUE ÎLE DE LAVAL</td>
<td>308</td>
</tr>
<tr>
<td>TRIBUNAL ADMINISTRATIF DU LOGEMENT - LAVAL</td>
<td>300</td>
</tr>
<tr>
<td>TSA SANS FRONTIÈRES</td>
<td>106</td>
</tr>
<tr>
<td>UNIVERSITÉ DE MONTRÉAL - CLINIQUE SATELLITE DE NEUROPSYCHOLOGIE</td>
<td>316</td>
</tr>
<tr>
<td>UNIVERSITÉ DU TROISIÈME ÂGE - LAVAL</td>
<td>344</td>
</tr>
<tr>
<td>VIZAXION</td>
<td>51</td>
</tr>
<tr>
<td>YOUTH AND PARENTS AGAPE ASSOCIATION (THE)</td>
<td>458</td>
</tr>
</tbody>
</table>