



DIRECTORY OF SOCIAL AND COMMUNITY RESOURCES

LAVAL / ALL MRC / ALL CITIES



2-1-1



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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

Website: www.lavalensante.com

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

Hours: Monday to Friday 9h00 to 17h00

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 9h00 to 17h00, reports telephone line: 24 hours / 7 days

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

450 975-4060

Website: lavalensante.com

Services: Rehabilitation centre.

Eligibility: youth 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: lavalensante.com/en

Services: Rehabilitation centre for girls.

Eligibility: youth 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 ext. 6199 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 - 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

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**

1800 Dumouchel Avenue, Chomedey, Laval, QC, H7S 1J7

450 681-9979 Fax: 450 681-2835

Website: baaf.ca

Email: adjointe@baaf.ca

Services: Support to families. * Respite. * French learning program for children 3 to 5 years old and animated stories. * Avenir de Femmes program: 23-unit cooperative building for single mothers. * Project 10-19: organisation of activities and workshops for youth. * Secondaire à ma manière: workshops and activities for 6th graders. * Improvisation. * Workshops and activities. * Francization workshop. * Mutual aid group. * Collective kitchen. * Coffee chats. * Le Vestibule: free thrift store. * Toy library. * Community garden.

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 poste 202 Fax: 450 973-8414

Website: www.ccvm.org

Email: intermdf@ccvm.org

Services: An inclusive environment for parents and children that fosters mutual support and a sense of belonging, thereby contributing to their emotional and social well-being. * Parents' committee. * Intervention, listening, welcoming and personalised support. * Collective kitchens: Petits Bedons workshop for parents and toddlers, lunchbox workshops for parents. * Y'APP: workshops on parenting knowledge and skills. * Éveil des sens: workshops for parents and babies on developing the bond of attachment. * Césame: workshop for parents and children on the development of the attachment bond. * Placote: language development workshop for 1 to 2 year olds. * Parents de tout-petits, quel défi: workshop on parenting skills. * Il était une fois nos histoires: parent and child workshops to introduce children to reading. * Papa et moi activities: workshops for dads and their children aged 6 and over, to develop attachment and parenting skills. * Café-rencontre activities: workshops to break down isolation and build friendships among parents. * Family activities and outings. * Drop-in care for children aged 10 months to 5 years. * Petite école: preparation for kindergarten for 4-5 year olds. * Kindergarten: stimulation activities to promote overall development and social skills for 3-4 year-olds. * Mutual assistance counter.

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 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

Services: * Place for meeting, listening and referral. * Vert l'écolo-partage thrift store: free clothing for the whole family. * Daycare. * Educational and recreational activities, training, dancing, committees, collective actions. * Confidential and open self-help groups, sharing group, discussion group on immigrant women's realities, thematic discussion evenings. * Advocacy of rights. * Computer equipment and documentation centre.

Eligibility: women

Coverage area: Laval

Hours: Tuesday and Wednesday 13h00 to 16h30, Friday 13h00 to 20h30

Fees: clothing: free

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

Services: Sports, community and cultural centre. * Exercises adapted for seniors. * Seniors club. * Special needs program for children: sports, cooking and social skills activities. * Preschool program. * Summer and winter day camps, spring break camp. * Varied activities for children. * Sociocultural activities. * Training in water rescue. * Tax clinic. * Ecological park. * Volunteering program. * Room rental. * Swimming pool, fitness room, gyms, etc.

Eligibility: general public, special needs program: children with 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 18h00

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

Website: www.entraidelaval.org

Email: coqlicorne@gmail.com

Services: * Children 0 to 5 years old: daycare, stimulation workshops, kindergarten preparation, parent workshops and parent-child workshops. * Youth 6 to 12 years old: extracurricular activities, homework help, day camps, cooking workshops, sports initiations, etc. * Immigration: reception, accompaniment, referral. * Citizen space: social events, social economy, room rental, community fridge, thrift shop, reception and guidance, public writer, commissioner for oaths. * Le Grand Cerf-Volant: socialising activities for seniors.

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

Coverage area: Laval

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

Fees: annual membership: \$25, services: variable

Financing: federal, provincial, foundations

Legal status: non-profit organization

MAISON DE LA FAMILLE DE ST-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

Services: Family support. * Family activities. * Workshops for adults and children. * Monthly collective kitchens. * Food assistance. * Daycare. * Bonhomme à lunettes: optician service. * Clothing counter. * Book sharing. * Internet access and photocopy service. * Support and listening by appointment, on site or by phone.

Eligibility: families

Capacity: 75 people

Coverage area: Laval East

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

Fees: member: \$10, 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

Services: Living environment for parents, children and youth. * Food assistance. * Various workshops for parents. * Nobody's Perfect (YAPP): parenting skills workshops. * Bébé tendre bougeotte: stimulation workshop for children 0 to 12 months old. * Workshops for parents and children 2 to 5 years old. * Vers la maternelle: school readiness workshop for children 3 to 5 years old. * Daycare for structured activities and respite. * Yoga. * Various collective kitchens. * Cooking your own lunch box: cooking workshop for parents and children 6 to 12 years old. * Homework assistance for children 6 to 12 years old. * Various workshops for children 6 to 12 years old. * Youth sector for children 12 to 17 years old. * Music and cooking workshops for children 12 to 17 years old. * Various activities for families.

Eligibility: children, teenagers, adults, families

Capacity: 25

Coverage area: Fabreville, Sainte-Rose

Hours: Monday to Friday 9h00 to 16h00

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

Services: Living environment, welcoming and listening place. * 0 to 5 years: drop-in daycare, various stimulation workshops, reading and writing initiation activities. * 6 to 12 years old: day camp, homework assistance, extracurricular activities. * 12 to 17 years old: room for teenagers, prevention and promotion of healthy habits workshops, helping relationship. * Fatherhood: self-help groups, father-child activities, support and accompaniment. * Family and community: reception, listening, referrals, parenting skills development workshops, group for young parents, conferences, meetings between parents.

Eligibility: families, teenagers

Capacity: 60 people

Coverage area: Vimont, Auteuil

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

Fees: annual fee: 5\$ per year

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 ext. 1

Website: maisondesenfants.qc.ca/en

Email: dauphin@maisondesenfants.qc.ca

Services: * Parent-child workshops followed by a coffee meeting. * Activities enabling a smooth and harmonious separation between parent and child. * Stimulation workshops. * Mini day camp. * School preparation workshop. * Flexible activities. * Homework assistance. * Confidences à un dauphin: confidential letter correspondence in schools.

Eligibility: most activities: children 0 to 5 years old, their parents, flexible activities 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

Fees: none

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: rqsvp.com

Email: froustan@rqsvp.com

Services: Food * Collective kitchens. * Food bank for families on a low income. * Community fridge. * Community gardens. Youth * Culinary workshops for children. * Field trips, storytelling and singing, stimulation activities for children. * Indoor park. * Summer day camp. * School readiness program. * Weekly activities for 6 to 12 year olds. Family * Early stimulation workshops for parents and children. * Parents-children outings. * Drop-in daycare. * Coffee-conferences.

Eligibility: families

Coverage area: Saint-Vincent-de-Paul, Duvernay and Saint-François neighbourhoods

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 20h00, 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 East Boulevard, Duvernay, Laval, QC, H7E 2C5

438 830-4323

Website: mieuxnaitre.org

Email: info@mieuxnaitre.org

Services: Perinatal resources centre. * Support for parents and pregnant people, before, during and after the birth. * Listening and referrals. * Prenatal meetings (prenatal classes) * Prenatal and postnatal yoga. *

Relevailles: at-home respite. * Prenatal and postnatal physical activities. * Care to newborns, babywearing workshops and baby massage classes. * Breastfeeding consultation. * Sign language for babies. * Child-led dietary diversification workshop (DME). * Community and intercultural environment dedicated to women and their families during the perinatal period: access to a book lending service, coffee chats and a play area for toddlers. * Reception of donations of baby clothes (size 0-24 months) and maternity clothes. * Thrift shop.

Eligibility: future and new parents

Coverage area: Laval

Hours: Monday to Thursday 9h00 to 16h00

Fees: free or variable depending on family income

Financing: grants, contributions, self-financing, 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

Services: * Reception, referral and living environment. * Parent-child workshops: toddlers 0-24 months, stimulation 0-5 years and conferences. * Daycare. * YAPP group for parents. * School support. * Spring break and summer day camps. * Parent-child activities. * Collective activities and volunteering. * Kindergarten preparation workshops. * Tourbillons program: activities for 6-12 years old. * Premiers pas program: support and respite at home for parents.

Eligibility: families with children under 12 years old

Coverage area: Laval

Hours: Monday to Wednesday 9h00 to 16h30, Thursday 9h00 to 13h00 and 18h00 to 20h00, Friday 17h30 to 20h00

Fees: variable

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

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

Services: Support for children and their families. * Preparation for kindergarden for children 3 to 5 years old. * Food assistance for occasional needs. * Homework assistance. * Improvisation workshops. * Croque-livres. * Day camp. * Thematic cooking workshops. * Le Troc du Relais: children items swap 4 times per year. * Outings for youth and families. * Father-child workshops, coffee-creation and conferences. * Assistance and referral. * 15 low-cost housing units. * Garage sales.

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: subventions, dons

Legal status: non-profit organization

ZÉPANOUIS (LES)

1880 Dumouchel Avenue, Apartment 1, Chomedey, Laval, QC, H7S 1J8

450 682-0277 Fax: 450 682-0242

Website: leszepanouis.org/fr

Email: info@LesZepanouis.org

Services: Reception, clinical assessment and accompaniment. * Psychosocial and medical services for clients.

* Voluntary services requiring active family participation. * Follow-ups and activities aimed at children's optimal development. * Referrals to complementary services.

Eligibility: vulnerable children aged 0 to 14 years old and their family living in the Place Saint-Martin, Pont-Viau or Chomedey

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

ZÉPANOUIS (LES) - POINT DE SERVICE CHOMEDEY

280 92nd Avenue, Chomedey, Laval, QC, H7W 3N3

450 688-4666 ext. 200

Website: leszepanouis.org/fr

Email: info@LesZepanouis.org

Services: Reception, clinical assessment and accompaniment. * Psychosocial and medical services for clients.

* Voluntary services requiring active family participation. * Follow-ups and activities aimed at children's overall development. * Referrals to complementary services.

Eligibility: vulnerable children 0 to 14 years old and their family living in Chomedey

Coverage area: Laval: postal codes beginning with H7W

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: donations

Legal status: non-profit organization

ZÉPANOUIS (LES) - POINT DE SERVICE PONT-VIAU

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

450 662-0273 ext. 300

Website: leszepanouis.org/fr

Email: info@LesZepanouis.org

Services: Reception, clinical assessment and accompaniment. * Psychosocial and medical services for clients.

* Voluntary services requiring active family participation. * Followups and activities aimed at children's overall development. * Referrals to complementary services.

Eligibility: vulnerable children 0 to 14 years old and their family living in Pont-Viau

Coverage area: Laval: postal codes beginning with H7G

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: donations

Legal status: non-profit organization

Family Support

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

1800 Dumouchel Avenue, Chomedey, Laval, QC, H7S 1J7

450 681-9979 Fax: 450 681-2835

Website: baaf.ca

Email: adjointe@baaf.ca

Services: Support to families. * Respite. * French learning program for children 3 to 5 years old and animated stories. * Avenir de Femmes program: 23-unit cooperative building for single mothers. * Project 10-19: organisation of activities and workshops for youth. * Secondaire à ma manière: workshops and activities for 6th graders. * Improvisation. * Workshops and activities. * Francization workshop. * Mutual aid group. * Collective kitchen. * Coffee chats. * Le Vestibule: free thrift store. * Toy library. * Community garden.

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 poste 202 Fax: 450 973-8414

Website: www.ccvvm.org

Email: intermdf@ccvm.org

Services: An inclusive environment for parents and children that fosters mutual support and a sense of belonging, thereby contributing to their emotional and social well-being. * Parents' committee. * Intervention, listening, welcoming and personalised support. * Collective kitchens: Petits Bedons workshop for parents and toddlers, lunchbox workshops for parents. * Y'APP: workshops on parenting knowledge and skills. * Éveil des sens: workshops for parents and babies on developing the bond of attachment. * Césame: workshop for parents and children on the development of the attachment bond. * Placote: language development workshop for 1 to 2 year olds. * Parents de tout-petits, quel défi: workshop on parenting skills. * Il était une fois nos histoires: parent and child workshops to introduce children to reading. * Papa et moi activities: workshops for dads and their children aged 6 and over, to develop attachment and parenting skills. * Café-rencontre activities: workshops to break down isolation and build friendships among parents. * Family activities and outings. * Drop-in care for children aged 10 months to 5 years. * Petite école: preparation for kindergarten for 4-5 year olds. * Kindergarten: stimulation activities to promote overall development and social skills for 3-4 year-olds. * Mutual assistance counter.

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 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

Services: Sports, community and cultural centre. * Exercises adapted for seniors. * Seniors club. * Special needs program for children: sports, cooking and social skills activities. * Preschool program. * Summer and winter day camps, spring break camp. * Varied activities for children. * Sociocultural activities. * Training in water rescue. * Tax clinic. * Ecological park. * Volunteering program. * Room rental. * Swimming pool, fitness room, gyms, etc.

Eligibility: general public, special needs program: children with 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 18h00

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

Website: www.entraidelaval.org

Email: coqlicorne@gmail.com

Services: * Children 0 to 5 years old: daycare, stimulation workshops, kindergarten preparation, parent workshops and parent-child workshops. * Youth 6 to 12 years old: extracurricular activities, homework help, day camps, cooking workshops, sports initiations, etc. * Immigration: reception, accompaniment, referral. * Citizen space: social events, social economy, room rental, community fridge, thrift shop, reception and guidance, public writer, commissioner for oaths. * Le Grand Cerf-Volant: socialising activities for seniors.

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

Coverage area: Laval

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

Fees: annual membership: \$25, services: variable

Financing: federal, provincial, 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

Services: * Loan and access to books and audio-visual 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, reading starter kits for children 5 years and under. * Home loan for people with reduced mobility. * Telescope loan.

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

Services: * Loan and access to books and audio-visual 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, reading starter kits for children 5 years and under. * 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 - GERMAINE-GUÉVREMONT 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

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, toolkit for caregivers, reading starter kits for children 5 years and under. * 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 - 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

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, early reading kits for children 5 years and under. * Home loan for people with reduced mobility. * Telescope loan.

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

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, reading starter kits for children 5 years and under. * Home loan for people with reduced mobility. * Telescope loan.

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

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, reading starter kits for children 5 years and under. * Home loan for people with reduced mobility. * Le Studio: digital space to learn, create and experiment. * Telescope loan.

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

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, reading starter kits for children 5 years and under. * 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

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, reading starter kits for children 5 years and under. * Home loan for people with reduced mobility. * Telescope loan.

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

Services: * Loan and access to books and audio-visual 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, reading starter kits for children 5 years and under. * Home loan for people with reduced mobility. * Telescope loan.

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: info@lisavecmoi.com

Services: Promotion of reading in the community and among youth. * Lis avec moi week: entertainment in libraries, bookstores and schools, literary meetings, family day and symposium. * Lis avec moi - Le défi: game of reading aloud in schools or in groups, from January to May. * Exhibition Rogé: portraits of children poets. * Occasional workshops. * Lis avec moi dans la rue: summer reading events. * Reading workshop kits.

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: according to services

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: lumivie.com/en

Email: info@lumivie.com

Services: * Information and referral. * Accompaniment and support for the bereaved and 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. * Workshop on grief and how to support a bereaved person. * 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 9h00 to 17h00, summer schedule: Monday to Thursday 9h00 to 17h00, Friday 9h00 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: info.direction@mfl-o.org

Services: Food * Community garden. * Collective kitchens, cooking workshops. * Food assistance. Family * Information and referral. * Daycare. * Educational workshops, communication and language workshops for children 2 to 5 years. * Coffee meetings. * Conferences for parents, Y'APP program (parenting skills). * Walking club. * Parent-child and family activities. * Bougeotte en famille: recreational activity.

Eligibility: families with children from 0 to 12 years old

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: \$20 per family

Financing: provincial, federal

Legal status: non-profit organization

MAISON DE LA FAMILLE DE ST-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

Services: Family support. * Family activities. * Workshops for adults and children. * Monthly collective kitchens. * Food assistance. * Daycare. * Bonhomme à lunettes: optician service. * Clothing counter. * Book sharing. * Internet access and photocopy service. * Support and listening by appointment, on site or by phone.

Eligibility: families

Capacity: 75 people

Coverage area: Laval East

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

Fees: member: \$10, 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

Services: Living environment for parents, children and youth. * Food assistance. * Various workshops for parents. * Nobody's Perfect (YAPP): parenting skills workshops. * Bébé tendre bougeotte: stimulation workshop for children 0 to 12 months old. * Workshops for parents and children 2 to 5 years old. * Vers la maternelle: school readiness workshop for children 3 to 5 years old. * Daycare for structured activities and respite. * Yoga. * Various collective kitchens. * Cooking your own lunch box: cooking workshop for parents and children 6 to 12 years old. * Homework assistance for children 6 to 12 years old. * Various workshops for children 6 to 12 years old. * Youth sector for children 12 to 17 years old. * Music and cooking workshops for children 12 to 17 years old. * Various activities for families.

Eligibility: children, teenagers, adults, families

Capacity: 25

Coverage area: Fabreville, Sainte-Rose

Hours: Monday to Friday 9h00 to 16h00

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

Services: Living environment, welcoming and listening place. * 0 to 5 years: drop-in daycare, various stimulation workshops, reading and writing initiation activities. * 6 to 12 years old: day camp, homework assistance, extracurricular activities. * 12 to 17 years old: room for teenagers, prevention and promotion of healthy habits workshops, helping relationship. * Fatherhood: self-help groups, father-child activities, support and accompaniment. * Family and community: reception, listening, referrals, parenting skills development workshops, group for young parents, conferences, meetings between parents.

Eligibility: families, teenagers

Capacity: 60 people

Coverage area: Vimont, Auteuil

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

Fees: annual fee: 5\$ per year

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 ext. 1

Website: maisondesenfants.qc.ca/en

Email: dauphin@maisondesenfants.qc.ca

Services: * Parent-child workshops followed by a coffee meeting. * Activities enabling a smooth and harmonious separation between parent and child. * Stimulation workshops. * Mini day camp. * School preparation workshop. * Flexible activities. * Homework assistance. * Confidences à un dauphin: confidential letter correspondence in schools.

Eligibility: most activities: children 0 to 5 years old, their parents, flexible activities 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

Fees: none

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: rqsvp.com

Email: froustan@rqsvp.com

Services: Food * Collective kitchens. * Food bank for families on a low income. * Community fridge. * Community gardens. Youth * Culinary workshops for children. * Field trips, storytelling and singing, stimulation activities for children. * Indoor park. * Summer day camp. * School readiness program. * Weekly activities for 6 to 12 year olds. Family * Early stimulation workshops for parents and children. * Parents-children outings. * Drop-in daycare. * Coffee-conferences.

Eligibility: families

Coverage area: Saint-Vincent-de-Paul, Duvernay and Saint-François neighbourhoods

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 20h00, 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 East Boulevard, Duvernay, Laval, QC, H7E 2C5

438 830-4323

Website: mieuxnaitre.org

Email: info@mieuxnaitre.org

Services: Perinatal resources centre. * Support for parents and pregnant people, before, during and after the birth. * Listening and referrals. * Prenatal meetings (prenatal classes) * Prenatal and postnatal yoga. * Relevailles: at-home respite. * Prenatal and postnatal physical activities. * Care to newborns, babywearing workshops and baby massage classes. * Breastfeeding consultation. * Sign language for babies. * Child-led dietary diversification workshop (DME). * Community and intercultural environment dedicated to women and their families during the perinatal period: access to a book lending service, coffee chats and a play area for toddlers. * Reception of donations of baby clothes (size 0-24 months) and maternity clothes. * Thrift shop.

Eligibility: future and new parents

Coverage area: Laval

Hours: Monday to Thursday 9h00 to 16h00

Fees: free or variable depending on family income

Financing: grants, contributions, self-financing, 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

Services: * Reception, referral and living environment. * Parent-child workshops: toddlers 0-24 months, stimulation 0-5 years and conferences. * Daycare. * YAPP group for parents. * School support. * Spring break and summer day camps. * Parent-child activities. * Collective activities and volunteering. * Kindergarten preparation workshops. * Tourbillons program: activities for 6-12 years old. * Premiers pas program: support and respite at home for parents.

Eligibility: families with children under 12 years old

Coverage area: Laval

Hours: Monday to Wednesday 9h00 to 16h30, Thursday 9h00 to 13h00 and 18h00 to 20h00, Friday 17h30 to 20h00

Fees: variable

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

Legal status: non-profit organization

PERSPECTIVE FAMILLE

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

450 622-0524

Website: www.perspectivefamille.org

Email: info@perspectivefamille.org

Services: * Individual assistance for children, youth, parents, separated spouses and new spouses. * Group workshops for children, parents, in-laws and separated spouses. * Co-parenting support. * Self-esteem: day camp. * Conferences.

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

Capacity: 12 people per group

Coverage area: Laval, Lanaudière, Laurentians, Montréal Island

Hours: Monday to Thursday 9h00 to 20h00, Saturday and Sunday 9h00 to 17h00, by appointment

Fees: some paid services

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

Services: Support for children and their families. * Preparation for kindergarden for children 3 to 5 years old. * Food assistance for occasional needs. * Homework assistance. * Improvisation workshops. * Croque-livres. * Day camp. * Thematic cooking workshops. * Le Troc du Relais: children items swap 4 times per year. * Outings for youth and families. * Father-child workshops, coffee-creation and conferences. * Assistance and referral. * 15 low-cost housing units. * Garage sales.

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: subventions, dons

Legal status: non-profit organization

SOCIÉTÉ DE L'AUTISME ET DES TED - LAVAL

155 Je-Me-Souviens Boulevard, Sainte-Rose, Laval, QC, H7L 1V6

450 663-5551 Fax: 450 663-0694

Website: autismelaval.org

Email: info@autismelaval.org

Services: * Information and conferences. * Telephone listening and support. * Meetings for parents. * Training for counsellors and specialists. * Documentation centre. * Advocacy.

Eligibility: autistic people or people living with a pervasive developmental disorder, with or without an intellectual disability, 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

ZÉPANOUIS (LES)

1880 Dumouchel Avenue, Apartment 1, Chomedey, Laval, QC, H7S 1J8

450 682-0277 Fax: 450 682-0242

Website: leszepanouis.org/fr

Email: info@LesZepanouis.org

Services: Reception, clinical assessment and accompaniment. * Psychosocial and medical services for clients. * Voluntary services requiring active family participation. * Follow-ups and activities aimed at children's optimal development. * Referrals to complementary services.

Eligibility: vulnerable children aged 0 to 14 years old and their family living in the Place Saint-Martin, Pont-Viau or Chomedey

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

ZÉPANOUIS (LES) - POINT DE SERVICE CHOMEDEY

280 92nd Avenue, Chomedey, Laval, QC, H7W 3N3

450 688-4666 ext. 200

Website: leszepanouis.org/fr

Email: info@LesZepanouis.org

Services: Reception, clinical assessment and accompaniment. * Psychosocial and medical services for clients. * Voluntary services requiring active family participation. * Follow-ups and activities aimed at children's overall development. * Referrals to complementary services.

Eligibility: vulnerable children 0 to 14 years old and their family living in Chomedey

Coverage area: Laval: postal codes beginning with H7W

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: donations

Legal status: non-profit organization

ZÉPANOUIS (LES) - POINT DE SERVICE PONT-VIAU

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

450 662-0273 ext. 300

Website: leszepanouis.org/fr

Email: info@LesZepanouis.org

Services: Reception, clinical assessment and accompaniment. * Psychosocial and medical services for clients. * Voluntary services requiring active family participation. * Followups and activities aimed at children's overall development. * Referrals to complementary services.

Eligibility: vulnerable children 0 to 14 years old and their family living in Pont-Viau

Coverage area: Laval: postal codes beginning with H7G

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: donations

Legal status: non-profit organization

Juvenile Delinquency

CENTRE COMMUNAUTAIRE VAL-MARTIN - MAISON DES JEUNES

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

450 973-8787 poste 301

Website: www.ccvm.org

Email: intermdj@ccvm.org

Services: Living environment for youth 11 to 17 years old. * Activities to prevent drug addiction, harmful sexual behaviour, 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

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

Services: Place for meeting, services and referral. * Listening, accompaniment and counselling. * Sports and cultural activities, outings. * Homework assistance. * Prevention, awareness and education activities. * Food assistance, every 2 weeks. * Training on democratic life. * Music room. * Cultural and humanitarian trip.

Eligibility: people 11 to 17 years old

Coverage area: Saint-François

Hours: Tuesday to Thursday 17h00 to 21h00, Friday 17h00 to 22h00

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

Website: www.majl.org

Email: info@majl.org

Services: Enforcement of the measures established by the Youth Criminal Justice Act. * Reparation to victims: mediation, apology, compensation. * Reparation to community: volunteer work, donation to the community. * Development of social skills: training, individual or group meetings. * Crime prevention workshops in schools.

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

SAJ SERVICE AUX JEUNES

Confidential Address

450 543-0413

Website: www.saj-laval.com/en

Email: projetsaj.laval@gmail.com

Services: Individualized support on a voluntary basis for youth trying to operate a change in their life. *

Multidisciplinary, personalized and confidential accompaniment.

Eligibility: people 12 to 24 years old at risk of involvement or who are already involved in a delinquent lifestyle or a criminal network

Coverage area: Laval

Fees: none

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 poste 202 Fax: 450 973-8414

Website: www.ccvvm.org

Email: intermdf@ccvm.org

Services: An inclusive environment for parents and children that fosters mutual support and a sense of belonging, thereby contributing to their emotional and social well-being. * Parents' committee. * Intervention, listening, welcoming and personalised support. * Collective kitchens: Petits Bedons workshop for parents and toddlers, lunchbox workshops for parents. * Y'APP: workshops on parenting knowledge and skills. * Éveil des sens: workshops for parents and babies on developing the bond of attachment. * Césame: workshop for parents and children on the development of the attachment bond. * Placote: language development workshop for 1 to 2 year olds. * Parents de tout-petits, quel défi: workshop on parenting skills. * Il était une fois nos histoires: parent and child workshops to introduce children to reading. * Papa et moi activities: workshops for dads and their children aged 6 and over, to develop attachment and parenting skills. * Café-rencontre activities: workshops to break down isolation and build friendships among parents. * Family activities and outings. * Drop-in care for children aged 10 months to 5 years. * Petite école: preparation for kindergarten for 4-5 year olds. * Kindergarten: stimulation activities to promote overall development and social skills for 3-4 year-olds. * Mutual assistance counter.

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 9h00 to 17h00, reports telephone line: 24 hours / 7 days

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

Services: Frontline services for routine health and social services. * Health insurance card authentication. * Crutches (rental). * Cane (rental). * Wheelchair (rental). * Breast pump (rental). * Bandage change and follow-up. * Minor surgery. * Contraception. * Emergency oral contraception * Screening. * Distribution of new injection material to drug users (free service). * Test samples. * Recovery of used needles and syringes. * Breastfeeding room. * Vaccination. * Vaccination against the flu.

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 14h30

Financing: provincial

Legal status: parapublic organization

CLSC DU MARIGOT - BOULEVARD DES LAURENTIDES

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

450 668-1444

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

Services: Frontline services for routine health and social services. * Health insurance card authentication. * Abortion. * Crutches (rental). * Cane (rental). * Wheelchair (rental) * Breast pump (rental). * Minor surgery. * Contraception. * Screening. * Distribution of new injection equipment to drug users (free service). * Test samples. * SIDEP - Integrated screening and prevention service for STIs. * General vaccination. * Flu vaccination.

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.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 - CITY

1333 Chomedey Boulevard, Chomedey, Laval, QC, H7V 3Z4

311

Website: www.laval.ca/Pages/En/home.aspx

Email: info@laval.ca

Services: Municipal administration. * Public safety: police department and fire department. * Permits for dogs and cats. * Information on garbage, recyclable material and bulky waste collection schedules. * Info-travaux: geolocation of infrastructure works. * Building permits and certificates of authorization. * Municipal tax bills and property assessment. * Parking licences. * Libraries. * Swearing-in. * Subsidies for the purchase of cloth diapers. * \$50 subsidy for the purchase of sustainable hygiene products: menstrual cups and disks, washable pads and pantyliners, washable absorbent underwear, and washable incontinence briefs.

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 ext. 6199 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 East Boulevard, Duvernay, Laval, QC, H7E 2C5

438 830-4323

Website: mieuxnaitre.org

Email: info@mieuxnaitre.org

Services: Perinatal resources centre. * Support for parents and pregnant people, before, during and after the birth. * Listening and referrals. * Prenatal meetings (prenatal classes) * Prenatal and postnatal yoga. *

Relevailles: at-home respite. * Prenatal and postnatal physical activities. * Care to newborns, babywearing workshops and baby massage classes. * Breastfeeding consultation. * Sign language for babies. * Child-led dietary diversification workshop (DME). * Community and intercultural environment dedicated to women and their families during the perinatal period: access to a book lending service, coffee chats and a play area for toddlers. * Reception of donations of baby clothes (size 0-24 months) and maternity clothes. * Thrift shop.

Eligibility: future and new parents

Coverage area: Laval

Hours: Monday to Thursday 9h00 to 16h00

Fees: free or variable depending on family income

Financing: grants, contributions, self-financing, 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: info.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. * Breast pump rental. * Measuring and fitting of breast pump flanges. * 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: services: free, breast pump rental: variable

Financing: donations, grants

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

Services: Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offences. * Sociocommunity sector, specialized units and awareness-raising. * Criminal record check-up. * Verification of child safety seats. * In charge of Laval's office of integrity and ethics. * Outil Profil: data sheet for people with cognitive impairments www.laval.ca/Documents/Pages/Fr/Citoyens/police-securite-civile-et-urgences-sociales/urgences-sociales/formulaire-personne-ayant-maladie-cognitive.pdf

Coverage area: Laval

Hours: Monday to Friday 8h15 à 17h30

Financing: municipal

Legal status: municipal agency

Parenting Education

ACTION AUTISME

1705 des Laurentides Boulevard, Suite 250, Vimont, Laval, QC, H7M 2P5

450 627-2250

Website: actionautisme.org

Email: info@actionautisme.org

Services: * Support for parents: accompaniment, reimbursement for training and access to a material library offering specialized equipment (games, books, modules, etc.). * Support for autistic adults: short or long term accompaniment adapted to the needs. * Loan or purchase of specialized equipment for professional people.

Eligibility: families of people living with autism, autistic adults, professionals working with neurodivergent people

Coverage area: Province of Québec

Hours: on request

Financing: fundraising campaigns, donations

Legal status: non-profit organization

ASSOCIATION DYSPHASIE +

3235 Saint-Martin Boulevard East, Suite 216, Duvernay, Laval, QC, H7E 5G8

450 937-3670

Website: 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. * Stimulation workshops for 3 to 5 year olds and 6 to 12 year olds. * Socialisation and autonomy development activities for 13 to 16 year olds. * Recreation groups for people 17 years and over.

Eligibility: children, teenagers and adults with DLD (dysphasia), their parents or close ones

Capacity: 30

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

800 Chomedey Boulevard, Tower C, Suite 510, Chomedey, Laval, QC, H7V 3Y4

450 686-0554

Website: www.carrefourintercultures.com

Email: info@carrefourintercultures.com

Services: Welcoming of newcomers. * Information and guidance. * Accompaniment, support, settlement and integration assistance. * Assistance with forms. * Individual and group psychosocial support. * Part-time French courses. * Training to integrate the work force. * Administration of oath. * Family activities. * Espace parents: parenting skills workshops in the context of immigration. * Intercultural pairing. * Tax clinic.

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 poste 202 Fax: 450 973-8414

Website: www.ccvm.org

Email: intermdf@ccvm.org

Services: An inclusive environment for parents and children that fosters mutual support and a sense of belonging, thereby contributing to their emotional and social well-being. * Parents' committee. * Intervention, listening, welcoming and personalised support. * Collective kitchens: Petits Bedons workshop for parents and toddlers, lunchbox workshops for parents. * Y'APP: workshops on parenting knowledge and skills. * Éveil des sens: workshops for parents and babies on developing the bond of attachment. * Césame: workshop for parents and children on the development of the attachment bond. * Placote: language development workshop for 1 to 2 year olds. * Parents de tout-petits, quel défi: workshop on parenting skills. * Il était une fois nos histoires: parent and child workshops to introduce children to reading. * Papa et moi activities: workshops for dads and their children aged 6 and over, to develop attachment and parenting skills. * Café-rencontre activities: workshops to break down isolation and build friendships among parents. * Family activities and outings. * Drop-in care for children aged 10 months to 5 years. * Petite école: preparation for kindergarten for 4-5 year olds. * Kindergarten: stimulation activities to promote overall development and social skills for 3-4 year-olds. * Mutual assistance counter.

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

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

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

450 663-8039 ext. 0

Website: www.entraidelaval.org

Email: coqlicorne@gmail.com

Services: * Children 0 to 5 years old: daycare, stimulation workshops, kindergarten preparation, parent workshops and parent-child workshops. * Youth 6 to 12 years old: extracurricular activities, homework help, day camps, cooking workshops, sports initiations, etc. * Immigration: reception, accompaniment, referral. * Citizen space: social events, social economy, room rental, community fridge, thrift shop, reception and guidance, public writer, commissioner for oaths. * Le Grand Cerf-Volant: socialising activities for seniors.

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

Coverage area: Laval

Hours: Monday and Thursday 9h00 to 16h00, Tuesday, Wednesday and Friday 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: info@gymnolaval.org

Services: Recreational activities for children 3 to 17 years old with learning difficulties. * Summer day camp. * Parent-child activities. * Dance classes. * Physical, theatrical and aquatic activities.

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

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: info.direction@mfl-o.org

Services: Food * Community garden. * Collective kitchens, cooking workshops. * Food assistance. Family * Information and referral. * Daycare. * Educational workshops, communication and language workshops for children 2 to 5 years. * Coffee meetings. * Conferences for parents, Y'APP program (parenting skills). * Walking club. * Parent-child and family activities. * Bougeotte en famille: recreational activity.

Eligibility: families with children from 0 to 12 years old

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: \$20 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

Services: Living environment for parents, children and youth. * Food assistance. * Various workshops for parents. * Nobody's Perfect (YAPP): parenting skills workshops. * Bébé tendre bougeotte: stimulation workshop for children 0 to 12 months old. * Workshops for parents and children 2 to 5 years old. * Vers la maternelle: school readiness workshop for children 3 to 5 years old. * Daycare for structured activities and respite. * Yoga. * Various collective kitchens. * Cooking your own lunch box: cooking workshop for parents and children 6 to 12 years old. * Homework assistance for children 6 to 12 years old. * Various workshops for children 6 to 12 years old. * Youth sector for children 12 to 17 years old. * Music and cooking workshops for children 12 to 17 years old. * Various activities for families.

Eligibility: children, teenagers, adults, families

Capacity: 25

Coverage area: Fabreville, Sainte-Rose

Hours: Monday to Friday 9h00 to 16h00

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

Services: Living environment, welcoming and listening place. * 0 to 5 years: drop-in daycare, various stimulation workshops, reading and writing initiation activities. * 6 to 12 years old: day camp, homework assistance, extracurricular activities. * 12 to 17 years old: room for teenagers, prevention and promotion of healthy habits workshops, helping relationship. * Fatherhood: self-help groups, father-child activities, support and accompaniment. * Family and community: reception, listening, referrals, parenting skills development workshops, group for young parents, conferences, meetings between parents.

Eligibility: families, teenagers

Capacity: 60 people

Coverage area: Vimont, Auteuil

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

Fees: annual fee: 5\$ per year

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 ext. 1

Website: maisondesenfants.qc.ca/en

Email: dauphin@maisondesenfants.qc.ca

Services: * Parent-child workshops followed by a coffee meeting. * Activities enabling a smooth and harmonious separation between parent and child. * Stimulation workshops. * Mini day camp. * School preparation workshop. * Flexible activities. * Homework assistance. * Confidences à un dauphin: confidential letter correspondence in schools.

Eligibility: most activities: children 0 to 5 years old, their parents, flexible activities 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

Fees: none

Financing: provincial, federal, municipal, self-financing

Legal status: non-profit organization

MIEUX-NAÎTRE À LAVAL

3534 de la Concorde East Boulevard, Duvernay, Laval, QC, H7E 2C5

438 830-4323

Website: mieuxnaitre.org

Email: info@mieuxnaitre.org

Services: Perinatal resources centre. * Support for parents and pregnant people, before, during and after the birth. * Listening and referrals. * Prenatal meetings (prenatal classes) * Prenatal and postnatal yoga. * Relevailles: at-home respite. * Prenatal and postnatal physical activities. * Care to newborns, babywearing workshops and baby massage classes. * Breastfeeding consultation. * Sign language for babies. * Child-led dietary diversification workshop (DME). * Community and intercultural environment dedicated to women and their families during the perinatal period: access to a book lending service, coffee chats and a play area for toddlers. * Reception of donations of baby clothes (size 0-24 months) and maternity clothes. * Thrift shop.

Eligibility: future and new parents

Coverage area: Laval

Hours: Monday to Thursday 9h00 to 16h00

Fees: free or variable depending on family income

Financing: grants, contributions, self-financing, 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

Services: * Reception, referral and living environment. * Parent-child workshops: toddlers 0-24 months, stimulation 0-5 years and conferences. * Daycare. * YAPP group for parents. * School support. * Spring break and summer day camps. * Parent-child activities. * Collective activities and volunteering. * Kindergarten preparation workshops. * Tourbillons program: activities for 6-12 years old. * Premiers pas program: support and respite at home for parents.

Eligibility: families with children under 12 years old

Coverage area: Laval

Hours: Monday to Wednesday 9h00 to 16h30, Thursday 9h00 to 13h00 and 18h00 to 20h00, Friday 17h30 to 20h00

Fees: variable

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

Legal status: non-profit organization

PERSPECTIVE FAMILLE

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

450 622-0524

Website: www.perspectivefamille.org

Email: info@perspectivefamille.org

Services: * Individual assistance for children, youth, parents, separated spouses and new spouses. * Group workshops for children, parents, in-laws and separated spouses. * Co-parenting support. * Self-esteem: day camp. * Conferences.

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

Capacity: 12 people per group

Coverage area: Laval, Lanaudière, Laurentians, Montréal Island

Hours: Monday to Thursday 9h00 to 20h00, Saturday and Sunday 9h00 to 17h00, by appointment

Fees: some paid services

Financing: provincial

Legal status: non-profit organization

ZÉPANOUIS (LES)

1880 Dumouchel Avenue, Apartment 1, Chomedey, Laval, QC, H7S 1J8

450 682-0277 Fax: 450 682-0242

Website: leszepanouis.org/fr

Email: info@LesZepanouis.org

Services: Reception, clinical assessment and accompaniment. * Psychosocial and medical services for clients.

* Voluntary services requiring active family participation. * Follow-ups and activities aimed at children's optimal development. * Referrals to complementary services.

Eligibility: vulnerable children aged 0 to 14 years old and their family living in the Place Saint-Martin, Pont-Viau or Chomedey

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

ZÉPANOUIS (LES) - POINT DE SERVICE CHOMEDEY

280 92nd Avenue, Chomedey, Laval, QC, H7W 3N3

450 688-4666 ext. 200

Website: leszepanouis.org/fr

Email: info@LesZepanouis.org

Services: Reception, clinical assessment and accompaniment. * Psychosocial and medical services for clients.

* Voluntary services requiring active family participation. * Follow-ups and activities aimed at children's overall development. * Referrals to complementary services.

Eligibility: vulnerable children 0 to 14 years old and their family living in Chomedey

Coverage area: Laval: postal codes beginning with H7W

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: donations

Legal status: non-profit organization

ZÉPANOUIS (LES) - POINT DE SERVICE PONT-VIAU

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

450 662-0273 ext. 300

Website: leszepanouis.org/fr

Email: info@LesZepanouis.org

Services: Reception, clinical assessment and accompaniment. * Psychosocial and medical services for clients.

* Voluntary services requiring active family participation. * Followups and activities aimed at children's overall development. * Referrals to complementary services.

Eligibility: vulnerable children 0 to 14 years old and their family living in Pont-Viau

Coverage area: Laval: postal codes beginning with H7G

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: donations

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: ochampfleury.org

Email: info@ochampfleury.org

Services: Activities and services for residents. * Recreational and sports activities for children and adults. *

Events and occasional activities: Halloween, Christmas, garage sale, etc. * Room rental. * Day camp.

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: \$30 for a family, \$20 for an adult, \$10 for a child, activities and room rentals: variable

Financing: self-financing, membership fees, grants

Legal status: non-profit organization

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

1800 Dumouchel Avenue, Chomedey, Laval, QC, H7S 1J7

450 681-9979 Fax: 450 681-2835

Website: baaf.ca

Email: adjointe@baaf.ca

Services: Support to families. * Respite. * French learning program for children 3 to 5 years old and animated stories. * Avenir de Femmes program: 23-unit cooperative building for single mothers. * Project 10-19: organisation of activities and workshops for youth. * Secondaire à ma manière: workshops and activities for 6th graders. * Improvisation. * Workshops and activities. * Francization workshop. * Mutual aid group. * Collective kitchen. * Coffee chats. * Le Vestibule: free thrift store. * Toy library. * Community garden.

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 poste 202 Fax: 450 973-8414

Website: www.ccvvm.org

Email: intermdf@ccvm.org

Services: An inclusive environment for parents and children that fosters mutual support and a sense of belonging, thereby contributing to their emotional and social well-being. * Parents' committee. * Intervention, listening, welcoming and personalised support. * Collective kitchens: Petits Bedons workshop for parents and toddlers, lunchbox workshops for parents. * Y'APP: workshops on parenting knowledge and skills. * Éveil des sens: workshops for parents and babies on developing the bond of attachment. * Césame: workshop for parents and children on the development of the attachment bond. * Placote: language development workshop for 1 to 2 year olds. * Parents de tout-petits, quel défi: workshop on parenting skills. * Il était une fois nos histoires: parent and child workshops to introduce children to reading. * Papa et moi activities: workshops for dads and their children aged 6 and over, to develop attachment and parenting skills. * Café-rencontre activities: workshops to break down isolation and build friendships among parents. * Family activities and outings. * Drop-in care for children aged 10 months to 5 years. * Petite école: preparation for kindergarten for 4-5 year olds. * Kindergarten: stimulation activities to promote overall development and social skills for 3-4 year-olds. * Mutual assistance counter.

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@laval.ca

Services: Urban park. * Picnic areas, walking trails and playground. * Animal farm. * Gardens and green houses. * Outdoor equipment rental. * Seasonal outdoor family activities. * Sport activities for adults: yoga, essentrics and fitness.

Eligibility: general public

Coverage area: Laval

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

Fees: access: free, rental and activities: variable

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

Services: Sports, community and cultural centre. * Exercises adapted for seniors. * Seniors club. * Special needs program for children: sports, cooking and social skills activities. * Preschool program. * Summer and winter day camps, spring break camp. * Varied activities for children. * Sociocultural activities. * Training in water rescue. * Tax clinic. * Ecological park. * Volunteering program. * Room rental. * Swimming pool, fitness room, gyms, etc.

Eligibility: general public, special needs program: children with 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 18h00

Fees: variable

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

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. * Parent and child program 1.2.3 Gym! for ages 2 and up. * Bébé-gym program for children 3 years old. * Bout d'chou program for girls 4 to 5 years old. * Recreational groups for girls 6 to 8 years old and 9 years old and up and boys 4 to 6 years old and 7 years old and up. * Mixed cheerleading teams for 5 to 14 years old.

Eligibility: children 2 years and over, teenagers

Coverage area: Laval

Hours: Monday to Friday 9h00 to 21h00, Saturday and Sunday 8h30 to 17h00

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

Website: www.entraidelaval.org

Email: coqlicorne@gmail.com

Services: * Children 0 to 5 years old: daycare, stimulation workshops, kindergarten preparation, parent workshops and parent-child workshops. * Youth 6 to 12 years old: extracurricular activities, homework help, day camps, cooking workshops, sports initiations, etc. * Immigration: reception, accompaniment, referral. * Citizen space: social events, social economy, room rental, community fridge, thrift shop, reception and guidance, public writer, commissioner for oaths. * Le Grand Cerf-Volant: socialising activities for seniors.

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

Coverage area: Laval

Hours: Monday and Thursday 9h00 to 16h00, Tuesday, Wednesday and Friday 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: info@gymnolaval.org

Services: Recreational activities for children 3 to 17 years old with learning difficulties. * Summer day camp. * Parent-child activities. * Dance classes. * Physical, theatrical and aquatic activities.

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

Services: * Loan and access to books and audio-visual 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, reading starter kits for children 5 years and under. * Home loan for people with reduced mobility. * Telescope loan.

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

Services: * Loan and access to books and audio-visual 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, reading starter kits for children 5 years and under. * 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 - 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

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, toolkit for caregivers, reading starter kits for children 5 years and under. * 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 - 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

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, early reading kits for children 5 years and under. * Home loan for people with reduced mobility. * Telescope loan.

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

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, reading starter kits for children 5 years and under. * Home loan for people with reduced mobility. * Telescope loan.

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

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, reading starter kits for children 5 years and under. * Home loan for people with reduced mobility. * Le Studio: digital space to learn, create and experiment. * Telescope loan.

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

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, reading starter kits for children 5 years and under. * 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

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, reading starter kits for children 5 years and under. * Home loan for people with reduced mobility. * Telescope loan.

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

Services: * Loan and access to books and audio-visual 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, reading starter kits for children 5 years and under. * Home loan for people with reduced mobility. * Telescope loan.

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: info@lisavecmoi.com

Services: Promotion of reading in the community and among youth. * Lis avec moi week: entertainment in libraries, bookstores and schools, literary meetings, family day and symposium. * Lis avec moi - Le défi: game of reading aloud in schools or in groups, from January to May. * Exhibition Rogé: portraits of children poets. * Occasional workshops. * Lis avec moi dans la rue: summer reading events. * Reading workshop kits.

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: according to services

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

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 and aquajogging.

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: info.direction@mfl-o.org

Services: Food * Community garden. * Collective kitchens, cooking workshops. * Food assistance. Family * Information and referral. * Daycare. * Educational workshops, communication and language workshops for children 2 to 5 years. * Coffee meetings. * Conferences for parents, Y'APP program (parenting skills). * Walking club. * Parent-child and family activities. * Bougeotte en famille: recreational activity.

Eligibility: families with children from 0 to 12 years old

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: \$20 per family

Financing: provincial, federal

Legal status: non-profit organization

MAISON DE LA FAMILLE DE ST-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

Services: Family support. * Family activities. * Workshops for adults and children. * Monthly collective kitchens. * Food assistance. * Daycare. * Bonhomme à lunettes: optician service. * Clothing counter. * Book sharing. * Internet access and photocopy service. * Support and listening by appointment, on site or by phone.

Eligibility: families

Capacity: 75 people

Coverage area: Laval East

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

Fees: member: \$10, 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

Services: Living environment for parents, children and youth. * Food assistance. * Various workshops for parents. * Nobody's Perfect (YAPP): parenting skills workshops. * Bébé tendre bougeotte: stimulation workshop for children 0 to 12 months old. * Workshops for parents and children 2 to 5 years old. * Vers la maternelle: school readiness workshop for children 3 to 5 years old. * Daycare for structured activities and respite. * Yoga. * Various collective kitchens. * Cooking your own lunch box: cooking workshop for parents and children 6 to 12 years old. * Homework assistance for children 6 to 12 years old. * Various workshops for children 6 to 12 years old. * Youth sector for children 12 to 17 years old. * Music and cooking workshops for children 12 to 17 years old. * Various activities for families.

Eligibility: children, teenagers, adults, families

Capacity: 25

Coverage area: Fabreville, Sainte-Rose

Hours: Monday to Friday 9h00 to 16h00

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

Services: Living environment, welcoming and listening place. * 0 to 5 years: drop-in daycare, various stimulation workshops, reading and writing initiation activities. * 6 to 12 years old: day camp, homework assistance, extracurricular activities. * 12 to 17 years old: room for teenagers, prevention and promotion of healthy habits workshops, helping relationship. * Fatherhood: self-help groups, father-child activities, support and accompaniment. * Family and community: reception, listening, referrals, parenting skills development workshops, group for young parents, conferences, meetings between parents.

Eligibility: families, teenagers

Capacity: 60 people

Coverage area: Vimont, Auteuil

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

Fees: annual fee: 5\$ per year

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 ext. 1

Website: maisondesenfants.qc.ca/en

Email: dauphin@maisondesenfants.qc.ca

Services: * Parent-child workshops followed by a coffee meeting. * Activities enabling a smooth and harmonious separation between parent and child. * Stimulation workshops. * Mini day camp. * School preparation workshop. * Flexible activities. * Homework assistance. * Confidences à un dauphin: confidential letter correspondence in schools.

Eligibility: most activities: children 0 to 5 years old, their parents, flexible activities 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

Fees: none

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: rqsvp.com

Email: froustan@rqsvp.com

Services: Food * Collective kitchens. * Food bank for families on a low income. * Community fridge. * Community gardens. Youth * Culinary workshops for children. * Field trips, storytelling and singing, stimulation activities for children. * Indoor park. * Summer day camp. * School readiness program. * Weekly activities for 6 to 12 year olds. Family * Early stimulation workshops for parents and children. * Parents-children outings. * Drop-in daycare. * Coffee-conferences.

Eligibility: families

Coverage area: Saint-Vincent-de-Paul, Duvernay and Saint-François neighbourhoods

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 20h00, 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 East Boulevard, Duvernay, Laval, QC, H7E 2C5

438 830-4323

Website: mieuxnaitre.org

Email: info@mieuxnaitre.org

Services: Perinatal resources centre. * Support for parents and pregnant people, before, during and after the birth. * Listening and referrals. * Prenatal meetings (prenatal classes) * Prenatal and postnatal yoga. * Relevailles: at-home respite. * Prenatal and postnatal physical activities. * Care to newborns, babywearing workshops and baby massage classes. * Breastfeeding consultation. * Sign language for babies. * Child-led dietary diversification workshop (DME). * Community and intercultural environment dedicated to women and their families during the perinatal period: access to a book lending service, coffee chats and a play area for toddlers. * Reception of donations of baby clothes (size 0-24 months) and maternity clothes. * Thrift shop.

Eligibility: future and new parents

Coverage area: Laval

Hours: Monday to Thursday 9h00 to 16h00

Fees: free or variable depending on family income

Financing: grants, contributions, self-financing, 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

Services: * Reception, referral and living environment. * Parent-child workshops: toddlers 0-24 months, stimulation 0-5 years and conferences. * Daycare. * YAPP group for parents. * School support. * Spring break and summer day camps. * Parent-child activities. * Collective activities and volunteering. * Kindergarten preparation workshops. * Tourbillons program: activities for 6-12 years old. * Premiers pas program: support and respite at home for parents.

Eligibility: families with children under 12 years old

Coverage area: Laval

Hours: Monday to Wednesday 9h00 to 16h30, Thursday 9h00 to 13h00 and 18h00 to 20h00, Friday 17h30 to 20h00

Fees: variable

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

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

Services: Support for children and their families. * Preparation for kindergarden for children 3 to 5 years old. * Food assistance for occasional needs. * Homework assistance. * Improvisation workshops. * Croque-livres. * Day camp. * Thematic cooking workshops. * Le Troc du Relais: children items swap 4 times per year. * Outings for youth and families. * Father-child workshops, coffee-creation and conferences. * Assistance and referral. * 15 low-cost housing units. * Garage sales.

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: subventions, dons

Legal status: non-profit organization

SERVICE DES LOISIRS DU BON-PASTEUR

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

450 669-2151 Fax: 450 669-2902

Website: loisirsbonpasteur.com

Email: info@loisirsbonpasteur.com

Services: Leisure centre. * Social, sporting, cultural and leisure activities. * Full-time or part-time francization courses. * Collective kitchen. * Spring break and day camp. * Extracurricular activities.

Eligibility: youth, families, general population

Coverage area: Laval

Hours: leisure: Monday to Friday 9h00 to 21h00, Saturday 9h00 to 14h30, Sunday 9h00 to 12h30, francization: Tuesday to Thursday 9h00 to 21h00

Fees: variable

Financing: municipal

Legal status: non-profit organization

ZÉPANOUIS (LES)

1880 Dumouchel Avenue, Apartment 1, Chomedey, Laval, QC, H7S 1J8

450 682-0277 Fax: 450 682-0242

Website: leszepanouis.org/fr

Email: info@LesZepanouis.org

Services: Reception, clinical assessment and accompaniment. * Psychosocial and medical services for clients. * Voluntary services requiring active family participation. * Follow-ups and activities aimed at children's optimal development. * Referrals to complementary services.

Eligibility: vulnerable children aged 0 to 14 years old and their family living in the Place Saint-Martin, Pont-Viau or Chomedey

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

ZÉPANOUIS (LES) - POINT DE SERVICE CHOMEDEY

280 92nd Avenue, Chomedey, Laval, QC, H7W 3N3

450 688-4666 ext. 200

Website: leszepanouis.org/fr

Email: info@LesZepanouis.org

Services: Reception, clinical assessment and accompaniment. * Psychosocial and medical services for clients.

* Voluntary services requiring active family participation. * Follow-ups and activities aimed at children's overall development. * Referrals to complementary services.

Eligibility: vulnerable children 0 to 14 years old and their family living in Chomedey

Coverage area: Laval: postal codes beginning with H7W

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: donations

Legal status: non-profit organization

ZÉPANOUIS (LES) - POINT DE SERVICE PONT-VIAU

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

450 662-0273 ext. 300

Website: leszepanouis.org/fr

Email: info@LesZepanouis.org

Services: Reception, clinical assessment and accompaniment. * Psychosocial and medical services for clients.

* Voluntary services requiring active family participation. * Followups and activities aimed at children's overall development. * Referrals to complementary services.

Eligibility: vulnerable children 0 to 14 years old and their family living in Pont-Viau

Coverage area: Laval: postal codes beginning with H7G

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: 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: ochampfleury.org

Email: info@ochampfleury.org

Services: Activities and services for residents. * Recreational and sports activities for children and adults. *

Events and occasional activities: Halloween, Christmas, garage sale, etc. * Room rental. * Day camp.

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: \$30 for a family, \$20 for an adult, \$10 for a child, activities and room rentals: variable

Financing: self-financing, membership fees, grants

Legal status: non-profit organization

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

1800 Dumouchel Avenue, Chomedey, Laval, QC, H7S 1J7

450 681-9979 Fax: 450 681-2835

Website: baaf.ca

Email: adjointe@baaf.ca

Services: Support to families. * Respite. * French learning program for children 3 to 5 years old and animated stories. * Avenir de Femmes program: 23-unit cooperative building for single mothers. * Project 10-19: organisation of activities and workshops for youth. * Secondaire à ma manière: workshops and activities for 6th graders. * Improvisation. * Workshops and activities. * Francization workshop. * Mutual aid group. * Collective kitchen. * Coffee chats. * Le Vestibule: free thrift store. * Toy library. * Community garden.

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 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 teens 12 to 17 years old. * Social and recreational activities: improvisation, theatre, etc. * Accompaniment, listening and referral. * Recording studio. * Matching donations.

Eligibility: teens 12 to 17 years old

Capacity: 40

Coverage area: Sainte-Rose

Hours: Tuesday to Friday 16h30 to 21h00

Fees: none

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 poste 301

Website: www.ccvm.org

Email: intermdj@ccvm.org

Services: Living environment for youth 11 to 17 years old. * Activities to prevent drug addiction, harmful sexual behaviour, 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

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

Services: Place for meeting, services and referral. * Listening, accompaniment and counselling. * Sports and cultural activities, outings. * Homework assistance. * Prevention, awareness and education activities. * Food assistance, every 2 weeks. * Training on democratic life. * Music room. * Cultural and humanitarian trip.

Eligibility: people 11 to 17 years old

Coverage area: Saint-François

Hours: Tuesday to Thursday 17h00 to 21h00, Friday 17h00 to 22h00

Fees: none

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

Services: Sports, community and cultural centre. * Exercises adapted for seniors. * Seniors club. * Special needs program for children: sports, cooking and social skills activities. * Preschool program. * Summer and winter day camps, spring break camp. * Varied activities for children. * Sociocultural activities. * Training in water rescue. * Tax clinic. * Ecological park. * Volunteering program. * Room rental. * Swimming pool, fitness room, gyms, etc.

Eligibility: general public, special needs program: children with 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 18h00

Fees: variable

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

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. * Parent and child program 1.2.3 Gym! for ages 2 and up. * Bébé-gym program for children 3 years old. * Bout d'chou program for girls 4 to 5 years old. * Recreational groups for girls 6 to 8 years old and 9 years old and up and boys 4 to 6 years old and 7 years old and up. * Mixed cheerleading teams for 5 to 14 years old.

Eligibility: children 2 years and over, teenagers

Coverage area: Laval

Hours: Monday to Friday 9h00 to 21h00, Saturday and Sunday 8h30 to 17h00

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 9h00 to 16h00

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: administration@diapasonjeunesse.ca

Services: Organization promoting school retention or return to school through various programs. * Help with homework. * Workshops for the development of success skills. * Extracurricular sports, artistic and manual activities. * Coaching and individualized follow-up. * Steps for a return to school. * Educational and professional exploration workshops. * Support to parents. * Student café: space for 12 to 17 years old and for 16 to 21 years old.

Eligibility: youth 12 to 21 years old, their parents

Capacity: about 280 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 West Boulevard, Suite 209, Chomedey, Laval, QC, H7V 1G5

450 681-1154

Website: www.enfantdabord.org

Email: info@enfantdabord.org

Services: * Food bank. * Distribution of hygiene products. * Support for collective and community gardens. * Food deliveries to elementary school and organizations. * Urban agriculture education workshops in elementary school and with Laval families and citizens: vegetable garden planning, seedling preparation, potting and plant maintenance. * Social reintegration for teenagers. * Compensatory work.

Eligibility: people in need, food bank: people on a low-income, social reintegration: teenagers 14 to 17 years old

Coverage area: Laval, emergency food assistance: Chomedey

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, emergency food assistance: Tuesday, Thursday and Friday 9h30 to 15h00

Fees: food bank: \$5 to \$10, depending on family composition

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

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 and aquajogging.

Coverage area: Laval

Hours: variable

Fees: variable

Financing: self-financing, municipal, 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

Services: Living environment for parents, children and youth. * Food assistance. * Various workshops for parents. * Nobody's Perfect (YAPP): parenting skills workshops. * Bébé tendre bougeotte: stimulation workshop for children 0 to 12 months old. * Workshops for parents and children 2 to 5 years old. * Vers la maternelle: school readiness workshop for children 3 to 5 years old. * Daycare for structured activities and respite. * Yoga. * Various collective kitchens. * Cooking your own lunch box: cooking workshop for parents and children 6 to 12 years old. * Homework assistance for children 6 to 12 years old. * Various workshops for children 6 to 12 years old. * Youth sector for children 12 to 17 years old. * Music and cooking workshops for children 12 to 17 years old. * Various activities for families.

Eligibility: children, teenagers, adults, families

Capacity: 25

Coverage area: Fabreville, Sainte-Rose

Hours: Monday to Friday 9h00 to 16h00

Fees: voluntary contribution

Financing: Centraide of Greater Montréal, donations, provincial, federal, municipal, 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/ados

Email: info@mqfabreville.org

Services: Teenagers' room. * Workshops for youth. * Cooking workshops. * Community dinners. * 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 15h20 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

Services: Place for belonging and gathering. * Cultural, sports 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, summer 12h00 to 19h00

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

Email: 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, West Fabreville

Hours: Monday to Friday 16h00 to 21h00

Fees: none

Financing: federal, provincial, municipal, fundraising campaigns, donations

Legal status: non-profit organization

MAISON DES JEUNES DE SAINTE-DOROTHÉE

625 Sylvie Street, Sainte-Dorothée, Laval, QC, H7X 2X2

450 689-8000

Website: mdjstedorothée.ca/english

Email: direction@mdjstedorothée.ca

Services: Place for meeting, entertainment, information and support. * Reception, listening. * Conferences and exchanges. * Recreational and sports activities. * Implementation of projects. * Homework assistance. * Cooking workshops. * Outings, trips.

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: intervenants.mdjmarigot@hotmail.com

Services: Animated meeting place. * Listening, support and accompaniment. * Sports activities: fitness room, sport and dance classes. * Recreational activities: artistic expression, thematic conferences, Marigot teens newspaper, home theatre and billiards. * Internet and library. * Cooking classes.

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 HUMAINITAIRE 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

Services: Food aid for refugee families or asylum seekers. * Emergency food assistance. * Take-out meals. * Collective kitchen. * Integration and assistance to families. * Garden Indoor and outdoor. * Youth program: summer job integration. * Volunteering program. * Christmas baskets. * Distribution of school supplies.

Eligibility: asylum-seeking families on a low-income, refugee families on a low-income

Capacity: 100

Coverage area: Chomedey

Hours: Monday to Friday 9h00 to 17h00, registration and supervision of new families: Monday and Tuesday, take-out meals: Wednesday and Friday

Fees: take-out meals: voluntary contributions, other services: free

Financing: donations, municipal, provincial, federal

Legal status: non-profit organization

SERVICE DES LOISIRS DU BON-PASTEUR

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

450 669-2151 Fax: 450 669-2902

Website: loisirsbonpasteur.com

Email: info@loisirsbonpasteur.com

Services: Leisure centre. * Social, sporting, cultural and leisure activities. * Full-time or part-time francization courses. * Collective kitchen. * Spring break and day camp. * Extracurricular activities.

Eligibility: youth, families, general population

Coverage area: Laval

Hours: leisure: Monday to Friday 9h00 to 21h00, Saturday 9h00 to 14h30, Sunday 9h00 to 12h30, francization: Tuesday to Thursday 9h00 to 21h00

Fees: variable

Financing: municipal

Legal status: non-profit organization

TRAVAIL DE RUE ÎLE DE LAVAL

106 de la Concorde Boulevard East, Pont-Viau, Laval, QC, H7G 2B9

450 662-6444 Fax: 450 662-3727

Website: www.trilstation.org

Email: contact@letril.ca

Services: * Listening, accompaniment, follow-up and personalized referral. * Needle and drug-use material exchange. * Youth station: community centre with activities, food aid, washer, dryer and shower. * Naloxone kits distribution. * Distribution and delivery of fentanyl test strips. * Interventions in festive environments. * Project DOPE (Drugs, opioids, prevention, education): information and delivery of sterile materials.

Eligibility: youth and young adults 12 to 24 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

Fees: none

Financing: provincial, federal, Centraide of Greater, 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

Services: * Reception and referral. * Job support. * Documentation centre. * Entrepreneurship awareness. * Guidance. * Student retention. * Personal finance, I'm in charge: budget assistance program. * Accompaniment and projects: Youth in action, youth entrepreneurship challenge, PASI, VISA, youth volunteers. * LAB/Mobile: awareness, mobilization, development and stimulation of youth to encourage the creation of projects with social impact.

Eligibility: young adults 15 to 35 years old, PASI: 14 years and over

Coverage area: Laval

Hours: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 8h30 to 20h00

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE VAL-MARTIN - ÇA CLIQ

820 79th Avenue, Chomedey, Laval, QC, H7V 3J1

450 973-8787 ext. 401 Fax: 450 973-8414

Website: www.ccvvm.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 people aged 18 to 35 years old.

Eligibility: youth 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

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

Financing: provincial, fédéral, Centraide du Grand 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

Email: info@centredusablon.com

Services: Sports, community and cultural centre. * Exercises adapted for seniors. * Seniors club. * Special needs program for children: sports, cooking and social skills activities. * Preschool program. * Summer and winter day camps, spring break camp. * Varied activities for children. * Sociocultural activities. * Training in water rescue. * Tax clinic. * Ecological park. * Volunteering program. * Room rental. * Swimming pool, fitness room, gyms, etc.

Eligibility: general public, special needs program: children with 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 18h00

Fees: variable

Financing: self-financing, provincial, federal, 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 ext. 100 Fax: 450 668-9615

Website: relais-communautaire.org

Email: info@relais-communautaire.org

Services: Food assistance * Community meals: lunches. * Food distribution. * Emergency food assistance. * Distribution of soup and sandwiches to vulnerable people. Material assistance * Carrefour des Aubaines: sale of used clothing and household items. * Bonhomme à lunettes service point. Community * Welcoming, information and referrals to resources and services. * Individualized follow-up and accompaniment. * Active listening. * Crisis management. * Day centre. * Relais santé beauté: 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 with meal preparation. * Article: painting workshops. * Knitting. * Popular education workshops. * Special events. Immigration * Welcoming, information and referral. * Integration and intercultural bridge-building. * Thematic meals. Employment * Subsidized internships and jobs. * Professional reintegration program. * Volunteering. * Community and compensatory work. Christmas activities * Christmas baskets for members. * Animation and gifts for children.

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 AT WORK

2595 Haut-Saint-François Road, Duvernay, Laval, QC, H7E 4P2

514 923-1251

Website: www.jeunesautravail.ca

Email: info@jeunesautravail.ca

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 35 years old

Capacity: 60 young people per year

Coverage area: Laval

Hours: Monday to Friday 8h00 to 16h00

Fees: none

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

Legal status: non-profit organization

Youth Shelters and Support

AIRE OUVERTE DE LAVAL

308 Cartier Boulevard West, Door 4, Laval-des-Rapides, Laval, QC, H7N 2J2

450 978-8333

Website: lavalensante.com/en/aireouverte

Email: aire.ouverte.cissslav@ssss.gouv.qc.ca

Services: Various confidential services, with or without an appointment, for youth aged 12 to 25. * Individual psychosocial follow-up. * Sexual health clinic: contraception, pregnancy tests, STI screening, questions about gender and sexual orientation. * Financial aid and legal information. * Advice on studies, work, and housing.

Eligibility: youth aged 12 to 25

Coverage area: Laval

Hours: Wednesday to Friday 12h00 to 20h00, Saturday 12h00 to 17h00, Summer schedule: Wednesday to Friday 12h00 to 20h00

Fees: none

Financing: provincial

Legal status: provincial government agency

AUBERGE DU COEUR L'ENVOLEE - HÉBERGEMENTS DE TRANSITION

1620 des Patriotes Street, Sainte-Rose, Laval, QC, H7L 2N6

450 628-0907

Website: www.auberge-envolee.org

Email: aubergeducoeur@envolee.qc.ca

Services: Mixed social affiliation place for youth with adaptation issues and who are temporarily without a fixed residence. * Short 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'ENVOLEE - REFUGE

1620 des Patriotes Street, Sainte-Rose, Laval, QC, H7L 2N6

450 628-0907

Website: www.auberge-envolee.org

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 teens 12 to 17 years old. * Social and recreational activities: improvisation, theatre, etc. * Accompaniment, listening and referral. * Recording studio. * Matching donations.

Eligibility: teens 12 to 17 years old

Capacity: 40

Coverage area: Sainte-Rose

Hours: Tuesday to Friday 16h30 to 21h00

Fees: none

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

Website: www.lavalensante.com

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

Hours: Monday to Friday 9h00 to 17h00

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

Services: Place for meeting, services and referral. * Listening, accompaniment and counselling. * Sports and cultural activities, outings. * Homework assistance. * Prevention, awareness and education activities. * Food assistance, every 2 weeks. * Training on democratic life. * Music room. * Cultural and humanitarian trip.

Eligibility: people 11 to 17 years old

Coverage area: Saint-François

Hours: Tuesday to Thursday 17h00 to 21h00, Friday 17h00 to 22h00

Fees: none

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/ados

Email: info@mqfabreville.org

Services: Teenagers' room. * Workshops for youth. * Cooking workshops. * Community dinners. * 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 15h20 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

Services: Place for belonging and gathering. * Cultural, sports 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, summer 12h00 to 19h00

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

Email: 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, West Fabreville

Hours: Monday to Friday 16h00 to 21h00

Fees: none

Financing: federal, provincial, municipal, fundraising campaigns, donations

Legal status: non-profit organization

MAISON DES JEUNES DE SAINTE-DOROTHÉE

625 Sylvie Street, Sainte-Dorothée, Laval, QC, H7X 2X2

450 689-8000

Website: mdjstedorothee.ca/english

Email: direction@mdjstedorothee.ca

Services: Place for meeting, entertainment, information and support. * Reception, listening. * Conferences and exchanges. * Recreational and sports activities. * Implementation of projects. * Homework assistance. *

Cooking workshops. * Outings, trips.

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

PERSPECTIVE FAMILLE

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

450 622-0524

Website: www.perspectivefamille.org

Email: info@perspectivefamille.org

Services: * Individual assistance for children, youth, parents, separated spouses and new spouses. * Group workshops for children, parents, in-laws and separated spouses. * Co-parenting support. * Self-esteem: day camp. * Conferences.

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

Capacity: 12 people per group

Coverage area: Laval, Lanaudière, Laurentians, Montréal Island

Hours: Monday to Thursday 9h00 to 20h00, Saturday and Sunday 9h00 to 17h00, by appointment

Fees: some paid services

Financing: provincial

Legal status: non-profit organization

SAJ SERVICE AUX JEUNES

Confidential Address

450 543-0413

Website: www.saj-laval.com/en

Email: projetsaj.laval@gmail.com

Services: Individualized support on a voluntary basis for youth trying to operate a change in their life. * Multidisciplinary, personalized and confidential accompaniment.

Eligibility: people 12 to 24 years old at risk of involvement or who are already involved in a delinquent lifestyle or a criminal network

Coverage area: Laval

Fees: none

Financing: provincial

Legal status: non-profit organization

Community Action

ADVISORY AND CITIZEN ACTION ORGANIZATIONS

CHARITY ORGANIZATIONS

COMMUNITY CENTRES

COMMUNITY DEVELOPMENT

INFORMATION AND REFERRAL

VOLUNTEERING AND VOLUNTEER CENTRES

Advisory and citizen action organizations

ASSOCIATION DE CITOYENS DE LAVAL-SUR-LE-LAC

Confidential Address

Website: aclsl.ca

Email: info@aclsl.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: 400

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.

Eligibility: seniors, persons with a permanent or temporary loss of autonomy, meals on wheels services

Coverage area: Laval

Hours: Monday to Friday 8h30 to 16h30

Fees: hot meal delivered: \$8

Financing: provincial, regional, municipal, 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

Services: * Information, referral. * Consultation. * Promotion of the importance of being physically active and practicing stimulating recreational activities in an effort to improve wellbeing and healthy lifestyles. * Companion Leisure Card (CAL).

Eligibility: anyone living 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 9h00 to 16h00

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

Email: casal.laval@gmail.com

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. * Annual block party in August.

Eligibility: community organizations, 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

514 575-6024

Website: www.citoyenslavalouest.com

Email: citoyenslavalouest@gmail.com

Services: * Animation activities and neighbourhood parties. * Concertation and representation with authorities involved in the development of the neighbourhood. * Protection of the environment. * Member of the coalition Terrains de golf en transition (TGT).

Eligibility: residents

Coverage area: Laval-Ouest, Fabreville-Ouest

Fees: none

Financing: self-financing

Legal status: Nonprofit - Unincorporated

CONSEIL RÉGIONAL DE L'ENVIRONNEMENT DE LAVAL

3235 Saint-Martin Boulevard East, Suites 208-209, Duvernay, Laval, QC, H7E 5G8

450 664-3503

Website: www.credelaval.qc.ca/en/homepage

Email: credelaval@credelaval.qc.ca

Services: Group of individuals and organizations dedicated to protecting the environment and promoting the principles of socio-ecological transition. * Technical, material and scientific support for local authorities. * Public awareness and educational activities. * Consultation and publication of documents. * Environmental education. * Residual materials management, circular economy and mobility. * Complaints follow-up and environmental watch.

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, 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 grassroots and community movements' active participation in the social and economic development of its environment.

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

Services: Protection, conservation and improvement of the Rivière des Milles Îles and its tributaries. * Environmental education programs and ecotourism activities. * Management of the Rivière-des-Milles-Îles' Park. * Social rehabilitation program: subsidized jobs. * Advisory services, professional and scientific expertise.

Eligibility: general public

Coverage area: Laval, Rive-Nord

Hours: Monday to Sunday 10h00 to 17h00

Fees: none

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

Legal status: non-profit organization

INITIATIVE LOCALE ST-FRANÇOIS EN ACTION

1245 du Moulin Montée, Saint-François, Laval, QC, H7A 3V6

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: citizens, community organizations, institutions

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

Hours: Monday to Friday 8h30 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

Services: Greening projects to improve vegetation cover. * Tree distribution and citizen mobilizations in various Laval neighborhoods. * School greening. * Awareness and environmental education.

Eligibility: general public

Coverage area: Laval

Financing: grants, 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

Services: * Representation. * Social mobilization and political action. * Advocacy. * Popular education.

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

Coverage area: Laval

Hours: Monday to Thursday 9h00 to 17h00

Fees: contribution: \$35 per year

Financing: provincial

Legal status: non-profit organization

REGROUPEMENT LAVALLOIS POUR LA RÉUSSITE ÉDUCATIVE

2100 Cunard Street, Chomedey, Laval, QC, H7S 2G5

450 662-7000 ext. 1270

Website: rlpre.org

Email: irclaval@csslaval.gouv.qc.ca

Services: Regional consultation body (IRC) promoting school perseverance and educational success. *

Resource hub: resources for parents, awareness and animation supplies, etc. * School perseverance projects: school perseverance days (JPS), valorization of reading, work-study balance, transition to kindergarten, etc.

Eligibility: groups and actors carrying initiatives in favor of school and educational perseverance, awareness: general public

Coverage area: Laval

Financing: grants

Legal status: non-profit organization

RÉSEAU DES ORGANISMES EN ITINÉRANCE DE LAVAL

3550 Lévesque Boulevard West, Chomedey, Laval, QC, H7V 1E8

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 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: Laval, Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

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

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: tableaineslaval.ca/en

Email: info@tableaineslaval.ca

Services: Promotion of the needs and issues of seniors. * Exchanges, regional consultation and partnerships. * Promotion of member organizations. * Promotion of active aging. * Representation and identification of seniors' issues. * Information, activity calendar, news and resources on the website.

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

Coverage area: Laval

Hours: Monday to Thursday 8h30 to 16h30

Fees: annual membership: \$70

Financing: provincial

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: * 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: ochampfleury.org

Email: info@ochampfleury.org

Services: Activities and services for residents. * Recreational and sports activities for children and adults. * Events and occasional activities: Halloween, Christmas, garage sale, etc. * Room rental. * Day camp.

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: \$30 for a family, \$20 for an adult, \$10 for a child, activities and room rentals: variable

Financing: self-financing, membership fees, grants

Legal status: non-profit organization

AU PANIER

3781 Lévesque Boulevard West, Chomedey, Laval, QC, H7V 1G5

438 497-6140

Website: www.aupanier.org/index.php/en

Email: info@aupanier.org

Services: * Coffee-chats and activities. * Information, informal networking, etc. * Training: workshops and volunteering. * Catering service.

Eligibility: people living below the low-income threshold

Coverage area: Chomedey (postal codes H7W, H7V, H7T, H7S)

Hours: Monday to Friday 9h00 to 16h00

Fees: Membership card: \$10 per year

Financing: municipal, provincial, foundations, donations

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE PETIT ESPOIR

1235, Montée du Moulin, local 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, PowerPoint, 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 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

Hours: autumn and winter: Monday to Friday 8h30 to 22h00, Saturday 9h00 to 16h00, spring and summer: Monday to Friday 8h30 to 22h00

Financing: municipal

Legal status: municipal agency

CENTRE COMMUNAUTAIRE VAL-MARTIN

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

450 973-8787 Fax: 450 973-8414

Website: 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: 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

Email: info@centredusablon.com

Services: Sports, community and cultural centre. * Exercises adapted for seniors. * Seniors club. * Special needs program for children: sports, cooking and social skills activities. * Preschool program. * Summer and winter day camps, spring break camp. * Varied activities for children. * Sociocultural activities. * Training in water rescue. * Tax clinic. * Ecological park. * Volunteering program. * Room rental. * Swimming pool, fitness room, gyms, etc.

Eligibility: general public, special needs program: children with 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 18h00

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

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 and aquajogging.

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 ext. 100 Fax: 450 668-9615

Website: relais-communautaire.org

Email: info@relais-communautaire.org

Services: Food assistance * Community meals: lunches. * Food distribution. * Emergency food assistance. * Distribution of soup and sandwiches to vulnerable people. Material assistance * Carrefour des Aubaines: sale of used clothing and household items. * Bonhomme à lunettes service point. Community * Welcoming, information and referrals to resources and services. * Individualized follow-up and accompaniment. * Active listening. * Crisis management. * Day centre. * Relais santé beauté: 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 with meal preparation. * Articul: painting workshops. * Knitting. * Popular education workshops. * Special events. Immigration * Welcoming, information and referral. * Integration and intercultural bridge-building. * Thematic meals. Employment * Subsidized internships and jobs. * Professional reintegration program. * Volunteering. * Community and compensatory work. Christmas activities * Christmas baskets for members. * Animation and gifts for children.

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 DES LOISIRS DU BON-PASTEUR

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

450 669-2151 Fax: 450 669-2902

Website: loisirsbonpasteur.com

Email: info@loisirsbonpasteur.com

Services: Leisure centre. * Social, sporting, cultural and leisure activities. * Full-time or part-time francization courses. * Collective kitchen. * Spring break and day camp. * Extracurricular activities.

Eligibility: youth, families, general population

Coverage area: Laval

Hours: leisure: Monday to Friday 9h00 to 21h00, Saturday 9h00 to 14h30, Sunday 9h00 to 12h30, francization: Tuesday to Thursday 9h00 to 21h00

Fees: variable

Financing: municipal

Legal status: non-profit organization

YOUTH AND PARENTS AGAPE ASSOCIATION (THE)

3950 Notre-Dame Boulevard, Chomedey, Laval, QC, H7W 1S7

450 686-4333

Website: 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 for their assistance food recipients. Family and community * 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

Coverage area: Laval

Hours: Monday to Friday 8h30 to 17h00

Fees: none

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: ochampfleury.org

Email: info@ochampfleury.org

Services: Activities and services for residents. * Recreational and sports activities for children and adults. * Events and occasional activities: Halloween, Christmas, garage sale, etc. * Room rental. * Day camp.

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: \$30 for a family, \$20 for an adult, \$10 for a child, activities and room rentals: variable

Financing: self-financing, membership fees, 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

Services: Sociocultural and sports centre. * Fitness room, physical activities, team sports. * Arts. * English and Spanish classes. * Board games. * Special events, outings, outdoor activities. * Conferences. * Volunteering. * Room rental.

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

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

Services: Home support services by a volunteer network. * Meals on wheels, frozen meals sale, drop-in meals, conference dinner, catering. * Friendly calls and visits. * 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 16h00, lunch everyday 11h30 to 13h00

Fees: annual membership: \$25, meals on wheels: \$8 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 ÂÎNÉS

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

Services: Food assistance * Emergency food assistance, once a week. * Sale of frozen meals. * Community meals. * Boit'Appétit box drop-off point. * Christmas meal. Material assistance * Thrift store: recovery and sale of used clothing and household items. Community * Friendly calls. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Identification to prevent isolation. * Sentinels: suicide prevention. * At-home visits to inform on the centre's activities. * Adapted recreational activities for people 35 years old and over with a mobility, visual or hearing impairment. * Respite for caregivers. * Classes and training workshops: computer, line dancing, gymnastics, yoga, zumba gold, etc. * Low-cost transportation to activities. * Outings, visits, walks, parties and special events. * Room rental. * Conferences. * Volunteering. * Tax clinic.

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: \$17 per year, meals: \$6.50 for members and \$8 for non-members, frozen meals: variable prices, fresh meal of the day: \$4.50, food assistance delivery: variable

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

Hours: autumn and winter: Monday to Friday 8h30 to 22h00, Saturday 9h00 to 16h00, spring and summer: Monday to Friday 8h30 to 22h00

Financing: municipal

Legal status: municipal agency

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

Services: Sports, community and cultural centre. * Exercises adapted for seniors. * Seniors club. * Special needs program for children: sports, cooking and social skills activities. * Preschool program. * Summer and winter day camps, spring break camp. * Varied activities for children. * Sociocultural activities. * Training in water rescue. * Tax clinic. * Ecological park. * Volunteering program. * Room rental. * Swimming pool, fitness room, gyms, etc.

Eligibility: general public, special needs program: children with 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 18h00

Fees: variable

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

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR DE HAVRE-DES-ÎLES

2525A du Havre-des-Îles Avenue, Chomedey, Laval, QC, H7W 4C4

450 978-5528 Fax: 450 978-5528

Email: agedorhdi@videotron.ca

Services: * Social and recreational activities: bingo, cards, games, bridge, petanque, etc. * Physical activities: aquafitness. * Dancing dinners. * Outings. * Library. * Computer workshops. * Room rental.

Eligibility: seniors

Coverage area: Laval

Fees: membership: \$20

Financing: membership fees

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 grassroots and community movements' active participation in the social and economic development of its environment.

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

Website: www.entraidelaval.org

Email: coqlicorne@gmail.com

Services: * Children 0 to 5 years old: daycare, stimulation workshops, kindergarten preparation, parent workshops and parent-child workshops. * Youth 6 to 12 years old: extracurricular activities, homework help, day camps, cooking workshops, sports initiations, etc. * Immigration: reception, accompaniment, referral. * Citizen space: social events, social economy, room rental, community fridge, thrift shop, reception and guidance, public writer, commissioner for oaths. * Le Grand Cerf-Volant: socialising activities for seniors.

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

Coverage area: Laval

Hours: Monday and Thursday 9h00 to 16h00, Tuesday, Wednesday and Friday 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: www.foh3l.org

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

LAVAL - BUREAU VIE DE QUARTIER - CHOMEDEY, SAINTE-DOROTHÉE, LAVAL-OUEST, FABREVILLE, SAINTE-ROSE

6500 Arthur-Sauvé Boulevard, 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: * Animation of local life with local organizations. * Support to organizations in the organization of events and recreational activities in the neighbourhood. * Management of community centres.

Eligibility: organizations, institutions

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

Hours: Monday to Friday 8h15 to 12h00 and 13h00 to 21h00

Financing: municipal

Legal status: municipal agency

LAVAL - BUREAU VIE DE QUARTIER - DUVERNAY, SAINT-VINCENT-DE-PAUL, SAINT-FRANÇOIS, VIMONT, AUTEUIL

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@ville.laval.qc.ca

Services: * Animation of local life with local organizations. * Support to organizations in the organization of events and recreational activities in the neighbourhood. * Management of community centres.

Eligibility: organizations, institutions

Coverage area: Duvernay, Saint-Vincent-de-Paul, Saint-François, Vimont, Auteuil

Hours: Monday to Friday 17h00 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 culture, recreation, sports and social development. * Front-line proximity service addressing the needs of the population and organizations. * Outdoor sports activities, skating rinks, swimming pools, sports fields and facilities. * Summer day camp and spring break day camp. * Community and recreation centres. * Hall rentals.

Coverage area: Laval

Fees: variable

Financing: municipal

Legal status: municipal agency

Information and referral

CARREFOUR D'INTERCULTURES DE LAVAL

800 Chomedey Boulevard, Tower C, Suite 510, Chomedey, Laval, QC, H7V 3Y4

450 686-0554

Website: www.carrefourintercultures.com

Email: info@carrefourintercultures.com

Services: Welcoming of newcomers. * Information and guidance. * Accompaniment, support, settlement and integration assistance. * Assistance with forms. * Individual and group psychosocial support. * Part-time French courses. * Training to integrate the work force. * Administration of oath. * Family activities. * Espace parents: parenting skills workshops in the context of immigration. * Intercultural pairing. * Tax clinic.

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

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: reception@lecatal.ca

Services: * Respite for caregivers. * Information hub for seniors. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Animation day: social, cognitive and sports activities, games, discussions and outings. * Low-cost community meals. * Volunteer transportation to the organization only. * Free conferences. * Collective garden. * Tax clinic.

Eligibility: seniors 50 years old 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, grants

Legal status: non-profit organization

DIVISION URGENCE SOCIALE DU SERVICE DE POLICE DE LAVAL

2785 Francis-Hughes Avenue, Chomedey, Laval, QC, H7L 3J6

450 662-4595 Fax: 450 662-8534

Website: www.laval.ca/police/Pages/En/home.aspx

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 old and over in a crisis situation

Coverage area: Laval

Hours: Monday to Friday 8h15 to 12h00 and 13h00 to 17h30

Fees: none

Financing: municipal

Legal status: municipal agency

FEMMES EN EMPLOI

1688 des Laurentides Boulevard, Suite 102-103-104, Vimont, Laval, QC, H7M 2P4

450 490-4895

Website: en.femmesenemploi.org

Email: info@femmesenemploi.org

Services: Promoting the social, cultural and professional integration of women in precarious situations, particularly women from immigrant backgrounds. * Job search program and employment training. * Support for newly arrived immigrant women. * Computer workshops: Internet research, online banking, etc. * Information workshops on Canadian culture and laws and life in Canada, Quebec and Laval. * Translation services. * Consultation and referral services. * Object recovery: small appliances and furniture. * Seminars, workshops and other socio-educational activities on issues of discrimination and racial prejudice. * Events and environmental awareness. * Volunteer opportunities.

Eligibility: women in precarious situations, particularly women from immigrant backgrounds

Coverage area: Laval

Hours: Monday to Friday 9h00 to 17h00, computer workshops: Tuesdays and Wednesdays

Fees: none

Financing: municipal, provincial, federal, donations

Legal status: non-profit organization

HELLENIC SOCIAL SERVICES OF QUÉBEC - LAVAL

4865 du souvenir Street, Chomedey, Laval, QC, H7W 1E1

450 688-2091 Fax: 450 688-2084

Website: hcgmm.org

Email: infosshq@hcgmm.org

Services: Food * Food bank. * Home delivery. * Christmas baskets. Support * Information and referral. * Active 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 for people victim of abuse. * Friendly phone calls. * Programme intégré d'équilibre dynamique (PIED). * Support for caregivers: support groups, coffee meetings, information and referral, Info-mobile: booths in public events. * Recreational activities and bonding program. * Coffee meeting. * Exercise course. Education * Computer classes: tablet and cell phone. * French classes.

Eligibility: general public, mainly of Greek origin

Coverage area: Laval

Hours: Monday to Friday 9h00 to 17h00

Fees: annual membership: \$5, food bank: \$5 per box

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: none

Financing: provincial

Legal status: non-profit organization

JEUN'EST EN FORME

4091 Saint-Joseph Street, Saint-Vincent-de-Paul, Laval, QC, H7C 1H6

438 365-3989

Website: jeunestenforme.com

Email: coordination@jeunestenforme.com

Services: Neighbourhood table and support service for people in vulnerable situations in eastern Laval. * Information and referrals to the activities and services of local organizations and institutions. * Help with filling out social housing forms.

Eligibility: general public

Coverage area: East of Laval: Duvernay, Saint-Vincent-de-Paul

Hours: Monday to Thursday 9h00 to 16h00

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

Services: * Loan and access to books and audio-visual 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, reading starter kits for children 5 years and under. * Home loan for people with reduced mobility. * Telescope loan.

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

Services: * Loan and access to books and audio-visual 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, reading starter kits for children 5 years and under. * 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 - 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

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, toolkit for caregivers, reading starter kits for children 5 years and under. * 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 - 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

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, early reading kits for children 5 years and under. * Home loan for people with reduced mobility. * Telescope loan.

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

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, reading starter kits for children 5 years and under. * Home loan for people with reduced mobility. * Telescope loan.

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

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, reading starter kits for children 5 years and under. * Home loan for people with reduced mobility. * Le Studio: digital space to learn, create and experiment. * Telescope loan.

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

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, reading starter kits for children 5 years and under. * 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

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, reading starter kits for children 5 years and under. * Home loan for people with reduced mobility. * Telescope loan.

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

Services: * Loan and access to books and audio-visual 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, reading starter kits for children 5 years and under. * Home loan for people with reduced mobility. * Telescope loan.

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

SERVICE CANADA CENTRE - LAVAL

1041 des Laurentides Boulevard, 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: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Laval

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

Volunteering and volunteer centres

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

Services: Services for seniors. * Listening and referral. * Recreational, sports and artistic workshops. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Computer classes. * Monthly and intercultural luncheons and collective kitchens. * Volunteers training. * Free conferences. * Intergenerational activities and meeting place Café Entre-Nous. * Bonhomme à lunettes service point. * Accompaniment-transportation to the grocery store.

Eligibility: people 50 years and over

Coverage area: East of Laval, ITMAV: Saint-Vincent-de-Paul, Duvernay, Saint-François

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

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

438 497-6140

Website: www.aupanier.org/index.php/en

Email: info@aupanier.org

Services: * Coffee-chats and activities. * Information, informal networking, etc. * Training: workshops and volunteering. * Catering service.

Eligibility: people living below the low-income threshold

Coverage area: Chomedey (postal codes H7W, H7V, H7T, H7S)

Hours: Monday to Friday 9h00 to 16h00

Fees: Membership card: \$10 per year

Financing: municipal, provincial, foundations, donations

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE LE RENDEZ-VOUS DES ÂÎNÉS

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

Services: Food assistance * Emergency food assistance, once a week. * Sale of frozen meals. * Community meals. * Boit'Appétit box drop-off point. * Christmas meal. Material assistance * Thrift store: recovery and sale of used clothing and household items. Community * Friendly calls. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Identification to prevent isolation. * Sentinels: suicide prevention. * At-home visits to inform on the centre's activities. * Adapted recreational activities for people 35 years old and over with a mobility, visual or hearing impairment. * Respite for caregivers. * Classes and training workshops: computer, line dancing, gymnastics, yoga, zumba gold, etc. * Low-cost transportation to activities. * Outings, visits, walks, parties and special events. * Room rental. * Conferences. * Volunteering. * Tax clinic.

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: \$17 per year, meals: \$6.50 for members and \$8 for non-members, frozen meals: variable prices, fresh meal of the day: \$4.50, food assistance delivery: variable

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

Hours: 24 hours / 7 days

Fees: none

Financing: 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

Services: * Recruitment, training and referral of volunteers to Laval organisations: jebenevole.ca * Home support: SécuriCAB (automated call service to ensure the safety of seniors), medical transportation, school support, friendly visits, assistance with light chores, social calls, etc. * Moisson Laval: regional food bank supplying Laval organizations. * Comptoir alimentaire alternatif: emergency food aid. * Déjeuners et collations scolaires program (school lunches and snacks). * Christmas baskets. * Collection and distribution of school supplies. * Year-round tax clinic.

Eligibility: residents, people and families on a low income, organizations helping people on a low income, newcomers, refugees

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

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

Services: Sports, community and cultural centre. * Exercises adapted for seniors. * Seniors club. * Special needs program for children: sports, cooking and social skills activities. * Preschool program. * Summer and winter day camps, spring break camp. * Varied activities for children. * Sociocultural activities. * Training in water rescue. * Tax clinic. * Ecological park. * Volunteering program. * Room rental. * Swimming pool, fitness room, gyms, etc.

Eligibility: general public, special needs program: children with 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 18h00

Fees: variable

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

Legal status: non-profit organization

FEMMES EN EMPLOI

1688 des Laurentides Boulevard, Suite 102-103-104, Vimont, Laval, QC, H7M 2P4

450 490-4895

Website: en.femmesenemploi.org

Email: info@femmesenemploi.org

Services: Promoting the social, cultural and professional integration of women in precarious situations, particularly women from immigrant backgrounds. * Job search program and employment training. * Support for newly arrived immigrant women. * Computer workshops: Internet research, online banking, etc. * Information workshops on Canadian culture and laws and life in Canada, Quebec and Laval. * Translation services. * Consultation and referral services. * Object recovery: small appliances and furniture. * Seminars, workshops and other socio-educational activities on issues of discrimination and racial prejudice. * Events and environmental awareness. * Volunteer opportunities.

Eligibility: women in precarious situations, particularly women from immigrant backgrounds

Coverage area: Laval

Hours: Monday to Friday 9h00 to 17h00, computer workshops: Tuesdays and Wednesdays

Fees: none

Financing: municipal, provincial, federal, donations

Legal status: non-profit organization

LUMI-VIE

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

450 687-8311

Website: lumivie.com/en

Email: info@lumivie.com

Services: * Information and referral. * Accompaniment and support for the bereaved and 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. * Workshop on grief and how to support a bereaved person. * 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 9h00 to 17h00, summer schedule: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 12h00

Fees: variable

Financing: provincial

Legal status: non-profit organization

OPÉRATION PÈRE NOËL

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

450 233-8999

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

Services: * Reception, referral and living environment. * Parent-child workshops: toddlers 0-24 months, stimulation 0-5 years and conferences. * Daycare. * YAPP group for parents. * School support. * Spring break and summer day camps. * Parent-child activities. * Collective activities and volunteering. * Kindergarten preparation workshops. * Tourbillons program: activities for 6-12 years old. * Premiers pas program: support and respite at home for parents.

Eligibility: families with children under 12 years old

Coverage area: Laval

Hours: Monday to Wednesday 9h00 to 16h30, Thursday 9h00 to 13h00 and 18h00 to 20h00, Friday 17h30 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

Services: Food aid for refugee families or asylum seekers. * Emergency food assistance. * Take-out meals. * Collective kitchen. * Integration and assistance to families. * Garden Indoor and outdoor. * Youth program: summer job integration. * Volunteering program. * Christmas baskets. * Distribution of school supplies.

Eligibility: asylum-seeking families on a low-income, refugee families on a low-income

Capacity: 100

Coverage area: Chomedey

Hours: Monday to Friday 9h00 to 17h00, registration and supervision of new families: Monday and Tuesday, take-out meals: Wednesday and Friday

Fees: take-out meals: voluntary contributions, other services: free

Financing: donations, municipal, provincial, federal

Legal status: non-profit organization

RELAIS COMMUNAUTAIRE DE LAVAL

111 des Laurentides Boulevard, Suite 101, Pont-Viau, Laval, QC, H7G 2T2

450 668-8727 ext. 100 Fax: 450 668-9615

Website: relais-communautaire.org

Email: info@relais-communautaire.org

Services: Food assistance * Community meals: lunches. * Food distribution. * Emergency food assistance. * Distribution of soup and sandwiches to vulnerable people. Material assistance * Carrefour des Aubaines: sale of used clothing and household items. * Bonhomme à lunettes service point. Community * Welcoming, information and referrals to resources and services. * Individualized follow-up and accompaniment. * Active listening. * Crisis management. * Day centre. * Relais santé beauté: 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 with meal preparation. * Articul: painting workshops. * Knitting. * Popular education workshops. * Special events. Immigration * Welcoming, information and referral. * Integration and intercultural bridge-building. * Thematic meals. Employment * Subsidized internships and jobs. * Professional reintegration program. * Volunteering. * Community and compensatory work. Christmas activities * Christmas baskets for members. * Animation and gifts for children.

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

RESPIRE 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

Website: www.apadhl.com

Email: apadhl@hotmail.com

Services: * Supervised employment workshops.

Eligibility: people living with an intellectual disability, a physical 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

500 Saint-Martin Boulevard West, Suite 370, Chomedey, Laval, QC, H7M 3Y2

450 967-9611 Fax: 450 967-2391

Website: www.larrimage.ca/en

Email: infos.laval@larrimage.ca

Services: Professional integration and reintegration. * Reception, assessment and information. * Resume and cover letter writing. * Job search assistance and interview preparation. * Business visits. * Job retention and follow-up.

Eligibility: people living with a mental health problem diagnosis

Coverage area: Laval

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

AU JARDIN DE LA FAMILLE DE FABREVILLE INC.

3867 Sainte-Rose Boulevard, Fabreville, Laval, QC, H7P 1C8

450 622-9456 Fax: 450 622-0312

Website: jardindela famille.org

Email: ajff@jardindela famille.org

Services: * Francization. * Literacy workshops: reading, writing, calculating, communication. * Thrift store. * Homework assistance. * Storage: treatment and recuperation workshop for paper, cardboard, glass and metal. * Socioprofessional integration through workshops, training, coaching, mentoring. * Distribution of basic necessities.

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

Coverage area: Laval

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: none

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

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE PETIT ESPOIR

1235, Montée du Moulin, local 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, PowerPoint, 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: cill.qc.ca

Email: info@cill.qc.ca

Services: * Drop-in centres. * Pre-employability and work units: kitchen, office, household maintenance. * Trainings: French-literacy, English conversation, computers, organization committee for community life, music therapy, art and crafts. * Social and sports activities. * Social insertion measures. * Community follow-up: housing assistance, social integration, accompaniment, listening and moral support. * Integration in the work place: internship and accompaniment.

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 9h00 to 17h00

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: cill.qc.ca

Email: info@cill.qc.ca

Services: * Drop-in centre: trainings and workshops, sociocultural 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 9h00 to 17h00

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 living with disabilities.

Eligibility: people living with a physical, hearing or intellectual disability, autistic people

Capacity: 200 people

Coverage area: Laval

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

RELAIS COMMUNAUTAIRE DE LAVAL

111 des Laurentides Boulevard, Suite 101, Pont-Viau, Laval, QC, H7G 2T2

450 668-8727 ext. 100 Fax: 450 668-9615

Website: relais-communautaire.org

Email: info@relais-communautaire.org

Services: Food assistance * Community meals: lunches. * Food distribution. * Emergency food assistance. * Distribution of soup and sandwiches to vulnerable people. Material assistance * Carrefour des Aubaines: sale of used clothing and household items. * Bonhomme à lunettes service point. Community * Welcoming, information and referrals to resources and services. * Individualized follow-up and accompaniment. * Active listening. * Crisis management. * Day centre. * Relais santé beauté: 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 with meal preparation. * Articule: painting workshops. * Knitting. * Popular education workshops. * Special events. Immigration * Welcoming, information and referral. * Integration and intercultural bridge-building. * Thematic meals. Employment * Subsidized internships and jobs. * Professional reintegration program. * Volunteering. * Community and compensatory work. Christmas activities * Christmas baskets for members. * Animation and gifts for children.

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

SERVICES DU CHAT BOTTÉ (LES)

155 Je-Me-Souviens Boulevard, Sainte-Rose, Laval, QC, H7L 1V6

450 663-5551 ext. 2 Fax: 450 663-0694

Website: autismelaval.org

Email: info@autismelaval.org

Services: * Weekend respite with accommodation and emergency respite. * Summer, spring break and Christmas week day camps. * Leisure activities: karate, dance, curling, cinema, cooking, etc. * Social and recreational activities for people living with Asperger's syndrome. * Socioprofessional activities for adults at the Bioferme located 573 Rang Saint-Antoine, H7R 6E8. * Day activities.

Eligibility: autistic people, day activities: semi-autonomous people 21 years with autism, behavioural problem or an intellectual disability

Capacity: respite: 24

Coverage area: Laval

Hours: Monday to Friday 8h30 to 15h00

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

450 231-0799

Email: coordonnateur@apvsl.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

Coverage area: Laval

Hours: Monday to Friday 9h00 to 16h30

Fees: activities: variable

Financing: donations, grants, self-financing

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

Email: secretariat@aledia1959.com

Services: Promote the maintenance, improvement and development of support measures for people living with an intellectual disability or autistic people. * Supervised activity for members 12 years and over. * Summer camp, recreational and sports activities. * Food assistance.

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

Coverage area: Laval

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

Fees: participating member: \$20, food box user member: \$30, half-days: \$20, full days: 25 to \$33, assessment: \$20

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

Services: * Information, referral. * Consultation. * Promotion of the importance of being physically active and practicing stimulating recreational activities in an effort to improve wellbeing and healthy lifestyles. * Companion Leisure Card (CAL).

Eligibility: anyone living 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

LE PILIER FOUNDATION

425 Place Jean-Coutu, Auteuil, Laval, QC, H7H 3C8

450 624-9922 Fax: 450 624-0976

Website: www.lepilier.org

Email: info@lepilier.org

Services: Organization that aims to improve the quality of life for people with disabilities. * Housing services in adapted and supervised residential environments. * Building, hosting, sale and administration of housing projects that facilitate the social integration of people with disabilities. * Promotion and development of adapted leisure activities. * Promoting respect and rights for people with disabilities. * Participation in research. * Centre Marcelle et Jean Coutu.

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 to Friday 9h00 to 16h00

Financing: donations, provincial, municipal

Legal status: non-profit organization

MOUVEMENT PERSONNE D'ABORD DE LAVAL

304 Cartier Ouest Boulevard, Suite 240, Laval-des-Rapides, Laval, QC, H7N 2J2

450 972-2099 ext. 42002

Email: mpdalaval@hotmail.com

Services: * Promotion and advocacy. * Mutual help. * Welcome and referrals. * Accompaniment. * Coffee meeting. * Choir.

Eligibility: people living with an intellectual disability

Capacity: 55

Coverage area: Laval

Hours: Monday to Thursday, variable schedule

Fees: membership card: \$20 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

Services: * Representation. * Social mobilization and political action. * Advocacy. * Popular education.

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

Coverage area: Laval

Hours: Monday to Thursday 9h00 to 17h00

Fees: contribution: \$35 per year

Financing: provincial

Legal status: non-profit organization

SOCIÉTÉ DE L'AUTISME ET DES TED - LAVAL

155 Je-Me-Souviens Boulevard, Sainte-Rose, Laval, QC, H7L 1V6

450 663-5551 Fax: 450 663-0694

Website: autismelaval.org

Email: info@autismelaval.org

Services: * Information and conferences. * Telephone listening and support. * Meetings for parents. * Training for counsellors and specialists. * Documentation centre. * Advocacy.

Eligibility: autistic people or people living with a pervasive developmental disorder, with or without an intellectual disability, 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

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

Email: secretariat@aledia1959.com

Services: Promote the maintenance, improvement and development of support measures for people living with an intellectual disability or autistic people. * Supervised activity for members 12 years and over. * Summer camp, recreational and sports activities. * Food assistance.

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

Coverage area: Laval

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

Fees: participating member: \$20, food box user member: \$30, half-days: \$20, full days: 25 to \$33, assessment: \$20

Financing: provincial, self-financing

Legal status: non-profit organization

LE PILIER FOUNDATION

425 Place Jean-Coutu, Auteuil, Laval, QC, H7H 3C8

450 624-9922 Fax: 450 624-0976

Website: www.lepilier.org

Email: info@lepilier.org

Services: Organization that aims to improve the quality of life for people with disabilities. * Housing services in adapted and supervised residential environments. * Building, hosting, sale and administration of housing projects that facilitate the social integration of people with disabilities. * Promotion and development of adapted leisure activities. * Promoting respect and rights for people with disabilities. * Participation in research. * Centre Marcelle et Jean Coutu.

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 to Friday 9h00 to 16h00

Financing: donations, provincial, municipal

Legal status: non-profit organization

MOUVEMENT PERSONNE D'ABORD DE LAVAL

304 Cartier Ouest Boulevard, Suite 240, Laval-des-Rapides, Laval, QC, H7N 2J2

450 972-2099 ext. 42002

Email: mpdalaval@hotmail.com

Services: * Promotion and advocacy. * Mutual help. * Welcome and referrals. * Accompaniment. * Coffee meeting. * Choir.

Eligibility: people living with an intellectual disability

Capacity: 55

Coverage area: Laval

Hours: Monday to Thursday, variable schedule

Fees: membership card: \$20 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

Services: * Representation. * Social mobilization and political action. * Advocacy. * Popular education.

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

Coverage area: Laval

Hours: Monday to Thursday 9h00 to 17h00

Fees: contribution: \$35 per year

Financing: provincial

Legal status: non-profit organization

SOCIÉTÉ DE L'AUTISME ET DES TED - LAVAL

155 Je-Me-Souviens Boulevard, Sainte-Rose, Laval, QC, H7L 1V6

450 663-5551 Fax: 450 663-0694

Website: autismelaval.org

Email: info@autismelaval.org

Services: * Information and conferences. * Telephone listening and support. * Meetings for parents. * Training for counsellors and specialists. * Documentation centre. * Advocacy.

Eligibility: autistic people or people living with a pervasive developmental disorder, with or without an intellectual disability, 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

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

450 231-0799

Email: coordonnateur@apvsl.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

Coverage area: Laval

Hours: Monday to Friday 9h00 to 16h30

Fees: activities: variable

Financing: donations, grants, 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.ca

Email: alta@altalaval.ca

Services: * Information on paratransit and accessible transportation services. * Representation and advocacy of rights. * Assistance with lodging complaints. * Assistance with application procedures for paratransit. * Information conferences at seniors' residences and community organizations. * Activities for members.

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

Services: * Information, referral. * Consultation. * Promotion of the importance of being physically active and practicing stimulating recreational activities in an effort to improve wellbeing and healthy lifestyles. * Companion Leisure Card (CAL).

Eligibility: anyone living 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

Services: Food assistance * Emergency food assistance, once a week. * Sale of frozen meals. * Community meals. * Boit'Appétit box drop-off point. * Christmas meal. Material assistance * Thrift store: recovery and sale of used clothing and household items. Community * Friendly calls. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Identification to prevent isolation. * Sentinels: suicide prevention. * At-home visits to inform on the centre's activities. * Adapted recreational activities for people 35 years old and over with a mobility, visual or hearing impairment. * Respite for caregivers. * Classes and training workshops: computer, line dancing, gymnastics, yoga, zumba gold, etc. * Low-cost transportation to activities. * Outings, visits, walks, parties and special events. * Room rental. * Conferences. * Volunteering. * Tax clinic.

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: \$17 per year, meals: \$6.50 for members and \$8 for non-members, frozen meals: variable prices, fresh meal of the day: \$4.50, food assistance delivery: variable

Financing: Centraide of Greater Montréal, provincial, 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

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 living with disabilities.

Eligibility: people living with a physical, hearing or intellectual disability, autistic people

Capacity: 200 people

Coverage area: Laval

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

INSTITUT RAYMOND-DEWAR - PSYCHOSOCIAL SERVICES FOR DEAF CLIENTS WHO SPEAK SIGN LANGUAGE

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

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 adult 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

3205 Alton-Goldbloom Place, Laval-des-Rapides, Laval, QC, H7V 1R2

450 688-5728 ext. 84221 Fax: 450 688-5187

Website: lavalensante.com/hjr-jrh

Email: sat_admission_hjr@ssss.gouv.qc.ca

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 living with a physical disability, adults living 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 East Boulevard, Duvernay, Laval, QC, H7E 2C5

438 830-4323

Website: mieuxnaitre.org

Email: info@mieuxnaitre.org

Services: Perinatal resources centre. * Support for parents and pregnant people, before, during and after the birth. * Listening and referrals. * Prenatal meetings (prenatal classes) * Prenatal and postnatal yoga. *

Relevailles: at-home respite. * Prenatal and postnatal physical activities. * Care to newborns, babywearing workshops and baby massage classes. * Breastfeeding consultation. * Sign language for babies. * Child-led dietary diversification workshop (DME). * Community and intercultural environment dedicated to women and their families during the perinatal period: access to a book lending service, coffee chats and a play area for toddlers. * Reception of donations of baby clothes (size 0-24 months) and maternity clothes. * Thrift shop.

Eligibility: future and new parents

Coverage area: Laval

Hours: Monday to Thursday 9h00 to 16h00

Fees: free or variable depending on family income

Financing: grants, contributions, self-financing, 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

Services: * Representation. * Social mobilization and political action. * Advocacy. * Popular education.

Eligibility: community organizations for people with disabilities or for parents of children with intellectual, sensory or motor 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: 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. * Stimulation workshops for 3 to 5 year olds and 6 to 12 year olds. * Socialisation and autonomy development activities for 13 to 16 year olds. * Recreation groups for people 17 years and over.

Eligibility: children, teenagers and adults with DLD (dysphasia), their parents or close ones

Capacity: 30

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: administration@avcaphasielaval.ca

Services: * Workshops: language stimulation, carpentry, creativity, computer, GYM-AVC, theatre, cognitive stimulation. * Mutual aid groups: monthly open group for caregivers, group for people who have had a stroke and their close ones. * Psychosocial support for people with aphasia and caregivers. * Group outings. * Bonhomme à lunettes service point.

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

Coverage area: Laval

Hours: Monday to Friday 8h30 to 15h30

Fees: annual membership: \$25, activities: 25 to \$35 per semester

Financing: provincial, municipal, donations

Legal status: non-profit organization

Mobility aids**CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DE LAVAL - SERVICES EN DÉFICIENCE INTELLECTUELLE, TROUBLE DU SPECTRE DE L'AUTISME ET DÉFICIENCE PHYSIQUE**

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

811 option 2 Fax: 450 972-2041

Website: www.lavalensante.com/en/professionals-and-doctors/acces-aux-services-en-di-tsa-et-dp

Services: * Pediatric services and programs: motor, language and autonomy development, support and accompaniment, diagnostic evaluation, transition to adulthood, mobility assistance. * Services for adults.

Eligibility: people living with a physical or an intellectual disability, autistic people

Coverage area: Laval

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

Services: Frontline services for routine health and social services. * Health insurance card authentication. * Crutches (rental). * Cane (rental). * Wheelchair (rental). * Breast pump (rental). * Bandage change and follow-up. * Minor surgery. * Contraception. * Emergency oral contraception. * Screening. * Distribution of new injection material to drug users (free service). * Test samples. * Recovery of used needles and syringes. * Breastfeeding room. * Vaccination. * Vaccination against the flu.

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 14h30

Financing: provincial

Legal status: parapublic organization

CLSC DU MARIGOT - BOULEVARD DES LAURENTIDES

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

450 668-1444

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

Services: Frontline services for routine health and social services. * Health insurance card authentication. * Abortion. * Crutches (rental). * Cane (rental). * Wheelchair (rental) * Breast pump (rental). * Minor surgery. * Contraception. * Screening. * Distribution of new injection equipment to drug users (free service). * Test samples. * SIDEPE - Integrated screening and prevention service for STIs. * General vaccination. * Flu vaccination.

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

Services: Frontline services for routine health and social services. * Food assistance. * Household assistance. * Anticoagulation therapy - Prescription adjustment. * Health insurance card authentication. * Crutches and wheelchair rental. * Nurse consultation. * Contraception, screening, and abortion pills. * Distribution of new injection material to drug users and recovery of used needles and syringes. * Breastfeeding room. * Streptococcus screening service. * Psychosocial services including reception, analysis, orientation and referral. * Cholesterol testing. * Blood sugar testing * Pap test. * Flu vaccination.

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, Door 5.8, 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

Fees: variable

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

Services: General and specialized rehabilitation care. * Socioprofessional, socioresidential and community integration. * Accommodation in non-institutional residences. * Driving evaluation and adaptation of vehicles.

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

Coverage area: Montréal Island, Laval, Laurentides, Lanaudière

Financing: provincial

Legal status: parapublic organization

JEWISH REHABILITATION HOSPITAL - TECHNICAL AIDS AND ASSISTIVE COMMUNICATION AIDS

3205 Alton-Goldbloom Place, Laval-des-Rapides, Laval, QC, H7V 1R2

450 688-5728 ext. 84221 Fax: 450 688-5187

Website: lavalensante.com/hjr-jrh

Email: sat_admission_hjr@ssss.gouv.qc.ca

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 living with a physical disability, adults living 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

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.ca

Email: alta@altalaval.ca

Services: * Information on paratransit and accessible transportation services. * Representation and advocacy of rights. * Assistance with lodging complaints. * Assistance with application procedures for paratransit. * Information conferences at seniors' residences and community organizations. * Activities for members.

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

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 18 years and over living with a physical or intellectual disability

Coverage area: Laval

Hours: administration: variable, activities: 18h30 to 20h00 at the Centre de la Nature

Fees: \$60 per season

Financing: 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

450 231-0799

Email: coordonnateur@apvsl.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

Coverage area: Laval

Hours: Monday to Friday 9h00 to 16h30

Fees: activities: variable

Financing: donations, grants, self-financing

Legal status: non-profit organization

ASSOCIATION DYSPHASIE +

3235 Saint-Martin Boulevard East, Suite 216, Duvernay, Laval, QC, H7E 5G8

450 937-3670

Website: 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. * Stimulation workshops for 3 to 5 year olds and 6 to 12 year olds. * Socialisation and autonomy development activities for 13 to 16 year olds. * Recreation groups for people 17 years and over.

Eligibility: children, teenagers and adults with DLD (dysphasia), their parents or close ones

Capacity: 30

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

Email: secretariat@aledia1959.com

Services: Promote the maintenance, improvement and development of support measures for people living with an intellectual disability or autistic people. * Supervised activity for members 12 years and over. * Summer camp, recreational and sports activities. * Food assistance.

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

Coverage area: Laval

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

Fees: participating member: \$20, food box user member: \$30, half-days: \$20, full days: 25 to \$33, assessment: \$20

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

Services: * Social integration. * Recreational activities. * Psychosocial intervention: individual or family meetings, workshops. * Support groups. * Support for relatives: respite, meetings, workshops. * Awareness. * Information, conferences.

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: none

Financing: provincial, subventions

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

Services: * Information, referral. * Consultation. * Promotion of the importance of being physically active and practicing stimulating recreational activities in an effort to improve wellbeing and healthy lifestyles. * Companion Leisure Card (CAL).

Eligibility: anyone living 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: administration@avcaphasielaval.ca

Services: * Workshops: language stimulation, carpentry, creativity, computer, GYM-AVC, theatre, cognitive stimulation. * Mutual aid groups: monthly open group for caregivers, group for people who have had a stroke and their close ones. * Psychosocial support for people with aphasia and caregivers. * Group outings. * Bonhomme à lunettes service point.

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

Coverage area: Laval

Hours: Monday to Friday 8h30 to 15h30

Fees: annual membership: \$25, activities: 25 to \$35 per semester

Financing: provincial, municipal, 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

Services: Food assistance * Emergency food assistance, once a week. * Sale of frozen meals. * Community meals. * Boit'Appétit box drop-off point. * Christmas meal. Material assistance * Thrift store: recovery and sale of used clothing and household items. Community * Friendly calls. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Identification to prevent isolation. * Sentinels: suicide prevention. * At-home visits to inform on the centre's activities. * Adapted recreational activities for people 35 years old and over with a mobility, visual or hearing impairment. * Respite for caregivers. * Classes and training workshops: computer, line dancing, gymnastics, yoga, zumba gold, etc. * Low-cost transportation to activities. * Outings, visits, walks, parties and special events. * Room rental. * Conferences. * Volunteering. * Tax clinic.

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: \$17 per year, meals: \$6.50 for members and \$8 for non-members, frozen meals: variable prices, fresh meal of the day: \$4.50, food assistance delivery: variable

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

Services: Sports, community and cultural centre. * Exercises adapted for seniors. * Seniors club. * Special needs program for children: sports, cooking and social skills activities. * Preschool program. * Summer and winter day camps, spring break camp. * Varied activities for children. * Sociocultural activities. * Training in water rescue. * Tax clinic. * Ecological park. * Volunteering program. * Room rental. * Swimming pool, fitness room, gyms, etc.

Eligibility: general public, special needs program: children with 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 18h00

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

Services: * Adapted activities. * Summer day camp. * Specialized weekend respite. * Weekly summer respite. * Alternating housing autism-youth.

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: \$30 per day and \$20 per half-day for Laval residents, \$35 per day and \$25 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

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 DE LAVAL

2345 Michelin Street, Suite 230, Chomedey, Laval, QC, H7S 5B9

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 old 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: info@gymnolaval.org

Services: Recreational activities for children 3 to 17 years old with learning difficulties. * Summer day camp. * Parent-child activities. * Dance classes. * Physical, theatrical and aquatic activities.

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

Website: halte-orchidbleue.ca

Email: info@halte-orchidbleue.ca

Services: * Extracurricular activities for teenagers. * 7-week summer day camp. * Activities during spring break. * Daytime activities for adults.

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

LITTLE BROTHERS - LAVAL

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

450 934-8955

Website: littlebrothers.ca/about-us/regional-teams/laval

Email: laval@petitsfreres.ca

Services: Organization aimed at countering the isolation of seniors until their end of life. * Accompaniment and pairing with volunteers. * Visits in people's living environments: at-home, at the hospital or CHSLD, in their residence, etc. * Other End of the Line: phone pairing. * Activities and special outings to celebrate birthdays and traditional holidays. * Holidays stays at The Juliette Huot Home in Oka. * End-of-life accompaniment. * Coffee get-together. * Christmas and Easter reception. * Christmas gifts.

Eligibility: people 75 years old and over without a present family or significant social contact

Coverage area: Laval

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: fundraising campaigns, self-financing, donations

Legal status: non-profit organization

MOUVEMENT PERSONNE D'ABORD DE LAVAL

304 Cartier Ouest Boulevard, Suite 240, Laval-des-Rapides, Laval, QC, H7N 2J2

450 972-2099 ext. 42002

Email: mpdalaval@hotmail.com

Services: * Promotion and advocacy. * Mutual help. * Welcome and referrals. * Accompaniment. * Coffee meeting. * Choir.

Eligibility: people living with an intellectual disability

Capacity: 55

Coverage area: Laval

Hours: Monday to Thursday, variable schedule

Fees: membership card: \$20 per year

Financing: provincial

Legal status: non-profit organization

SERVICES DU CHAT BOTTÉ (LES)

155 Je-Me-Souviens Boulevard, Sainte-Rose, Laval, QC, H7L 1V6

450 663-5551 ext. 2 Fax: 450 663-0694

Website: autismelaval.org

Email: info@autismelaval.org

Services: * Weekend respite with accommodation and emergency respite. * Summer, spring break and Christmas week day camps. * Leisure activities: karate, dance, curling, cinema, cooking, etc. * Social and recreational activities for people living with Asperger's syndrome. * Socioprofessional activities for adults at the Bioferme located 573 Rang Saint-Antoine, H7R 6E8. * Day activities.

Eligibility: autistic people, day activities: semi-autonomous people 21 years with autism, behavioural problem or an intellectual disability

Capacity: respite: 24

Coverage area: Laval

Hours: Monday to Friday 8h30 to 15h00

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: mscanada.ca/ms-canada-laval

Email: info.laval@scleroseenplaques.ca

Services: * Active listening on the phone. * Information and referrals. * Documentation centre. * Vacation camp 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, thematic 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: none

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

Services: * Reception and referral. * Information, conferences, training, workshops. * Day centres and drop-in respite. * Home respite: hygienic care, medication, meal preparation, help with housekeeping, shopping, etc. * Support group. * Individual psychosocial intervention. * Social activities, coffee-chat. * Stimulation activities for seniors. * Management of the Employment-Service Check program. * Christmas party for members.

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 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 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

Email: secretariat@aledia1959.com

Services: Promote the maintenance, improvement and development of support measures for people living with an intellectual disability or autistic people. * Supervised activity for members 12 years and over. * Summer camp, recreational and sports activities. * Food assistance.

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

Coverage area: Laval

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

Fees: participating member: \$20, food box user member: \$30, half-days: \$20, full days: 25 to \$33, assessment: \$20

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

Services: * Adapted activities. * Summer day camp. * Specialized weekend respite. * Weekly summer respite. * Alternating housing autism-youth.

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: \$30 per day and \$20 per half-day for Laval residents, \$35 per day and \$25 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

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

Website: halte-orchidbleue.ca

Email: info@halte-orchidbleue.ca

Services: * Extracurricular activities for teenagers. * 7-week summer day camp. * Activities during spring break.

* Daytime activities for adults.

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

LE PILIER FOUNDATION

425 Place Jean-Coutu, Auteuil, Laval, QC, H7H 3C8

450 624-9922 Fax: 450 624-0976

Website: www.lepilier.org

Email: info@lepilier.org

Services: Organization that aims to improve the quality of life for people with disabilities. * Housing services in adapted and supervised residential environments. * Building, hosting, sale and administration of housing projects that facilitate the social integration of people with disabilities. * Promotion and development of adapted leisure activities. * Promoting respect and rights for people with disabilities. * Participation in research. * Centre Marcelle et Jean Coutu.

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 to Friday 9h00 to 16h00

Financing: donations, provincial, municipal

Legal status: non-profit organization

MAISON DU PAS SAGE

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

450 937-1628

Website: www.maisondupassage.org

Email: information@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, grants

Legal status: non-profit organization

SERVICES DU CHAT BOTTÉ (LES)

155 Je-Me-Souviens Boulevard, Sainte-Rose, Laval, QC, H7L 1V6

450 663-5551 ext. 2 Fax: 450 663-0694

Website: autismelaval.org

Email: info@autismelaval.org

Services: * Weekend respite with accommodation and emergency respite. * Summer, spring break and Christmas week day camps. * Leisure activities: karate, dance, curling, cinema, cooking, etc. * Social and recreational activities for people living with Asperger's syndrome. * Socioprofessional activities for adults at the Bioferme located 573 Rang Saint-Antoine, H7R 6E8. * Day activities.

Eligibility: autistic people, day activities: semi-autonomous people 21 years with autism, behavioural problem or an intellectual disability

Capacity: respite: 24

Coverage area: Laval

Hours: Monday to Friday 8h30 to 15h00

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 daytime activities to promote and maintain overall development: art, painting, crafts, creative and sensory experiences. * Special events and activities. * Annual Christmas market.

Eligibility: people 17 years and over, with an intellectual disability, physical handicap or multiple disabilities, autistic people

Capacity: 24 people each block of 2 hours

Coverage area: Laval

Hours: Monday to Friday 9h00 à 16h00

Fees: varies depending on activities

Financing: Centraide du Grand Montréal, provincial

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: * Support for parents: accompaniment, reimbursement for training and access to a material library offering specialized equipment (games, books, modules, etc.). * Support for autistic adults: short or long term accompaniment adapted to the needs. * Loan or purchase of specialized equipment for professional people.

Eligibility: families of people living with autism, autistic adults, professionals working with neurodivergent people

Coverage area: Province of Québec

Hours: on request

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 16h00, drop-in centre: Monday to Friday 11h00 to 20h00, 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: variable

Financing: fundraising campaigns, donations, grants

Legal status: non-profit organization

ASSOCIATION DU DIABÈTE LAVAL

3030 Le Carrefour Boulevard, Suite 203, Chomedey, Laval, QC, H7T 2P5

450 686-0330

Website: diabetelaval.qc.ca

Email: info@diabetelaval.qc.ca

Services: * Prevention, awareness and information on diabetes and its effects. * Support for people with diabetes and their families. * Maintenance of adapted services. * Meetings with dieticians. * Cooking workshop with a nutritionist. * Healthy habits workshop. * Gentle fitness and yoga training. * Conferences.

Eligibility: people with diabetes, general public

Coverage area: Laval

Hours: Monday to Friday 9h30 to 16h00

Fees: \$20 per year

Financing: fundraising campaigns, contributions, donations, provincial

Legal status: non-profit organization

ASSOCIATION DYSPHASIE +

3235 Saint-Martin Boulevard East, Suite 216, Duvernay, Laval, QC, H7E 5G8

450 937-3670

Website: 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. * Stimulation workshops for 3 to 5 year olds and 6 to 12 year olds. * Socialisation and autonomy development activities for 13 to 16 year olds. * Recreation groups for people 17 years and over.

Eligibility: children, teenagers and adults with DLD (dysphasia), their parents or close ones

Capacity: 30

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 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

Services: * Social integration. * Recreational activities. * Psychosocial intervention: individual or family meetings, workshops. * Support groups. * Support for relatives: respite, meetings, workshops. * Awareness. * Information, conferences.

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: none

Financing: provincial, subventions

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: administration@avcaphasielaval.ca

Services: * Workshops: language stimulation, carpentry, creativity, computer, GYM-AVC, theatre, cognitive stimulation. * Mutual aid groups: monthly open group for caregivers, group for people who have had a stroke and their close ones. * Psychosocial support for people with aphasia and caregivers. * Group outings. * Bonhomme à lunettes service point.

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

Coverage area: Laval

Hours: Monday to Friday 8h30 to 15h30

Fees: annual membership: \$25, activities: 25 to \$35 per semester

Financing: provincial, municipal, donations

Legal status: non-profit organization

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

1800 Dumouchel Avenue, Chomedey, Laval, QC, H7S 1J7

450 681-9979 Fax: 450 681-2835

Website: baaf.ca

Email: adjointe@baaf.ca

Services: Support to families. * Respite. * French learning program for children 3 to 5 years old and animated stories. * Avenir de Femmes program: 23-unit cooperative building for single mothers. * Project 10-19: organisation of activities and workshops for youth. * Secondaire à ma manière: workshops and activities for 6th graders. * Improvisation. * Workshops and activities. * Francization workshop. * Mutual aid group. * Collective kitchen. * Coffee chats. * Le Vestibule: free thrift store. * Toy library. * Community garden.

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

800 Chomedey Boulevard, Tower C, Suite 510, Chomedey, Laval, QC, H7V 3Y4

450 686-0554

Website: www.carrefourintercultures.com

Email: info@carrefourintercultures.com

Services: Welcoming of newcomers. * Information and guidance. * Accompaniment, support, settlement and integration assistance. * Assistance with forms. * Individual and group psychosocial support. * Part-time French courses. * Training to integrate the work force. * Administration of oath. * Family activities. * Espace parents: parenting skills workshops in the context of immigration. * Intercultural pairing. * Tax clinic.

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: cill.qc.ca

Email: info@cill.qc.ca

Services: * Drop-in centres. * Pre-employability and work units: kitchen, office, household maintenance. * Trainings: French-literacy, English conversation, computers, organization committee for community life, music therapy, art and crafts. * Social and sports activities. * Social insertion measures. * Community follow-up: housing assistance, social integration, accompaniment, listening and moral support. * Integration in the work place: internship and accompaniment.

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 9h00 to 17h00

Financing: self-financing, grants

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

Services: Frontline services for routine health and social services. * Food assistance. * Household assistance. * Anticoagulation therapy - Prescription adjustment. * Health insurance card authentication. * Crutches and wheelchair rental. * Nurse consultation. * Contraception, screening, and abortion pills. * Distribution of new injection material to drug users and recovery of used needles and syringes. * Breastfeeding room. * Streptococcus screening service. * Psychosocial services including reception, analysis, orientation and referral. * Cholesterol testing. * Blood sugar testing * Pap test. * Flu vaccination.

Coverage area: Laval

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

Financing: provincial

Legal status: parapublic organization

FIBROMYALGIE 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

Services: * Monthly mutual aid groups. * Therapeutic listening and support. * Information and conferences. * Pain management. * Physical activities: aqua-fitness, pilates, etc. * Massage therapy. * Hypnosis.
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

INSTITUT DES TROUBLES D'APPRENTISSAGE - SECTION LAVAL

100 Tourangeau Street East, Pont-Viau, Laval, QC, H7G 1L1
514 404-7886

Website: www.italaval.com

Email: section.laval@institutta.com

Services: * Information and active listening. * Coffee chats for parents. * Themed coffee meetings for adults. * Conferences. * Y'APP: self-help group for parents of children with school difficulties or ADD/H. * Information kiosk. * Early screening and accompaniment in daycare services. * Documentation centre. * Awareness and information workshops. * Family activities.
Eligibility: children and adults with learning or attention difficulties, including ADD/H, their parents
Coverage area: Laval
Hours: Monday to Friday 8h30 to 16h30
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: littlebrothers.ca/about-us/regional-teams/laval

Email: laval@petitsfreres.ca

Services: Organization aimed at countering the isolation of seniors until their end of life. * Accompaniment and pairing with volunteers. * Visits in people's living environments: at-home, at the hospital or CHSLD, in their residence, etc. * Other End of the Line: phone pairing. * Activities and special outings to celebrate birthdays and traditional holidays. * Holidays stays at The Juliette Huot Home in Oka. * End-of-life accompaniment. * Coffee get-together. * Christmas and Easter reception. * Christmas gifts.
Eligibility: people 75 years old and over without a present family or significant social contact
Coverage area: Laval
Hours: Monday to Friday 9h00 to 16h00
Fees: none
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: lumivie.com/en

Email: info@lumivie.com

Services: * Information and referral. * Accompaniment and support for the bereaved and 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. * Workshop on grief and how to support a bereaved person. * 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 9h00 to 17h00, summer schedule: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 12h00

Fees: variable

Financing: provincial

Legal status: non-profit organization

LYMPHEDEMA ASSOCIATION OF QUÉBEC

Confidential Address

1 866 979-2463

Website: en.infolympho.ca

Email: aql@infolympho.ca

Services: * Awareness, education and information. * Therapeutical support: listening, advice and referral. * Monthly education and support group meetings with specialist guests (one month in French, one in English). * Certified therapists directory by region. * Bilingual educational pamphlets on risk reduction, treatments and self-management. * Quarterly magazine, congress and conferences.

Eligibility: people living with or at risk of lymphedema, their close ones, health professionals

Coverage area: Province of Québec

Hours: Monday to Friday from 9h00 to 17h00

Fees: annual membership: \$35, self-help group: none

Financing: donations, self-financing, membership fees, fundraising campaigns

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 living with a borderline personality disorder. * Workshops. * Peer support network.

Eligibility: people living with a borderline personality disorder

Coverage area: Laval

Hours: Monday to Thursday 13h00 to 21h00, by appointment

Fees: annual membership card: \$5

Financing: donations, grants

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

Services: Living environment, welcoming and listening place. * 0 to 5 years: drop-in daycare, various stimulation workshops, reading and writing initiation activities. * 6 to 12 years old: day camp, homework assistance, extracurricular activities. * 12 to 17 years old: room for teenagers, prevention and promotion of healthy habits workshops, helping relationship. * Fatherhood: self-help groups, father-child activities, support and accompaniment. * Family and community: reception, listening, referrals, parenting skills development workshops, group for young parents, conferences, meetings between parents.

Eligibility: families, teenagers

Capacity: 60 people

Coverage area: Vimont, Auteuil

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

Fees: annual fee: 5\$ per year

Financing: grants, foundations

Legal status: non-profit organization

NOURRI-SOURCE - LAVAL

Confidential Address

450 233-2116

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

Email: info.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. * Breast pump rental. * Measuring and fitting of breast pump flanges. * 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: services: free, breast pump rental: variable

Financing: donations, grants

Legal status: non-profit 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

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

PERSPECTIVE FAMILLE

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

450 622-0524

Website: www.perspectivefamille.org

Email: info@perspectivefamille.org

Services: * Individual assistance for children, youth, parents, separated spouses and new spouses. * Group workshops for children, parents, in-laws and separated spouses. * Co-parenting support. * Self-esteem: day camp. * Conferences.

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

Capacity: 12 people per group

Coverage area: Laval, Lanaudière, Laurentians, Montréal Island

Hours: Monday to Thursday 9h00 to 20h00, Saturday and Sunday 9h00 to 17h00, by appointment

Fees: some paid services

Financing: provincial

Legal status: non-profit organization

SOCIÉTÉ DE L'AUTISME ET DES TED - LAVAL

155 Je-Me-Souviens Boulevard, Sainte-Rose, Laval, QC, H7L 1V6

450 663-5551 Fax: 450 663-0694

Website: autismelaval.org

Email: info@autismelaval.org

Services: * Information and conferences. * Telephone listening and support. * Meetings for parents. * Training for counsellors and specialists. * Documentation centre. * Advocacy.

Eligibility: autistic people or people living with a pervasive developmental disorder, with or without an intellectual disability, 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: 450 232-4094

Website: www.spheressg.org

Email: info@spheressg.org

Services: * Individual support. * Support groups. * ITSS and HIV information. * 2SLGBTQIA+ socialization space. * Distribution of prevention material: protection against STIs, hormone therapy material, sterile consumption material. * Free STBBI screening clinic. * Community health service centre. * Sexuality education workshop. * Training for professionals. * Project Pluri-iels: individual support, support groups, accompaniment and education for gender-diverse or questioning people and their loved ones. * Fixed site. * Access to gender-affirming materials, the organization's thrift shop and private library.

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, variable

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, Monday to Friday 8h30 to 20h30

Fees: neuropsychological evaluation: \$750, urgent or complex problems: possibility of intervention at a cost of \$1500

Financing: grants, self-financing

Legal status: non-profit organization

ZÉPANOUIS (LES)

1880 Dumouchel Avenue, Apartment 1, Chomedey, Laval, QC, H7S 1J8

450 682-0277 Fax: 450 682-0242

Website: leszepanouis.org/fr

Email: info@LesZepanouis.org

Services: Reception, clinical assessment and accompaniment. * Psychosocial and medical services for clients. * Voluntary services requiring active family participation. * Follow-ups and activities aimed at children's optimal development. * Referrals to complementary services.

Eligibility: vulnerable children aged 0 to 14 years old and their family living in the Place Saint-Martin, Pont-Viau or Chomedey

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

ZÉPANOUIS (LES) - POINT DE SERVICE CHOMEDEY

280 92nd Avenue, Chomedey, Laval, QC, H7W 3N3

450 688-4666 ext. 200

Website: leszepanouis.org/fr

Email: info@LesZepanouis.org

Services: Reception, clinical assessment and accompaniment. * Psychosocial and medical services for clients.

* Voluntary services requiring active family participation. * Follow-ups and activities aimed at children's overall development. * Referrals to complementary services.

Eligibility: vulnerable children 0 to 14 years old and their family living in Chomedey

Coverage area: Laval: postal codes beginning with H7W

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: donations

Legal status: non-profit organization

ZÉPANOUIS (LES) - POINT DE SERVICE PONT-VIAU

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

450 662-0273 ext. 300

Website: leszepanouis.org/fr

Email: info@LesZepanouis.org

Services: Reception, clinical assessment and accompaniment. * Psychosocial and medical services for clients.

* Voluntary services requiring active family participation. * Followups and activities aimed at children's overall development. * Referrals to complementary services.

Eligibility: vulnerable children 0 to 14 years old and their family living in Pont-Viau

Coverage area: Laval: postal codes beginning with H7G

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: donations

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: * Support for parents: accompaniment, reimbursement for training and access to a material library offering specialized equipment (games, books, modules, etc.). * Support for autistic adults: short or long term accompaniment adapted to the needs. * Loan or purchase of specialized equipment for professional people.

Eligibility: families of people living with autism, autistic adults, professionals working with neurodivergent people

Coverage area: Province of Québec

Hours: on request

Financing: fundraising campaigns, donations

Legal status: non-profit organization

AU JARDIN DE LA FAMILLE DE FABREVILLE INC.

3867 Sainte-Rose Boulevard, Fabreville, Laval, QC, H7P 1C8

450 622-9456 Fax: 450 622-0312

Website: jardindela famille.org

Email: ajff@jardindela famille.org

Services: * Francization. * Literacy workshops: reading, writing, calculating, communication. * Thrift store. * Homework assistance. * Storage: treatment and recuperation workshop for paper, cardboard, glass and metal. * Socioprofessional integration through workshops, training, coaching, mentoring. * Distribution of basic necessities.

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

Coverage area: Laval

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: none

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

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: lavalensante.com

Services: * Specialized adaptation and rehabilitation services. * Support to the housing integration. * Work integration and social participation promotion. * Accompaniment and support for relatives. * Research activities.

Eligibility: autistic people, people living with an 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 ext. 39521

Website: lavalensante.com

Services: * Specialized adaptation and rehabilitation services. * Support to the housing integration. * Work integration and social participation promotion. * Accompaniment and support for relatives. * Research activities.

Eligibility: autistic people or people living with 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

Services: Sports, community and cultural centre. * Exercises adapted for seniors. * Seniors club. * Special needs program for children: sports, cooking and social skills activities. * Preschool program. * Summer and winter day camps, spring break camp. * Varied activities for children. * Sociocultural activities. * Training in water rescue. * Tax clinic. * Ecological park. * Volunteering program. * Room rental. * Swimming pool, fitness room, gyms, etc.

Eligibility: general public, special needs program: children with 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 18h00

Fees: variable

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

Legal status: non-profit organization

CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DE LAVAL - SERVICES EN DÉFICIENCE INTELLECTUELLE, TROUBLE DU SPECTRE DE L'AUTISME ET DÉFICIENCE PHYSIQUE

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

811 option 2 Fax: 450 972-2041

Website: www.lavalensante.com/en/professionals-and-doctors/acces-aux-services-en-di-tsa-et-dp

Services: * Pediatric services and programs: motor, language and autonomy development, support and accompaniment, diagnostic evaluation, transition to adulthood, mobility assistance. * Services for adults.

Eligibility: people living with a physical or an intellectual disability, autistic people

Coverage area: Laval

Financing: provincial

Legal status: parapublic organization

SOCIÉTÉ DE L'AUTISME ET DES TED - LAVAL

155 Je-Me-Souviens Boulevard, Sainte-Rose, Laval, QC, H7L 1V6

450 663-5551 Fax: 450 663-0694

Website: autismelaval.org

Email: info@autismelaval.org

Services: * Information and conferences. * Telephone listening and support. * Meetings for parents. * Training for counsellors and specialists. * Documentation centre. * Advocacy.

Eligibility: autistic people or people living with a pervasive developmental disorder, with or without an intellectual disability, 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

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, Monday to Friday 8h30 to 20h30

Fees: neuropsychological evaluation: \$750, urgent or complex problems: possibility of intervention at a cost of \$1500

Financing: grants, self-financing
Legal status: non-profit organization

The Blind

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

Services: * Information, referral. * Consultation. * Promotion of the importance of being physically active and practicing stimulating recreational activities in an effort to improve wellbeing and healthy lifestyles. * Companion Leisure Card (CAL).

Eligibility: anyone living 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

Services: Food assistance * Emergency food assistance, once a week. * Sale of frozen meals. * Community meals. * Boit'Appétit box drop-off point. * Christmas meal. Material assistance * Thrift store: recovery and sale of used clothing and household items. Community * Friendly calls. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Identification to prevent isolation. * Sentinels: suicide prevention. * At-home visits to inform on the centre's activities. * Adapted recreational activities for people 35 years old and over with a mobility, visual or hearing impairment. * Respite for caregivers. * Classes and training workshops: computer, line dancing, gymnastics, yoga, zumba gold, etc. * Low-cost transportation to activities. * Outings, visits, walks, parties and special events. * Room rental. * Conferences. * Volunteering. * Tax clinic.

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: \$17 per year, meals: \$6.50 for members and \$8 for non-members, frozen meals: variable prices, fresh meal of the day: \$4.50, food assistance delivery: variable

Financing: Centraide of Greater Montréal, provincial, 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

JEWISH REHABILITATION HOSPITAL

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

450 688-9550

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

Services: General and specialized rehabilitation care. * Socioprofessional, socioresidential and community integration. * Accommodation in non-institutional residences. * Driving evaluation and adaptation of vehicles.

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

Coverage area: Montréal Island, Laval, Laurentides, Lanaudière

Financing: provincial

Legal status: parapublic organization

JEWISH REHABILITATION HOSPITAL - TECHNICAL AIDS AND ASSISTIVE COMMUNICATION AIDS

3205 Alton-Goldbloom Place, Laval-des-Rapides, Laval, QC, H7V 1R2

450 688-5728 ext. 84221 Fax: 450 688-5187

Website: lavalensante.com/hjr-jrh

Email: sat_admission_hjr@ssss.gouv.qc.ca

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 living with a physical disability, adults living 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

Services: * Representation. * Social mobilization and political action. * Advocacy. * Popular education.

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

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: lavalensante.com

Services: * Specialized adaptation and rehabilitation services. * Support to the housing integration. * Work integration and social participation promotion. * Accompaniment and support for relatives. * Research activities.

Eligibility: autistic people, people living with an 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 ext. 39521

Website: lavalensante.com

Services: * Specialized adaptation and rehabilitation services. * Support to the housing integration. * Work integration and social participation promotion. * Accompaniment and support for relatives. * Research activities.

Eligibility: autistic people or people living with 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 - SERVICES EN DÉFICIENCE INTELLECTUELLE, TROUBLE DU SPECTRE DE L'AUTISME ET DÉFICIENCE PHYSIQUE

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

811 option 2 Fax: 450 972-2041

Website: www.lavalensante.com/en/professionals-and-doctors/acces-aux-services-en-di-tsa-et-dp

Services: * Pediatric services and programs: motor, language and autonomy development, support and accompaniment, diagnostic evaluation, transition to adulthood, mobility assistance. * Services for adults.

Eligibility: people living with a physical or an intellectual disability, autistic people

Coverage area: Laval

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 and Thursday 12h00 to 17h00, by appointment, from September to May, except in December

Fees: assessment: \$70, treatment: \$25, \$15 for students

Financing: self-financing

Legal status: parapublic organization

FIBROMYALGIE 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

Services: * Monthly mutual aid groups. * Therapeutic listening and support. * Information and conferences. * Pain management. * Physical activities: aqua-fitness, pilates, etc. * Massage therapy. * Hypnosis.

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

INSTITUT RAYMOND-DEWAR - PSYCHOSOCIAL SERVICES FOR DEAF CLIENTS WHO SPEAK SIGN LANGUAGE

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

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 adult 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

Services: General and specialized rehabilitation care. * Socioprofessional, socioresidential and community integration. * Accommodation in non-institutional residences. * Driving evaluation and adaptation of vehicles.

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

Coverage area: Montréal Island, Laval, Laurentides, Lanaudière

Financing: provincial

Legal status: parapublic organization

JEWISH REHABILITATION HOSPITAL - TECHNICAL AIDS AND ASSISTIVE COMMUNICATION AIDS

3205 Alton-Goldbloom Place, Laval-des-Rapides, Laval, QC, H7V 1R2

450 688-5728 ext. 84221 Fax: 450 688-5187

Website: lavalensante.com/hjr-jrh

Email: sat_admission_hjr@ssss.gouv.qc.ca

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 living with a physical disability, adults living 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

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 Thursday 8h30 to 16h30 and Friday to 8h00 à 15h30

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

Services: * Job search and career transition assistance: resume, assisted placement, socio-professional assessment. * Assistance in case of mass layoff. * Guidance, skills assessment. * Assistance for employers seeking qualified staff.

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

SERVICE CANADA CENTRE - LAVAL

1041 des Laurentides Boulevard, 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: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public
Coverage area: Laval
Hours: Monday to Friday 8h30 to 16h00
Fees: parking: free
Financing: federal
Legal status: federal government agency

Computer 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

Services: Services for seniors. * Listening and referral. * Recreational, sports and artistic workshops. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Computer classes. * Monthly and intercultural luncheons and collective kitchens. * Volunteers training. * Free conferences. * Intergenerational activities and meeting place Café Entre-Nous. * Bonhomme à lunettes service point. * Accompaniment-transportation to the grocery store.

Eligibility: people 50 years and over

Coverage area: East of Laval, ITMAV: Saint-Vincent-de-Paul, Duvernay, Saint-François

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

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: administration@avcaphasielaval.ca

Services: * Workshops: language stimulation, carpentry, creativity, computer, GYM-AVC, theatre, cognitive stimulation. * Mutual aid groups: monthly open group for caregivers, group for people who have had a stroke and their close ones. * Psychosocial support for people with aphasia and caregivers. * Group outings. * Bonhomme à lunettes service point.

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

Coverage area: Laval

Hours: Monday to Friday 8h30 to 15h30

Fees: annual membership: \$25, activities: 25 to \$35 per semester

Financing: provincial, municipal, 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

Website: coumbitelaval.net

Email: coumbite@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. * Activities and home visits for seniors. * Computers classes. * Community kitchen. * Intergenerational outings. * Tax clinic.

Eligibility: people from 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

Services: Food assistance * Emergency food assistance, once a week. * Sale of frozen meals. * Community meals. * Boit'Appétit box drop-off point. * Christmas meal. Material assistance * Thrift store: recovery and sale of used clothing and household items. Community * Friendly calls. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Identification to prevent isolation. * Sentinels: suicide prevention. * At-home visits to inform on the centre's activities. * Adapted recreational activities for people 35 years old and over with a mobility, visual or hearing impairment. * Respite for caregivers. * Classes and training workshops: computer, line dancing, gymnastics, yoga, zumba gold, etc. * Low-cost transportation to activities. * Outings, visits, walks, parties and special events. * Room rental. * Conferences. * Volunteering. * Tax clinic.

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: \$17 per year, meals: \$6.50 for members and \$8 for non-members, frozen meals: variable prices, fresh meal of the day: \$4.50, food assistance delivery: variable

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: cill.qc.ca

Email: info@cill.qc.ca

Services: * Drop-in centres. * Pre-employability and work units: kitchen, office, household maintenance. * Trainings: French-literacy, English conversation, computers, organization committee for community life, music therapy, art and crafts. * Social and sports activities. * Social insertion measures. * Community follow-up: housing assistance, social integration, accompaniment, listening and moral support. * Integration in the work place: internship and accompaniment.

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 9h00 to 17h00

Financing: self-financing, grants

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR DE HAVRE-DES-ÎLES

2525A du Havre-des-Îles Avenue, Chomedey, Laval, QC, H7W 4C4

450 978-5528 Fax: 450 978-5528

Email: agedorhdi@videotron.ca

Services: * Social and recreational activities: bingo, cards, games, bridge, petanque, etc. * Physical activities: aquafitness. * Dancing dinners. * Outings. * Library. * Computer workshops. * Room rental.

Eligibility: seniors

Coverage area: Laval

Fees: membership: \$20

Financing: membership fees

Legal status: non-profit organization

FEMMES EN EMPLOI

1688 des Laurentides Boulevard, Suite 102-103-104, Vimont, Laval, QC, H7M 2P4

450 490-4895

Website: en.femmesenemploi.org

Email: info@femmesenemploi.org

Services: Promoting the social, cultural and professional integration of women in precarious situations, particularly women from immigrant backgrounds. * Job search program and employment training. * Support for newly arrived immigrant women. * Computer workshops: Internet research, online banking, etc. * Information workshops on Canadian culture and laws and life in Canada, Quebec and Laval. * Translation services. * Consultation and referral services. * Object recovery: small appliances and furniture. * Seminars, workshops and other socio-educational activities on issues of discrimination and racial prejudice. * Events and environmental awareness. * Volunteer opportunities.

Eligibility: women in precarious situations, particularly women from immigrant backgrounds

Coverage area: Laval

Hours: Monday to Friday 9h00 to 17h00, computer workshops: Tuesdays and Wednesdays

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@loisirslarelance.org

Services: Sports, cultural and recreational activities for seniors. * Sports: dancing, aquafitness, line dancing, qigong, yoga. * Physical activities: fitness, adapted exercising, Viactive program. * Artistic activities: literary creation, painting, watercolor, stained glass. * Language classes: English, Spanish, Italian. * Computer classes. * Short trips and outings. * Community meals. * Christmas meal.

Eligibility: pre-retired and retired people

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: \$25

Financing: self-financing

Legal status: non-profit organization

HELLENIC SOCIAL SERVICES OF QUÉBEC - LAVAL

4865 du souvenir Street, Chomedey, Laval, QC, H7W 1E1

450 688-2091 Fax: 450 688-2084

Website: hcgm.org

Email: infosshq@hcgm.org

Services: Food * Food bank. * Home delivery. * Christmas baskets. Support * Information and referral. * Active 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 for people victim of abuse. * Friendly phone calls. * Programme intégré d'équilibre dynamique (PIED). * Support for caregivers: support groups, coffee meetings, information and referral, Info-mobile: booths in public events. * Recreational activities and bonding program. * Coffee meeting. * Exercise course. Education * Computer classes: tablet and cell phone. * French classes.

Eligibility: general public, mainly of Greek origin

Coverage area: Laval

Hours: Monday to Friday 9h00 to 17h00

Fees: annual membership: \$5, food bank: \$5 per box

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

Services: * Loan and access to books and audio-visual 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, reading starter kits for children 5 years and under. * Home loan for people with reduced mobility. * Telescope loan.

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

Services: * Loan and access to books and audio-visual 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, reading starter kits for children 5 years and under. * 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 - 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

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, early reading kits for children 5 years and under. * Home loan for people with reduced mobility. * Telescope loan.

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

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, reading starter kits for children 5 years and under. * Home loan for people with reduced mobility. * Telescope loan.

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

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, reading starter kits for children 5 years and under. * Home loan for people with reduced mobility. * Le Studio: digital space to learn, create and experiment. * Telescope loan.

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

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, reading starter kits for children 5 years and under. * 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

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, reading starter kits for children 5 years and under. * Home loan for people with reduced mobility. * Telescope loan.

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

Services: * Loan and access to books and audio-visual 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, reading starter kits for children 5 years and under. * Home loan for people with reduced mobility. * Telescope loan.

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

YOUTH AND PARENTS AGAPE ASSOCIATION (THE)

3950 Notre-Dame Boulevard, Chomedey, Laval, QC, H7W 1S7

450 686-4333

Website: 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 for their assistance food recipients. Family and community * 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

Coverage area: Laval

Hours: Monday to Friday 8h30 to 17h00

Fees: none

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/fr

Email: info@ladoq.ca

Services: Promotes remediation and remedial practices. * Representation of remedial educators working in schools and with individuals. * Continuous training. * Repertory of remedial educators in private practice: www.ladoq.ca/orthopedagogues-pratique-privee

Eligibility: remedial educators, general public

Coverage area: Province of Québec

Hours: Monday to Friday 8h00 to 17h00

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: info@gymnolaval.org

Services: Recreational activities for children 3 to 17 years old with learning difficulties. * Summer day camp. * Parent-child activities. * Dance classes. * Physical, theatrical and aquatic activities.

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

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, Monday to Friday 8h30 to 20h30

Fees: neuropsychological evaluation: \$750, urgent or complex problems: possibility of intervention at a cost of \$1500

Financing: grants, self-financing

Legal status: non-profit organization

Homework assistance and tutoring

AU JARDIN DE LA FAMILLE DE FABREVILLE INC.

3867 Sainte-Rose Boulevard, Fabreville, Laval, QC, H7P 1C8

450 622-9456 Fax: 450 622-0312

Website: jardindela famille.org

Email: ajff@jardindela famille.org

Services: * Francization. * Literacy workshops: reading, writing, calculating, communication. * Thrift store. * Homework assistance. * Storage: treatment and recuperation workshop for paper, cardboard, glass and metal. * Socioprofessional integration through workshops, training, coaching, mentoring. * Distribution of basic necessities.

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

Coverage area: Laval

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: none

Financing: grants, fundraising campaigns, 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

Services: * Recruitment, training and referral of volunteers to Laval organisations: jebenevole.ca * Home support: SécuriCAB (automated call service to ensure the safety of seniors), medical transportation, school support, friendly visits, assistance with light chores, social calls, etc. * Moisson Laval: regional food bank supplying Laval organizations. * Comptoir alimentaire alternatif: emergency food aid. * Déjeuners et collations scolaires program (school lunches and snacks). * Christmas baskets. * Collection and distribution of school supplies. * Year-round tax clinic.

Eligibility: residents, people and families on a low income, organizations helping people on a low income, newcomers, refugees

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

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

Services: Place for meeting, services and referral. * Listening, accompaniment and counselling. * Sports and cultural activities, outings. * Homework assistance. * Prevention, awareness and education activities. * Food assistance, every 2 weeks. * Training on democratic life. * Music room. * Cultural and humanitarian trip.

Eligibility: people 11 to 17 years old

Coverage area: Saint-François

Hours: Tuesday to Thursday 17h00 to 21h00, Friday 17h00 to 22h00

Fees: none

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: administration@diapasonjeunesse.ca

Services: Organization promoting school retention or return to school through various programs. * Help with homework. * Workshops for the development of success skills. * Extracurricular sports, artistic and manual activities. * Coaching and individualized follow-up. * Steps for a return to school. * Educational and professional exploration workshops. * Support to parents. * Student café: space for 12 to 17 years old and for 16 to 21 years old.

Eligibility: youth 12 to 21 years old, their parents

Capacity: about 280 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

Website: www.entraidelaval.org

Email: coqlicorne@gmail.com

Services: * Children 0 to 5 years old: daycare, stimulation workshops, kindergarten preparation, parent workshops and parent-child workshops. * Youth 6 to 12 years old: extracurricular activities, homework help, day camps, cooking workshops, sports initiations, etc. * Immigration: reception, accompaniment, referral. * Citizen space: social events, social economy, room rental, community fridge, thrift shop, reception and guidance, public writer, commissioner for oaths. * Le Grand Cerf-Volant: socialising activities for seniors.

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

Coverage area: Laval

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

Fees: annual membership: \$25, services: variable

Financing: federal, provincial, foundations

Legal status: non-profit organization

LEARNING EXCHANGE (THE)

4885 Souvenir Road West, Chomedey, Laval, QC, H7W 1E1

450 688-1944 ext. 6646 Fax: 450 663-1290

Website: tleliteracy.com

Email: admin@tleliteracy.com

Services: * Individual tutoring in literacy, English and mathematics. * Training workshops. * Community resource and learning centre.

Eligibility: English-speaking community, parents, tutors, trainers, adult learners, coordinators, educators

Coverage area: Deux-Montagnes, Laval, Montréal-Nord, Saint-Eustache

Hours: Monday to Friday 8h30 to 17h00

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 and aquajogging.

Coverage area: Laval

Hours: variable

Fees: variable

Financing: self-financing, municipal, 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

Services: Living environment for parents, children and youth. * Food assistance. * Various workshops for parents. * Nobody's Perfect (YAPP): parenting skills workshops. * Bébé tendre bougeotte: stimulation workshop for children 0 to 12 months old. * Workshops for parents and children 2 to 5 years old. * Vers la maternelle: school readiness workshop for children 3 to 5 years old. * Daycare for structured activities and respite. * Yoga. * Various collective kitchens. * Cooking your own lunch box: cooking workshop for parents and children 6 to 12 years old. * Homework assistance for children 6 to 12 years old. * Various workshops for children 6 to 12 years old. * Youth sector for children 12 to 17 years old. * Music and cooking workshops for children 12 to 17 years old. * Various activities for families.

Eligibility: children, teenagers, adults, families

Capacity: 25

Coverage area: Fabreville, Sainte-Rose

Hours: Monday to Friday 9h00 to 16h00

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

Services: Living environment, welcoming and listening place. * 0 to 5 years: drop-in daycare, various stimulation workshops, reading and writing initiation activities. * 6 to 12 years old: day camp, homework assistance, extracurricular activities. * 12 to 17 years old: room for teenagers, prevention and promotion of healthy habits workshops, helping relationship. * Fatherhood: self-help groups, father-child activities, support and accompaniment. * Family and community: reception, listening, referrals, parenting skills development workshops, group for young parents, conferences, meetings between parents.

Eligibility: families, teenagers

Capacity: 60 people

Coverage area: Vimont, Auteuil

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

Fees: annual fee: 5\$ per year

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 ext. 1

Website: maisondesenfants.qc.ca/en

Email: dauphin@maisondesenfants.qc.ca

Services: * Parent-child workshops followed by a coffee meeting. * Activities enabling a smooth and harmonious separation between parent and child. * Stimulation workshops. * Mini day camp. * School preparation workshop. * Flexible activities. * Homework assistance. * Confidences à un dauphin: confidential letter correspondence in schools.

Eligibility: most activities: children 0 to 5 years old, their parents, flexible activities 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

Fees: none

Financing: provincial, federal, municipal, self-financing

Legal status: non-profit organization

MAISON DES JEUNES DE SAINTE-DOROTHÉE

625 Sylvie Street, Sainte-Dorothée, Laval, QC, H7X 2X2

450 689-8000

Website: mdjstedorothée.ca/english

Email: direction@mdjstedorothée.ca

Services: Place for meeting, entertainment, information and support. * Reception, listening. * Conferences and exchanges. * Recreational and sports activities. * Implementation of projects. * Homework assistance. * Cooking workshops. * Outings, trips.

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

Services: * Reception, referral and living environment. * Parent-child workshops: toddlers 0-24 months, stimulation 0-5 years and conferences. * Daycare. * YAPP group for parents. * School support. * Spring break and summer day camps. * Parent-child activities. * Collective activities and volunteering. * Kindergarten preparation workshops. * Tourbillons program: activities for 6-12 years old. * Premiers pas program: support and respite at home for parents.

Eligibility: families with children under 12 years old

Coverage area: Laval

Hours: Monday to Wednesday 9h00 to 16h30, Thursday 9h00 to 13h00 and 18h00 to 20h00, Friday 17h30 to 20h00

Fees: variable

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

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

Services: Support for children and their families. * Preparation for kindergarden for children 3 to 5 years old. * Food assistance for occasional needs. * Homework assistance. * Improvisation workshops. * Croque-livres. * Day camp. * Thematic cooking workshops. * Le Troc du Relais: children items swap 4 times per year. * Outings for youth and families. * Father-child workshops, coffee-creation and conferences. * Assistance and referral. * 15 low-cost housing units. * Garage sales.

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: subventions, dons

Legal status: non-profit organization

Language courses**AU JARDIN DE LA FAMILLE DE FABREVILLE INC.**

3867 Sainte-Rose Boulevard, Fabreville, Laval, QC, H7P 1C8

450 622-9456 Fax: 450 622-0312

Website: jardindela famille.org

Email: ajff@jardindela famille.org

Services: * Francization. * Literacy workshops: reading, writing, calculating, communication. * Thrift store. * Homework assistance. * Storage: treatment and recuperation workshop for paper, cardboard, glass and metal. * Socioprofessional integration through workshops, training, coaching, mentoring. * Distribution of basic necessities.

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

Coverage area: Laval

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: none

Financing: grants, fundraising campaigns, self-financing, 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

Services: Sociocultural and sports centre. * Fitness room, physical activities, team sports. * Arts. * English and Spanish classes. * Board games. * Special events, outings, outdoor activities. * Conferences. * Volunteering. * Room rental.

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

1800 Dumouchel Avenue, Chomedey, Laval, QC, H7S 1J7

450 681-9979 Fax: 450 681-2835

Website: baaf.ca

Email: adjointe@baaf.ca

Services: Support to families. * Respite. * French learning program for children 3 to 5 years old and animated stories. * Avenir de Femmes program: 23-unit cooperative building for single mothers. * Project 10-19: organisation of activities and workshops for youth. * Secondaire à ma manière: workshops and activities for 6th graders. * Improvisation. * Workshops and activities. * Francization workshop. * Mutual aid group. * Collective kitchen. * Coffee chats. * Le Vestibule: free thrift store. * Toy library. * Community garden.

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

800 Chomedey Boulevard, Tower C, Suite 510, Chomedey, Laval, QC, H7V 3Y4

450 686-0554

Website: www.carrefourintercultures.com

Email: info@carrefourintercultures.com

Services: Welcoming of newcomers. * Information and guidance. * Accompaniment, support, settlement and integration assistance. * Assistance with forms. * Individual and group psychosocial support. * Part-time French courses. * Training to integrate the work force. * Administration of oath. * Family activities. * Espace parents: parenting skills workshops in the context of immigration. * Intercultural pairing. * Tax clinic.

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

Website: coumbitelaval.net

Email: coumbite@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. * Activities and home visits for seniors. * Computers classes. * Community kitchen. * Intergenerational outings. * Tax clinic.

Eligibility: people from 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, local 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, PowerPoint, 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: cill.qc.ca

Email: info@cill.qc.ca

Services: * Drop-in centres. * Pre-employability and work units: kitchen, office, household maintenance. * Trainings: French-literacy, English conversation, computers, organization committee for community life, music therapy, art and crafts. * Social and sports activities. * Social insertion measures. * Community follow-up: housing assistance, social integration, accompaniment, listening and moral support. * Integration in the work place: internship and accompaniment.

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 9h00 to 17h00

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

Email: communication@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 22h00, Saturday and Sunday 7h00 to 19h00

Fees: variable

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@loisirsrelance.org

Services: Sports, cultural and recreational activities for seniors. * Sports: dancing, aquafitness, line dancing, qigong, yoga. * Physical activities: fitness, adapted exercising, Viactive program. * Artistic activities: literary creation, painting, watercolor, stained glass. * Language classes: English, Spanish, Italian. * Computer classes. * Short trips and outings. * Community meals. * Christmas meal.

Eligibility: pre-retired and retired people

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: \$25

Financing: self-financing

Legal status: non-profit organization

HELLENIC SOCIAL SERVICES OF QUÉBEC - LAVAL

4865 du souvenir Street, Chomedey, Laval, QC, H7W 1E1

450 688-2091 Fax: 450 688-2084

Website: hcgm.org

Email: infosshq@hcgm.org

Services: Food * Food bank. * Home delivery. * Christmas baskets. Support * Information and referral. * Active 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 for people victim of abuse. * Friendly phone calls. * Programme intégré d'équilibre dynamique (PIED). * Support for caregivers: support groups, coffee meetings, information and referral, Info-mobile: booths in public events. * Recreational activities and bonding program. * Coffee meeting. * Exercise course. Education * Computer classes: tablet and cell phone. * French classes.

Eligibility: general public, mainly of Greek origin

Coverage area: Laval

Hours: Monday to Friday 9h00 to 17h00

Fees: annual membership: \$5, food bank: \$5 per box

Financing: donations, grants, provincial

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 and aquajogging.

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 East Boulevard, Duvernay, Laval, QC, H7E 2C5

438 830-4323

Website: mieuxnaitre.org

Email: info@mieuxnaitre.org

Services: Perinatal resources centre. * Support for parents and pregnant people, before, during and after the birth. * Listening and referrals. * Prenatal meetings (prenatal classes) * Prenatal and postnatal yoga. * Relevailles: at-home respite. * Prenatal and postnatal physical activities. * Care to newborns, babywearing workshops and baby massage classes. * Breastfeeding consultation. * Sign language for babies. * Child-led dietary diversification workshop (DME). * Community and intercultural environment dedicated to women and their families during the perinatal period: access to a book lending service, coffee chats and a play area for toddlers. * Reception of donations of baby clothes (size 0-24 months) and maternity clothes. * Thrift shop.

Eligibility: future and new parents

Coverage area: Laval

Hours: Monday to Thursday 9h00 to 16h00

Fees: free or variable depending on family income

Financing: grants, contributions, self-financing, 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/french-classes

Email: info@pcarriere.com

Services: * Job search assistance. * Specialized services for immigrant people. * Career exploration, assessment and transition, information on the labour market. * Part-time French course. * Computers, photocopier, fax, telephone. * Objectif Intégration session.

Eligibility: immigrants, newcomers and visible minorities

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 DES LOISIRS DU BON-PASTEUR

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

450 669-2151 Fax: 450 669-2902

Website: loisirsbonpasteur.com

Email: info@loisirsbonpasteur.com

Services: Leisure centre. * Social, sporting, cultural and leisure activities. * Full-time or part-time francization courses. * Collective kitchen. * Spring break and day camp. * Extracurricular activities.

Eligibility: youth, families, general population

Coverage area: Laval

Hours: leisure: Monday to Friday 9h00 to 21h00, Saturday 9h00 to 14h30, Sunday 9h00 to 12h30, francization: Tuesday to Thursday 9h00 to 21h00

Fees: variable

Financing: municipal

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

Services: Integration of Spanish-speaking people. * Promotion of Hispanic culture and language. * Spanish courses and linguistic exchanges. * Dance courses and dancing nights. * Conferences. * Outdoor activities.

Eligibility: Spanish-speaking people, people interested in the culture

Coverage area: North Shore, Laval, Laurentians

Hours: Saturday 10h00 to 12h00

Fees: annual membership: \$30

Financing: contributions

Legal status: non-profit organization

Literacy

AU JARDIN DE LA FAMILLE DE FABREVILLE INC.

3867 Sainte-Rose Boulevard, Fabreville, Laval, QC, H7P 1C8

450 622-9456 Fax: 450 622-0312

Website: jardindela famille.org

Email: ajff@jardindela famille.org

Services: * Francization. * Literacy workshops: reading, writing, calculating, communication. * Thrift store. * Homework assistance. * Storage: treatment and recuperation workshop for paper, cardboard, glass and metal. * Socioprofessional integration through workshops, training, coaching, mentoring. * Distribution of basic necessities.

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

Coverage area: Laval

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: none

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

Legal status: non-profit organization

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

1800 Dumouchel Avenue, Chomedey, Laval, QC, H7S 1J7

450 681-9979 Fax: 450 681-2835

Website: baaf.ca

Email: adjointe@baaf.ca

Services: Support to families. * Respite. * French learning program for children 3 to 5 years old and animated stories. * Avenir de Femmes program: 23-unit cooperative building for single mothers. * Project 10-19: organisation of activities and workshops for youth. * Secondaire à ma manière: workshops and activities for 6th graders. * Improvisation. * Workshops and activities. * Francization workshop. * Mutual aid group. * Collective kitchen. * Coffee chats. * Le Vestibule: free thrift store. * Toy library. * Community garden.

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

Services: * Occasional community meals. * Assistance with procedures for newcomers. * Literacy program for seniors. * Annual camp for single-parent women. * Summer camp. * Follow-up with volunteer nurses for people with a loss of autonomy.

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

Website: coumbitelaval.net

Email: coumbite@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. * Activities and home visits for seniors. * Computers classes. * Community kitchen. * Intergenerational outings. * Tax clinic.

Eligibility: people from 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 poste 202 Fax: 450 973-8414

Website: www.ccvm.org

Email: intermdf@ccvm.org

Services: An inclusive environment for parents and children that fosters mutual support and a sense of belonging, thereby contributing to their emotional and social well-being. * Parents' committee. * Intervention, listening, welcoming and personalised support. * Collective kitchens: Petits Bedons workshop for parents and toddlers, lunchbox workshops for parents. * Y'APP: workshops on parenting knowledge and skills. * Éveil des sens: workshops for parents and babies on developing the bond of attachment. * Césame: workshop for parents and children on the development of the attachment bond. * Placote: language development workshop for 1 to 2 year olds. * Parents de tout-petits, quel défi: workshop on parenting skills. * Il était une fois nos histoires: parent and child workshops to introduce children to reading. * Papa et moi activities: workshops for dads and their children aged 6 and over, to develop attachment and parenting skills. * Café-rencontre activities: workshops to break down isolation and build friendships among parents. * Family activities and outings. * Drop-in care for children aged 10 months to 5 years. * Petite école: preparation for kindergarten for 4-5 year olds. * Kindergarten: stimulation activities to promote overall development and social skills for 3-4 year-olds. * Mutual assistance counter.

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 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: cill.qc.ca

Email: info@cill.qc.ca

Services: * Drop-in centres. * Pre-employability and work units: kitchen, office, household maintenance. * Trainings: French-literacy, English conversation, computers, organization committee for community life, music therapy, art and crafts. * Social and sports activities. * Social insertion measures. * Community follow-up: housing assistance, social integration, accompaniment, listening and moral support. * Integration in the work place: internship and accompaniment.

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 9h00 to 17h00

Financing: self-financing, grants

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

Website: www.entraidelaval.org

Email: coqlicorne@gmail.com

Services: * Children 0 to 5 years old: daycare, stimulation workshops, kindergarten preparation, parent workshops and parent-child workshops. * Youth 6 to 12 years old: extracurricular activities, homework help, day camps, cooking workshops, sports initiations, etc. * Immigration: reception, accompaniment, referral. * Citizen space: social events, social economy, room rental, community fridge, thrift shop, reception and guidance, public writer, commissioner for oaths. * Le Grand Cerf-Volant: socialising activities for seniors.

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

Coverage area: Laval

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

Fees: annual membership: \$25, services: variable

Financing: federal, provincial, foundations

Legal status: non-profit organization

GROUPE ALPHA LAVAL (LE)

485 des Laurentides Boulevard, Suites 101 and 105, 1st and 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: 5 to 8 people per group

Coverage area: Laval

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: 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

Services: * Loan and access to books and audio-visual 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, reading starter kits for children 5 years and under. * Home loan for people with reduced mobility. * Telescope loan.

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

Services: * Loan and access to books and audio-visual 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, reading starter kits for children 5 years and under. * 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 - 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

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, toolkit for caregivers, reading starter kits for children 5 years and under. * 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 - 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

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, early reading kits for children 5 years and under. * Home loan for people with reduced mobility. * Telescope loan.

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

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, reading starter kits for children 5 years and under. * Home loan for people with reduced mobility. * Telescope loan.

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

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, reading starter kits for children 5 years and under. * Home loan for people with reduced mobility. * Le Studio: digital space to learn, create and experiment. * Telescope loan.

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

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, reading starter kits for children 5 years and under. * 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

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, reading starter kits for children 5 years and under. * Home loan for people with reduced mobility. * Telescope loan.

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

Services: * Loan and access to books and audio-visual 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, reading starter kits for children 5 years and under. * Home loan for people with reduced mobility. * Telescope loan.

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

LEARNING EXCHANGE (THE)

4885 Souvenir Road West, Chomedey, Laval, QC, H7W 1E1

450 688-1944 ext. 6646 Fax: 450 663-1290

Website: tleliteracy.com

Email: admin@tleliteracy.com

Services: * Individual tutoring in literacy, English and mathematics. * Training workshops. * Community resource and learning centre.

Eligibility: English-speaking community, parents, tutors, trainers, adult learners, coordinators, educators

Coverage area: Deux-Montagnes, Laval, Montréal-Nord, Saint-Eustache

Hours: Monday to Friday 8h30 to 17h00

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: info@lisavecmoi.com

Services: Promotion of reading in the community and among youth. * Lis avec moi week: entertainment in libraries, bookstores and schools, literary meetings, family day and symposium. * Lis avec moi - Le défi: game of reading aloud in schools or in groups, from January to May. * Exhibition Rogé: portraits of children poets. * Occasional workshops. * Lis avec moi dans la rue: summer reading events. * Reading workshop kits.

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: according to services

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: info.direction@mfl-o.org

Services: Food * Community garden. * Collective kitchens, cooking workshops. * Food assistance. Family * Information and referral. * Daycare. * Educational workshops, communication and language workshops for children 2 to 5 years. * Coffee meetings. * Conferences for parents, Y'APP program (parenting skills). * Walking club. * Parent-child and family activities. * Bougeotte en famille: recreational activity.

Eligibility: families with children from 0 to 12 years old

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: \$20 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

Services: Living environment, welcoming and listening place. * 0 to 5 years: drop-in daycare, various stimulation workshops, reading and writing initiation activities. * 6 to 12 years old: day camp, homework assistance, extracurricular activities. * 12 to 17 years old: room for teenagers, prevention and promotion of healthy habits workshops, helping relationship. * Fatherhood: self-help groups, father-child activities, support and accompaniment. * Family and community: reception, listening, referrals, parenting skills development workshops, group for young parents, conferences, meetings between parents.

Eligibility: families, teenagers

Capacity: 60 people

Coverage area: Vimont, Auteuil

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

Fees: annual fee: 5\$ per year

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

Website: www.csslaval.ca

Email: communications@cslaval.qc.ca

Services: Public organization offering French-language educational services, consisting of primary, high, and specialized schools, vocational training centres and adult education. * Vocational training. * Adult education. * High school equivalency test (TENS): assessment of the knowledge of adults who don't have a high school diploma in order to obtain a certificate of educational equivalence (AENS) that facilitates access to certain jobs and vocational training. * Le Guichet-conseil: help and guidance services. * Assisted distance training (DAT). * Test d'évaluation de français (TEF) and Test de développement général (TDG). * Korpus training: services to businesses.

Eligibility: elementary, secondary, vocational and adult education students, businesses, citizens

Coverage area: Laval

Hours: Monday to Friday 7h30 to 17h00

Financing: provincial

Legal status: parapublic 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 Thursday 8h30 to 16h30 and Friday to 8h00 à 15h30

Fees: free

Financing: provincial, federal

Legal status: non-profit organization

GROUPE ALPHA LAVAL (LE)

485 des Laurentides Boulevard, Suites 101 and 105, 1st and 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: 5 to 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)

4885 Souvenir Road West, Chomedey, Laval, QC, H7W 1E1

450 688-1944 ext. 6646 Fax: 450 663-1290

Website: tleliteracy.com

Email: admin@tleliteracy.com

Services: * Individual tutoring in literacy, English and mathematics. * Training workshops. * Community resource and learning centre.

Eligibility: English-speaking community, parents, tutors, trainers, adult learners, coordinators, educators

Coverage area: Deux-Montagnes, Laval, Montréal-Nord, Saint-Eustache

Hours: Monday to Friday 8h30 to 17h00

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 ext. 100 Fax: 450 668-9615

Website: relais-communautaire.org

Email: info@relais-communautaire.org

Services: Food assistance * Community meals: lunches. * Food distribution. * Emergency food assistance. * Distribution of soup and sandwiches to vulnerable people. Material assistance * Carrefour des Aubaines: sale of used clothing and household items. * Bonhomme à lunettes service point. Community * Welcoming, information and referrals to resources and services. * Individualized follow-up and accompaniment. * Active listening. * Crisis management. * Day centre. * Relais santé beauté: 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 with meal preparation. * Articul: painting workshops. * Knitting. * Popular education workshops. * Special events. Immigration * Welcoming, information and referral. * Integration and intercultural bridge-building. * Thematic meals. Employment * Subsidized internships and jobs. * Professional reintegration program. * Volunteering. * Community and compensatory work. Christmas activities * Christmas baskets for members. * Animation and gifts for children.

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

School perseverance

CENTRE COMMUNAUTAIRE LE COUMBITE DE LAVAL

111 des Laurentides Boulevard, Suite 220, Pont-Viau, Laval, QC, H7G 2T2

450 662-9771

Website: coumbitelaval.net

Email: coumbite@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. * Activities and home visits for seniors. * Computers classes. * Community kitchen. * Intergenerational outings. * Tax clinic.

Eligibility: people from 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 - ÇA CLIQ

820 79th Avenue, Chomedey, Laval, QC, H7V 3J1

450 973-8787 ext. 401 Fax: 450 973-8414

Website: www.cvvm.org

Email: caccliq@cvm.org

Services: Project aiming personal and social development of youth 15 to 18 years old. * Encourage collaborative development. * Socioprofessional integration project for people aged 18 to 35 years old.

Eligibility: youth 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

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

Financing: provincial, fédéral, Centraide du Grand Montréal

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE VAL-MARTIN - MAISON DES JEUNES

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

450 973-8787 poste 301

Website: www.ccvm.org

Email: intermdj@ccvm.org

Services: Living environment for youth 11 to 17 years old. * Activities to prevent drug addiction, harmful sexual behaviour, 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

DIAPASON JEUNESSE

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

450 668-8839 Fax: 450 668-8789

Website: diapasonjeunesse.ca

Email: administration@diapasonjeunesse.ca

Services: Organization promoting school retention or return to school through various programs. * Help with homework. * Workshops for the development of success skills. * Extracurricular sports, artistic and manual activities. * Coaching and individualized follow-up. * Steps for a return to school. * Educational and professional exploration workshops. * Support to parents. * Student café: space for 12 to 17 years old and for 16 to 21 years old.

Eligibility: youth 12 to 21 years old, their parents

Capacity: about 280 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

REGROUPEMENT LAVALLOIS POUR LA RÉUSSITE ÉDUCATIVE

2100 Cunard Street, Chomedey, Laval, QC, H7S 2G5

450 662-7000 ext. 1270

Website: rlpre.org

Email: irclaval@csslaval.gouv.qc.ca

Services: Regional consultation body (IRC) promoting school perseverance and educational success. * Resource hub: resources for parents, awareness and animation supplies, etc. * School perseverance projects: school perseverance days (JPS), valorization of reading, work-study balance, transition to kindergarten, etc.

Eligibility: groups and actors carrying initiatives in favor of school and educational perseverance, awareness: general public

Coverage area: Laval

Financing: grants

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

Website: www.csslaval.ca

Email: communications@cslaval.qc.ca

Services: Public organization offering French-language educational services, consisting of primary, high, and specialized schools, vocational training centres and adult education. * Vocational training. * Adult education. * High school equivalency test (TENS): assessment of the knowledge of adults who don't have a high school diploma in order to obtain a certificate of educational equivalence (AENS) that facilitates access to certain jobs and vocational training. * Le Guichet-conseil: help and guidance services. * Assisted distance training (DAT). * Test d'évaluation de français (TEF) and Test de développement général (TDG). * Korpus training: services to businesses.

Eligibility: elementary, secondary, vocational and adult education students, businesses, citizens

Coverage area: Laval

Hours: Monday to Friday 7h30 to 17h00

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

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: Prevention and safety * 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. Pay equity * Front-line telephone service to answer general questions on the application of the Loi sur l'équité salariale. * Specialized assistance to understand more complex or technical aspects of the law. * Pay equity audit program: investigations to ensure that companies are complying with their pay equity obligations. * Development of tools and training courses accessible free of charge in all regions of Québec. * Research activities. Labour standards * Information on labour standards and obligations under the law and regulations. * Registration of complaints. * Mediation for employees or employers concerned by a complaint of psychological harassment, wrongful dismissal or prohibited practice.

Eligibility: employers, workers

Coverage area: Laval

Hours: by appointment only

Financing: membership fees, self-financing

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

Services: * Job search and career transition assistance: resume, assisted placement, socio-professional assessment. * Assistance in case of mass layoff. * Guidance, skills assessment. * Assistance for employers seeking qualified staff.

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 ext. 6199 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

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. * Assistance with Hydro-Québec payment agreement.

Eligibility: Desjardins Mutual Aid Fund loan: people experiencing financial difficulties, people facing occasional emergency expenses

Coverage area: Laval, Desjardins Mutual Aid Fund loan: Laval, MRC Thérèse-De Blainville

Hours: Monday to Thursday 8h30 to 16h30

Fees: voluntary contribution: \$3

Financing: Centraide of Greater Montréal

Legal status: Cooperative

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: info@dira-laval.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 Thursday 8h00 to 12h00 and 13h00 to 16h00, 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, and use this dwelling or housing unit as their main residence

Coverage area: Laval

Financing: municipal

Legal status: municipal agency

RESIDENTIAL RESOURCES - TRANSPORTATION PROGRAM OF LAVAL

1755 René-Laennec Boulevard, Vimont, Laval, QC, H7M 3L9

450 668-1010

Website: www.lavalensante.com/en

Email: informations.cissslav@ssss.gouv.qc.ca

Services: * Financial assistance for travel to the nearest facility in the Department of Health and Social Services network.

Eligibility: persons with an intellectual, psychological, organic or physical disability

Coverage area: Laval

Hours: public information service: Monday to Friday 8h30 to 16h30, except on holidays

Fees: none

Financing: provincial

Legal status: parapublic organization

SERVICE CANADA CENTRE - LAVAL

1041 des Laurentides Boulevard, 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: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Laval

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government 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

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

YOUTH AND PARENTS AGAPE ASSOCIATION (THE)

3950 Notre-Dame Boulevard, Chomedey, Laval, QC, H7W 1S7

450 686-4333

Website: 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 for their assistance food recipients. Family and community * 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

Coverage area: Laval

Hours: Monday to Friday 8h30 to 17h00

Fees: none

Financing: donations, provincial, federal

Legal status: non-profit organization

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

Email: informations.cissslav@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

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

Services: Stimulation of entrepreneurship, job creation and socioeconomic development. * Financial support to businesses. * Fonds Jeunes Promoteurs and Fonds d'Économie Sociale. * Business localization. * Entrepreneurship assistance. * Consulting services. * Mobility and international business support.

Eligibility: private and social businesses

Coverage area: Laval

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30

Financing: municipal, provincial, federal

Legal status: non-profit organization

MICROENTREPRENDRE LAVAL

512, boulevard des Laurentides, bureau 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 through community credit for businesses in pre-start-up, start-up or consolidation. * Loans at favourable rates to entrepreneurs, access to entrepreneurial microcredit. * Conferences, animation and training in entrepreneurship. * Accompaniment and personalized follow-up.

Eligibility: entrepreneurs living in Laval or having a business in Laval with Canadian citizenship or permanent resident status

Coverage area: Laval

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: self-financing, provincial, fundraising campaigns

Legal status: non-profit organization

SERVICE CANADA CENTRE - LAVAL

1041 des Laurentides Boulevard, 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: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Laval

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

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: midi40.com

Email: info@midi40.com

Services: Specialized and personalized career counselling and accompaniment 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: people 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

Services: Employment integration enterprise specialized in the recycling of plastic materials from industrial and commercial residues. * Structured and personalized insertion program. * Training-work experience of 6 months in an industrial environment. * Possibility of certification for driving forklifts and in work health and security. * Disassembly, shredding, granulation and recuperation of expired inventory.

Eligibility: people 18 years old 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

CENTRE COMMUNAUTAIRE PETIT ESPOIR

1235, Montée du Moulin, local 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, PowerPoint, 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

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 Thursday 8h30 to 16h30 and Friday to 8h00 à 15h30

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.parc-mille-iles.qc.ca/en

Email: info@eco-nature.ca

Services: Protection, conservation and improvement of the Rivière des Milles Îles and its tributaries. * Environmental education programs and ecotourism activities. * Management of the Rivière-des-Milles-Îles' Park. * Social rehabilitation program: subsidized jobs. * Advisory services, professional and scientific expertise.

Eligibility: general public

Coverage area: Laval, Rive-Nord

Hours: Monday to Sunday 10h00 to 17h00

Fees: none

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

Legal status: non-profit organization

FEMMES EN EMPLOI

1688 des Laurentides Boulevard, Suite 102-103-104, Vimont, Laval, QC, H7M 2P4

450 490-4895

Website: en.femmesenemploi.org

Email: info@femmesenemploi.org

Services: Promoting the social, cultural and professional integration of women in precarious situations, particularly women from immigrant backgrounds. * Job search program and employment training. * Support for newly arrived immigrant women. * Computer workshops: Internet research, online banking, etc. * Information workshops on Canadian culture and laws and life in Canada, Quebec and Laval. * Translation services. * Consultation and referral services. * Object recovery: small appliances and furniture. * Seminars, workshops and other socio-educational activities on issues of discrimination and racial prejudice. * Events and environmental awareness. * Volunteer opportunities.

Eligibility: women in precarious situations, particularly women from immigrant backgrounds

Coverage area: Laval

Hours: Monday to Friday 9h00 to 17h00, computer workshops: Tuesdays and Wednesdays

Fees: none

Financing: municipal, provincial, federal, donations

Legal status: non-profit organization

GROUPE ALPHA LAVAL (LE)

485 des Laurentides Boulevard, Suites 101 and 105, 1st and 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: 5 to 8 people per group

Coverage area: Laval

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

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

Services: * Job search and career transition assistance: resume, assisted placement, socio-professional assessment. * Assistance in case of mass layoff. * Guidance, skills assessment. * Assistance for employers seeking qualified staff.

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

PERSPECTIVE CARRIÈRE

1772 le Corbusier Boulevard, Chomedey, Laval, QC, H7S 2K1

450 682-2278 Fax: 450 682-2924

Website: pcarriere.com/en/french-classes

Email: info@pcarriere.com

Services: * Job search assistance. * Specialized services for immigrant people. * Career exploration, assessment and transition, information on the labour market. * Part-time French course. * Computers, photocopier, fax, telephone. * Objectif Intégration session.

Eligibility: immigrants, newcomers and visible minorities

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

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

Services: Company-school. * Social and professional integration. * Individual employability accompaniment. * Paid work-training program in the textile sector. * French integration for newcomers. * Recovery of cotton and fleece t-shirts.

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 immigrants

AU JARDIN DE LA FAMILLE DE FABREVILLE INC.

3867 Sainte-Rose Boulevard, Fabreville, Laval, QC, H7P 1C8

450 622-9456 Fax: 450 622-0312

Website: jardindelafamille.org

Email: ajff@jardindelafamille.org

Services: * Francization. * Literacy workshops: reading, writing, calculating, communication. * Thrift store. * Homework assistance. * Storage: treatment and recuperation workshop for paper, cardboard, glass and metal. * Socioprofessional integration through workshops, training, coaching, mentoring. * Distribution of basic necessities.

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

Coverage area: Laval

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: none

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

Legal status: non-profit organization

CARREFOUR D'INTERCULTURES DE LAVAL

800 Chomedey Boulevard, Tower C, Suite 510, Chomedey, Laval, QC, H7V 3Y4

450 686-0554

Website: www.carrefourintercultures.com

Email: info@carrefourintercultures.com

Services: Welcoming of newcomers. * Information and guidance. * Accompaniment, support, settlement and integration assistance. * Assistance with forms. * Individual and group psychosocial support. * Part-time French courses. * Training to integrate the work force. * Administration of oath. * Family activities. * Espace parents: parenting skills workshops in the context of immigration. * Intercultural pairing. * Tax clinic.

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, local 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, PowerPoint, 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

PERSPECTIVE CARRIÈRE

1772 le Corbusier Boulevard, Chomedey, Laval, QC, H7S 2K1

450 682-2278 Fax: 450 682-2924

Website: pcarriere.com/en/french-classes

Email: info@pcarriere.com

Services: * Job search assistance. * Specialized services for immigrant people. * Career exploration, assessment and transition, information on the labour market. * Part-time French course. * Computers, photocopier, fax, telephone. * Objectif Intégration session.

Eligibility: immigrants, newcomers and visible minorities

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, 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: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Laval

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

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

Services: Company-school. * Social and professional integration. * Individual employability accompaniment. * Paid work-training program in the textile sector. * French integration for newcomers. * Recovery of cotton and fleece t-shirts.

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: midi40.com

Email: info@midi40.com

Services: Specialized and personalized career counselling and accompaniment 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: people 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, local 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, PowerPoint, 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

Employment support for women

CENTRE COMMUNAUTAIRE PETIT ESPOIR

1235, Montée du Moulin, local 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, PowerPoint, 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

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 Thursday 8h30 to 16h30 and Friday to 8h00 à 15h30

Fees: free

Financing: provincial, federal

Legal status: non-profit organization

FEMMES EN EMPLOI

1688 des Laurentides Boulevard, Suite 102-103-104, Vimont, Laval, QC, H7M 2P4

450 490-4895

Website: en.femmesenemploi.org

Email: info@femmesenemploi.org

Services: Promoting the social, cultural and professional integration of women in precarious situations, particularly women from immigrant backgrounds. * Job search program and employment training. * Support for newly arrived immigrant women. * Computer workshops: Internet research, online banking, etc. * Information workshops on Canadian culture and laws and life in Canada, Quebec and Laval. * Translation services. * Consultation and referral services. * Object recovery: small appliances and furniture. * Seminars, workshops and other socio-educational activities on issues of discrimination and racial prejudice. * Events and environmental awareness. * Volunteer opportunities.

Eligibility: women in precarious situations, particularly women from immigrant backgrounds

Coverage area: Laval

Hours: Monday to Friday 9h00 to 17h00, computer workshops: Tuesdays and Wednesdays

Fees: none

Financing: municipal, provincial, federal, donations

Legal status: non-profit organization

Employment support for youth

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

Services: * Reception and referral. * Job support. * Documentation centre. * Entrepreneurship awareness. * Guidance. * Student retention. * Personal finance, I'm in charge: budget assistance program. * Accompaniment and projects: Youth in action, youth entrepreneurship challenge, PASI, VISA, youth volunteers. * LAB/Mobile: awareness, mobilization, development and stimulation of youth to encourage the creation of projects with social impact.

Eligibility: young adults 15 to 35 years old, PASI: 14 years and over

Coverage area: Laval

Hours: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 8h30 to 20h00

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE VAL-MARTIN - ÇA CLIQ

820 79th Avenue, Chomedey, Laval, QC, H7V 3J1

450 973-8787 ext. 401 Fax: 450 973-8414

Website: www.cvvm.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 people aged 18 to 35 years old.

Eligibility: youth 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

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

Financing: provincial, fédéral, Centraide du Grand 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

Email: info@centredusablon.com

Services: Sports, community and cultural centre. * Exercises adapted for seniors. * Seniors club. * Special needs program for children: sports, cooking and social skills activities. * Preschool program. * Summer and winter day camps, spring break camp. * Varied activities for children. * Sociocultural activities. * Training in water rescue. * Tax clinic. * Ecological park. * Volunteering program. * Room rental. * Swimming pool, fitness room, gyms, etc.

Eligibility: general public, special needs program: children with 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 18h00

Fees: variable

Financing: self-financing, provincial, federal, 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 ext. 100 Fax: 450 668-9615

Website: relais-communautaire.org

Email: info@relais-communautaire.org

Services: Food assistance * Community meals: lunches. * Food distribution. * Emergency food assistance. * Distribution of soup and sandwiches to vulnerable people. Material assistance * Carrefour des Aubaines: sale of used clothing and household items. * Bonhomme à lunettes service point. Community * Welcoming, information and referrals to resources and services. * Individualized follow-up and accompaniment. * Active listening. * Crisis management. * Day centre. * Relais santé beauté: 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 with meal preparation. * Articul: painting workshops. * Knitting. * Popular education workshops. * Special events. Immigration * Welcoming, information and referral. * Integration and intercultural bridge-building. * Thematic meals. Employment * Subsidized internships and jobs. * Professional reintegration program. * Volunteering. * Community and compensatory work. Christmas activities * Christmas baskets for members. * Animation and gifts for children.

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 AT WORK

2595 Haut-Saint-François Road, Duvernay, Laval, QC, H7E 4P2

514 923-1251

Website: www.jeunesautravail.ca

Email: info@jeunesautravail.ca

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 35 years old

Capacity: 60 young people per year

Coverage area: Laval

Hours: Monday to Friday 8h00 to 16h00

Fees: none

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

Legal status: non-profit organization

Tax clinics

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 \$35,000, couples with an annual income under \$45,000 and an additional \$2,500 per dependant person

Coverage area: Laval

Hours: by appointment only, intensive period: March and April, by appointment only

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

Website: www.apadhl.com

Email: apadhl@hotmail.com

Services: * Supervised employment workshops.

Eligibility: people living with an intellectual disability, a physical 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

500 Saint-Martin Boulevard West, Suite 370, Chomedey, Laval, QC, H7M 3Y2

450 967-9611 Fax: 450 967-2391

Website: www.larrimage.ca/en

Email: infos.laval@larrimage.ca

Services: Professional integration and reintegration. * Reception, assessment and information. * Resume and cover letter writing. * Job search assistance and interview preparation. * Business visits. * Job retention and follow-up.

Eligibility: people living with a mental health problem diagnosis

Coverage area: Laval

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

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

Services: Employment integration enterprise specialized in the recycling of plastic materials from industrial and commercial residues. * Structured and personalized insertion program. * Training-work experience of 6 months in an industrial environment. * Possibility of certification for driving forklifts and in work health and security. * Disassembly, shredding, granulation and recuperation of expired inventory.

Eligibility: people 18 years old 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

AU JARDIN DE LA FAMILLE DE FABREVILLE INC.

3867 Sainte-Rose Boulevard, Fabreville, Laval, QC, H7P 1C8

450 622-9456 Fax: 450 622-0312

Website: jardindela famille.org

Email: ajff@jardindela famille.org

Services: * Francization. * Literacy workshops: reading, writing, calculating, communication. * Thrift store. * Homework assistance. * Storage: treatment and recuperation workshop for paper, cardboard, glass and metal. * Socioprofessional integration through workshops, training, coaching, mentoring. * Distribution of basic necessities.

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

Coverage area: Laval

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: none

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

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE PETIT ESPOIR

1235, Montée du Moulin, local 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, PowerPoint, 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: cill.qc.ca

Email: info@cill.qc.ca

Services: * Drop-in centres. * Pre-employability and work units: kitchen, office, household maintenance. * Trainings: French-literacy, English conversation, computers, organization committee for community life, music therapy, art and crafts. * Social and sports activities. * Social insertion measures. * Community follow-up: housing assistance, social integration, accompaniment, listening and moral support. * Integration in the work place: internship and accompaniment.

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 9h00 to 17h00

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: cill.qc.ca

Email: info@cill.qc.ca

Services: * Drop-in centre: trainings and workshops, sociocultural 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 9h00 to 17h00

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

Services: Protection, conservation and improvement of the Rivière des Milles Îles and its tributaries. * Environmental education programs and ecotourism activities. * Management of the Rivière-des-Milles-Îles' Park. * Social rehabilitation program: subsidized jobs. * Advisory services, professional and scientific expertise.

Eligibility: general public

Coverage area: Laval, Rive-Nord

Hours: Monday to Sunday 10h00 to 17h00

Fees: none

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

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 living with disabilities.

Eligibility: people living with a physical, hearing or intellectual disability, autistic people

Capacity: 200 people

Coverage area: Laval

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

OPEX'82 MANPOWER CENTRE - LAVAL-LAURENTIDES-LANAUDIÈRE

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.

* Information on the labour market. * Training workshops. * Self-exploration and self-awareness. * Job-search preparatory training program. * Contact with businesses.

Eligibility: adults with a criminal record

Coverage area: Laval, Laurentians, Lanaudière

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

RELAIS COMMUNAUTAIRE DE LAVAL

111 des Laurentides Boulevard, Suite 101, Pont-Viau, Laval, QC, H7G 2T2

450 668-8727 ext. 100 Fax: 450 668-9615

Website: relais-communautaire.org

Email: info@relais-communautaire.org

Services: Food assistance * Community meals: lunches. * Food distribution. * Emergency food assistance. * Distribution of soup and sandwiches to vulnerable people. Material assistance * Carrefour des Aubaines: sale of used clothing and household items. * Bonhomme à lunettes service point. Community * Welcoming, information and referrals to resources and services. * Individualized follow-up and accompaniment. * Active listening. * Crisis management. * Day centre. * Relais santé beauté: 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 with meal preparation. * Articul: painting workshops. * Knitting. * Popular education workshops. * Special events. Immigration * Welcoming, information and referral. * Integration and intercultural bridge-building. * Thematic meals. Employment * Subsidized internships and jobs. * Professional reintegration program. * Volunteering. * Community and compensatory work. Christmas activities * Christmas baskets for members. * Animation and gifts for children.

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 CANADA CENTRE - LAVAL

1041 des Laurentides Boulevard, 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: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Laval

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICES DU CHAT BOTTÉ (LES)

155 Je-Me-Souviens Boulevard, Sainte-Rose, Laval, QC, H7L 1V6

450 663-5551 ext. 2 Fax: 450 663-0694

Website: autismelaval.org

Email: info@autismelaval.org

Services: * Weekend respite with accommodation and emergency respite. * Summer, spring break and Christmas week day camps. * Leisure activities: karate, dance, curling, cinema, cooking, etc. * Social and recreational activities for people living with Asperger's syndrome. * Socioprofessional activities for adults at the Bioferme located 573 Rang Saint-Antoine, H7R 6E8. * Day activities.

Eligibility: autistic people, day activities: semi-autonomous people 21 years with autism, behavioural problem or an intellectual disability

Capacity: respite: 24

Coverage area: Laval

Hours: Monday to Friday 8h30 to 15h00

Fees: variable

Financing: provincial, 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

Services: Company-school. * Social and professional integration. * Individual employability accompaniment. * Paid work-training program in the textile sector. * French integration for newcomers. * Recovery of cotton and fleece t-shirts.

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 AT WORK

2595 Haut-Saint-François Road, Duvernay, Laval, QC, H7E 4P2

514 923-1251

Website: www.jeunesautravail.ca

Email: info@jeunesautravail.ca

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 35 years old

Capacity: 60 young people per year

Coverage area: Laval

Hours: Monday to Friday 8h00 to 16h00

Fees: none

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

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, local 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, PowerPoint, 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'AIDE PORTAIL

560 Justin Street, Fabreville, Laval, QC, H7P 5R2

450 622-7315

Website: www.centreaideportail.com

Email: info@centreaideportail.com

Services: Food bank. * Weekly food baskets. * Christmas baskets. * School supplies distribution.

Eligibility: people in need

Capacity: food baskets: 160 per week

Coverage area: Laval

Hours: Monday to Thursday from 9h00 to 16h00, distribution of baskets: Thursday 14h00 to 17h15

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

Services: * Recruitment, training and referral of volunteers to Laval organisations: jebenevole.ca * Home support: SécuriCAB (automated call service to ensure the safety of seniors), medical transportation, school support, friendly visits, assistance with light chores, social calls, etc. * Moisson Laval: regional food bank supplying Laval organizations. * Comptoir alimentaire alternatif: emergency food aid. * Déjeuners et collations scolaires program (school lunches and snacks). * Christmas baskets. * Collection and distribution of school supplies. * Year-round tax clinic.

Eligibility: residents, people and families on a low income, organizations helping people on a low income, newcomers, refugees

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

ENTRAIDE SAINT-BRUNO

2287 Aladin Street, Vimont, Laval, QC, H7K 2T6

450 669-3001

Email: brunolaval@videotron.ca

Services: * Emergency food assistance vouchers. * Christmas baskets.

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

4865 du souvenir Street, Chomedey, Laval, QC, H7W 1E1

450 688-2091 Fax: 450 688-2084

Website: hcgm.org

Email: infosshq@hcgm.org

Services: Food * Food bank. * Home delivery. * Christmas baskets. Support * Information and referral. * Active 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 for people victim of abuse. * Friendly phone calls. * Programme intégré d'équilibre dynamique (PIED). * Support for caregivers: support groups, coffee meetings, information and referral, Info-mobile: booths in public events. * Recreational activities and bonding program. * Coffee meeting. * Exercise course. Education * Computer classes: tablet and cell phone. * French classes.

Eligibility: general public, mainly of Greek origin

Coverage area: Laval

Hours: Monday to Friday 9h00 to 17h00

Fees: annual membership: \$5, food bank: \$5 per box

Financing: donations, grants, provincial

Legal status: non-profit organization

OPÉRATION PÈRE NOËL

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

450 233-8999

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

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

Services: Food aid for refugee families or asylum seekers. * Emergency food assistance. * Take-out meals. * Collective kitchen. * Integration and assistance to families. * Garden Indoor and outdoor. * Youth program: summer job integration. * Volunteering program. * Christmas baskets. * Distribution of school supplies.

Eligibility: asylum-seeking families on a low-income, refugee families on a low-income

Capacity: 100

Coverage area: Chomedey

Hours: Monday to Friday 9h00 to 17h00, registration and supervision of new families: Monday and Tuesday, take-out meals: Wednesday and Friday

Fees: take-out meals: voluntary contributions, other services: free

Financing: donations, municipal, provincial, federal

Legal status: non-profit organization

SERVICE D'ENTRAIDE DE SAINTE-BÉATRICE

475 des Perron Avenue, Auteuil, Laval, QC, H7H 1E2

450 625-0725 Fax: 450 625-0726

Email: stebeatrice@hotmail.com

Services: * Distribution of food vouchers and food bags. * Christmas baskets. * School supplies.

Eligibility: people on a low income

Coverage area: Sainte-Béatrice parish, Christmas baskets: Auteuil

Hours: by appointment

Financing: 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

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 - CONFÉRENCE SAINT-CLAUDE

80 Meunier Street West, Laval-des-Rapides, Laval, QC, H7N 1V6

450 256-0134

Services: * Food vouchers and food bags. * Christmas baskets for members. * 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 the last two weeks of each month

Fees: none

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

Services: * Distribution of food vouchers and food bags. * Distribution of vouchers for school supplies. * Christmas baskets.

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

Fees: none

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

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: Wednesday 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

Services: * Distribution of food vouchers and food bags. * Christmas baskets. * Distribution of school supplies.

Eligibility: people on a low income

Coverage area: Saint-François-de-Sales Parish

Hours: by appointment

Fees: none

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: distribution: Thursday morning

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

Services: * Food assistance: distribution of food vouchers and non-perishable food. * Christmas baskets. *

Bonne Mine operation: assistance with school supplies.

Eligibility: people on a low income

Capacity: 15 requests per week

Coverage area: Saint-Martin, Saint-Pie-X and Saint-Urbain parishes

Hours: Thursday afternoon: by appointment only

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

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-DOROTHÉE

996 Gravel Montée, Sainte-Dorothée, Laval, QC, H7X 1E3

438 395-8219

Email: saintedorothée-ssvp@outlook.fr

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, newcomers

Coverage area: Sainte-Dorothée

Hours: thrift store: Wednesday 13h00 to 15h00, food assistance: by appointment, closed: January and July

Fees: thrift store: variable, other services: free

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

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: Monday to Friday 9h00 to 17h00, leave a message for an appointment

Fees: free, thrift store: variable

Financing: donations, self-financing

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINT-ELZÉAR

Saint-Elzéar Boulevard East, Vimont, Laval, QC, H7M 1C2

514 506-7512 Fax: 450 629-3415

Email: paroissesaintelzear@videotron.ca

Services: * Food vouchers. * Christmas baskets and gift certificates. * Opération Bonne Mine: school supply vouchers. * Thrift store: sale and recovery of clothing donations on site.

Eligibility: people on a low income

Coverage area: Saint-Elzéar Parish: postal code starting by H7M

Hours: thrift store: Monday 12h00 to 15h00, 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

Email: st-theophile@outlook.com

Services: * Distribution of 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 8h30 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

Services: * Distribution of food vouchers and food baskets. * Emergency food assistance. * Soupière Sainte-Rose: community meals. * Christmas baskets. * School supplies.

Eligibility: people on a low income

Coverage area: Sainte-Rose-de-Lima Parish

Hours: Wednesday 8h30 to 10h00

Financing: donations, fundraising campaigns

Legal status: non-profit organization

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

Services: Services for seniors. * Listening and referral. * Recreational, sports and artistic workshops. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Computer classes. * Monthly and intercultural luncheons and collective kitchens. * Volunteers training. * Free conferences. * Intergenerational activities and meeting place Café Entre-Nous. * Bonhomme à lunettes service point. * Accompaniment-transportation to the grocery store.

Eligibility: people 50 years and over

Coverage area: East of Laval, ITMAV: Saint-Vincent-de-Paul, Duvernay, Saint-François

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

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

1800 Dumouchel Avenue, Chomedey, Laval, QC, H7S 1J7

450 681-9979 Fax: 450 681-2835

Website: baaf.ca

Email: adjointe@baaf.ca

Services: Support to families. * Respite. * French learning program for children 3 to 5 years old and animated stories. * Avenir de Femmes program: 23-unit cooperative building for single mothers. * Project 10-19: organisation of activities and workshops for youth. * Secondaire à ma manière: workshops and activities for 6th graders. * Improvisation. * Workshops and activities. * Francization workshop. * Mutual aid group. * Collective kitchen. * Coffee chats. * Le Vestibule: free thrift store. * Toy library. * Community garden.

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 LE COUMBITE DE LAVAL

111 des Laurentides Boulevard, Suite 220, Pont-Viau, Laval, QC, H7G 2T2

450 662-9771

Website: coumbitelaval.net

Email: coumbite@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. * Activities and home visits for seniors. * Computers classes. * Community kitchen. * Intergenerational outings. * Tax clinic.

Eligibility: people from 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 poste 202 Fax: 450 973-8414

Website: www.ccvvm.org

Email: intermdf@ccvm.org

Services: An inclusive environment for parents and children that fosters mutual support and a sense of belonging, thereby contributing to their emotional and social well-being. * Parents' committee. * Intervention, listening, welcoming and personalised support. * Collective kitchens: Petits Bedons workshop for parents and toddlers, lunchbox workshops for parents. * Y'APP: workshops on parenting knowledge and skills. * Éveil des sens: workshops for parents and babies on developing the bond of attachment. * Césame: workshop for parents and children on the development of the attachment bond. * Placote: language development workshop for 1 to 2 year olds. * Parents de tout-petits, quel défi: workshop on parenting skills. * Il était une fois nos histoires: parent and child workshops to introduce children to reading. * Papa et moi activities: workshops for dads and their children aged 6 and over, to develop attachment and parenting skills. * Café-rencontre activities: workshops to break down isolation and build friendships among parents. * Family activities and outings. * Drop-in care for children aged 10 months to 5 years. * Petite école: preparation for kindergarten for 4-5 year olds. * Kindergarten: stimulation activities to promote overall development and social skills for 3-4 year-olds. * Mutual assistance counter.

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

Services: Promotion of healthy lifestyles. * Assistance for starting physical activity groups (walking club, Viactive groups, etc.). * Conferences and training on healthy lifestyle habits, exercise and diet. * Nutritional education. * Kinesiology. * Info-Actif line: physical activity information line. * Bouffe-Nature day camp: activities on food and nature discovery. * Promo-Santé clinic. * Assistance for starting community kitchens for seniors.

Eligibility: general public, community organizations, schools, childcare centres, businesses

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: info.direction@mfl-o.org

Services: Food * Community garden. * Collective kitchens, cooking workshops. * Food assistance. Family * Information and referral. * Daycare. * Educational workshops, communication and language workshops for children 2 to 5 years. * Coffee meetings. * Conferences for parents, Y'APP program (parenting skills). * Walking club. * Parent-child and family activities. * Bougeotte en famille: recreational activity.

Eligibility: families with children from 0 to 12 years old

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: \$20 per family

Financing: provincial, federal

Legal status: non-profit organization

MAISON DE LA FAMILLE DE ST-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

Services: Family support. * Family activities. * Workshops for adults and children. * Monthly collective kitchens. * Food assistance. * Daycare. * Bonhomme à lunettes: optician service. * Clothing counter. * Book sharing. * Internet access and photocopy service. * Support and listening by appointment, on site or by phone.

Eligibility: families

Capacity: 75 people

Coverage area: Laval East

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

Fees: member: \$10, 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

Services: Living environment for parents, children and youth. * Food assistance. * Various workshops for parents. * Nobody's Perfect (YAPP): parenting skills workshops. * Bébé tendre bougeotte: stimulation workshop for children 0 to 12 months old. * Workshops for parents and children 2 to 5 years old. * Vers la maternelle: school readiness workshop for children 3 to 5 years old. * Daycare for structured activities and respite. * Yoga. * Various collective kitchens. * Cooking your own lunch box: cooking workshop for parents and children 6 to 12 years old. * Homework assistance for children 6 to 12 years old. * Various workshops for children 6 to 12 years old. * Youth sector for children 12 to 17 years old. * Music and cooking workshops for children 12 to 17 years old. * Various activities for families.

Eligibility: children, teenagers, adults, families

Capacity: 25

Coverage area: Fabreville, Sainte-Rose

Hours: Monday to Friday 9h00 to 16h00

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: rqsvp.com

Email: froustan@rqsvp.com

Services: Food * Collective kitchens. * Food bank for families on a low income. * Community fridge. * Community gardens. * Youth * Culinary workshops for children. * Field trips, storytelling and singing, stimulation activities for children. * Indoor park. * Summer day camp. * School readiness program. * Weekly activities for 6 to 12 year olds. * Family * Early stimulation workshops for parents and children. * Parents-children outings. * Drop-in daycare. * Coffee-conferences.

Eligibility: families

Coverage area: Saint-Vincent-de-Paul, Duvernay and Saint-François neighbourhoods

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 20h00, 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

Services: Food aid for refugee families or asylum seekers. * Emergency food assistance. * Take-out meals. * Collective kitchen. * Integration and assistance to families. * Garden Indoor and outdoor. * Youth program: summer job integration. * Volunteering program. * Christmas baskets. * Distribution of school supplies.

Eligibility: asylum-seeking families on a low-income, refugee families on a low-income

Capacity: 100

Coverage area: Chomedey

Hours: Monday to Friday 9h00 to 17h00, registration and supervision of new families: Monday and Tuesday, take-out meals: Wednesday and Friday

Fees: take-out meals: voluntary contributions, other services: free

Financing: donations, municipal, provincial, federal

Legal status: non-profit organization

SERVICE DES LOISIRS DU BON-PASTEUR

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

450 669-2151 Fax: 450 669-2902

Website: loisirsbonpasteur.com

Email: info@loisirsbonpasteur.com

Services: Leisure centre. * Social, sporting, cultural and leisure activities. * Full-time or part-time francization courses. * Collective kitchen. * Spring break and day camp. * Extracurricular activities.

Eligibility: youth, families, general population

Coverage area: Laval

Hours: leisure: Monday to Friday 9h00 to 21h00, Saturday 9h00 to 14h30, Sunday 9h00 to 12h30, francization: Tuesday to Thursday 9h00 to 21h00

Fees: variable

Financing: municipal

Legal status: non-profit organization

Community gardens and markets

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

1800 Dumouchel Avenue, Chomedey, Laval, QC, H7S 1J7

450 681-9979 Fax: 450 681-2835

Website: baaf.ca

Email: adjointe@baaf.ca

Services: Support to families. * Respite. * French learning program for children 3 to 5 years old and animated stories. * Avenir de Femmes program: 23-unit cooperative building for single mothers. * Project 10-19: organisation of activities and workshops for youth. * Secondaire à ma manière: workshops and activities for 6th graders. * Improvisation. * Workshops and activities. * Francization workshop. * Mutual aid group. * Collective kitchen. * Coffee chats. * Le Vestibule: free thrift store. * Toy library. * Community garden.

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 West Boulevard, Suite 209, Chomedey, Laval, QC, H7V 1G5

450 681-1154

Website: www.enfantdabord.org

Email: info@enfantdabord.org

Services: * Food bank. * Distribution of hygiene products. * Support for collective and community gardens. * Food deliveries to elementary school and organizations. * Urban agriculture education workshops in elementary school and with Laval families and citizens: vegetable garden planning, seedling preparation, potting and plant maintenance. * Social reintegration for teenagers. * Compensatory work.

Eligibility: people in need, food bank: people on a low-income, social reintegration: teenagers 14 to 17 years old

Coverage area: Laval, emergency food assistance: Chomedey

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, emergency food assistance: Tuesday, Thursday and Friday 9h30 to 15h00

Fees: food bank: \$5 to \$10, depending on family composition

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: info.direction@mfl-o.org

Services: Food * Community garden. * Collective kitchens, cooking workshops. * Food assistance. Family * Information and referral. * Daycare. * Educational workshops, communication and language workshops for children 2 to 5 years. * Coffee meetings. * Conferences for parents, Y'APP program (parenting skills). * Walking club. * Parent-child and family activities. * Bougeotte en famille: recreational activity.

Eligibility: families with children from 0 to 12 years old

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: \$20 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: rqsvp.com

Email: froustan@rqsvp.com

Services: Food * Collective kitchens. * Food bank for families on a low income. * Community fridge. * Community gardens. Youth * Culinary workshops for children. * Field trips, storytelling and singing, stimulation activities for children. * Indoor park. * Summer day camp. * School readiness program. * Weekly activities for 6 to 12 year olds. Family * Early stimulation workshops for parents and children. * Parents-children outings. * Drop-in daycare. * Coffee-conferences.

Eligibility: families

Coverage area: Saint-Vincent-de-Paul, Duvernay and Saint-François neighbourhoods

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 20h00, 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

Services: Food aid for refugee families or asylum seekers. * Emergency food assistance. * Take-out meals. * Collective kitchen. * Integration and assistance to families. * Garden Indoor and outdoor. * Youth program: summer job integration. * Volunteering program. * Christmas baskets. * Distribution of school supplies.

Eligibility: asylum-seeking families on a low-income, refugee families on a low-income

Capacity: 100

Coverage area: Chomedey

Hours: Monday to Friday 9h00 to 17h00, registration and supervision of new families: Monday and Tuesday, take-out meals: Wednesday and Friday

Fees: take-out meals: voluntary contributions, other services: free

Financing: donations, municipal, provincial, federal

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

Email: secretariat@aledia1959.com

Services: Promote the maintenance, improvement and development of support measures for people living with an intellectual disability or autistic people. * Supervised activity for members 12 years and over. * Summer camp, recreational and sports activities. * Food assistance.

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

Coverage area: Laval

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

Fees: participating member: \$20, food box user member: \$30, half-days: \$20, full days: 25 to \$33, assessment: \$20

Financing: provincial, self-financing

Legal status: non-profit organization

AU PANIER

3781 Lévesque Boulevard West, Chomedey, Laval, QC, H7V 1G5

438 497-6140

Website: www.aupanier.org/index.php/en

Email: info@aupanier.org

Services: * Coffee-chats and activities. * Information, informal networking, etc. * Training: workshops and volunteering. * Catering service.

Eligibility: people living below the low-income threshold

Coverage area: Chomedey (postal codes H7W, H7V, H7T, H7S)

Hours: Monday to Friday 9h00 to 16h00

Fees: Membership card: \$10 per year

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

Services: Food assistance * Emergency food assistance, once a week. * Sale of frozen meals. * Community meals. * Boit'Appétit box drop-off point. * Christmas meal. Material assistance * Thrift store: recovery and sale of used clothing and household items. Community * Friendly calls. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Identification to prevent isolation. * Sentinels: suicide prevention. * At-home visits to inform on the centre's activities. * Adapted recreational activities for people 35 years old and over with a mobility, visual or hearing impairment. * Respite for caregivers. * Classes and training workshops: computer, line dancing, gymnastics, yoga, zumba gold, etc. * Low-cost transportation to activities. * Outings, visits, walks, parties and special events. * Room rental. * Conferences. * Volunteering. * Tax clinic.

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: \$17 per year, meals: \$6.50 for members and \$8 for non-members, frozen meals: variable prices, fresh meal of the day: \$4.50, food assistance delivery: variable

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

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE PETIT ESPOIR

1235, Montée du Moulin, local 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, PowerPoint, 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'AIDE PORTAIL

560 Justin Street, Fabreville, Laval, QC, H7P 5R2

450 622-7315

Website: www.centreaideportail.com

Email: info@centreaideportail.com

Services: Food bank. * Weekly food baskets. * Christmas baskets. * School supplies distribution.

Eligibility: people in need

Capacity: food baskets: 160 per week

Coverage area: Laval

Hours: Monday to Thursday from 9h00 to 16h00, distribution of baskets: Thursday 14h00 to 17h15

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

Services: * Recruitment, training and referral of volunteers to Laval organisations: jebenevole.ca * Home support: SécuriCAB (automated call service to ensure the safety of seniors), medical transportation, school support, friendly visits, assistance with light chores, social calls, etc. * Moisson Laval: regional food bank supplying Laval organizations. * Comptoir alimentaire alternatif: emergency food aid. * Déjeuners et collations scolaires program (school lunches and snacks). * Christmas baskets. * Collection and distribution of school supplies. * Year-round tax clinic.

Eligibility: residents, people and families on a low income, organizations helping people on a low income, newcomers, refugees

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

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

Services: Place for meeting, services and referral. * Listening, accompaniment and counselling. * Sports and cultural activities, outings. * Homework assistance. * Prevention, awareness and education activities. * Food assistance, every 2 weeks. * Training on democratic life. * Music room. * Cultural and humanitarian trip.

Eligibility: people 11 to 17 years old

Coverage area: Saint-François

Hours: Tuesday to Thursday 17h00 to 21h00, Friday 17h00 to 22h00

Fees: none

Financing: provincial

Legal status: non-profit organization

COMPASSION LAVAL

1645 des Laurentides Boulevard, Vimont, Laval, QC, H7M 2P2

450 669-7072 Fax: 450 662-7152

Email: compassionlaval450@gmail.com

Services: Assistance to individuals and families in need. * Food bank. * Thrift shop: new and used clothing for adults and children at low cost. * Collection point for donations: non-perishable or long-lasting food, clothing, personal hygiene items, kitchenware, baby items, etc.

Eligibility: people and families on a low income

Coverage area: Laval

Hours: thrift shop: Thursday 11h00 to 16h30, food bank: Saturday 8h30 to 11h00, on-site donations: Tuesday to Thursday, summer: closed from the end of June to September, winter: closed in December and on New Year's Day

Fees: food bank: \$5

Financing: donations, municipal

Legal status: non-profit organization

ENFANT D'ABORD

3781 Lévesque West Boulevard, Suite 209, Chomedey, Laval, QC, H7V 1G5

450 681-1154

Website: www.enfantdabord.org

Email: info@enfantdabord.org

Services: * Food bank. * Distribution of hygiene products. * Support for collective and community gardens. * Food deliveries to elementary school and organizations. * Urban agriculture education workshops in elementary school and with Laval families and citizens: vegetable garden planning, seedling preparation, potting and plant maintenance. * Social reintegration for teenagers. * Compensatory work.

Eligibility: people in need, food bank: people on a low-income, social reintegration: teenagers 14 to 17 years old

Coverage area: Laval, emergency food assistance: Chomedey

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, emergency food assistance: Tuesday, Thursday and Friday 9h30 to 15h00

Fees: food bank: \$5 to \$10, depending on family composition

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

Website: www.entraidelaval.org

Email: coqlicorne@gmail.com

Services: * Children 0 to 5 years old: daycare, stimulation workshops, kindergarten preparation, parent workshops and parent-child workshops. * Youth 6 to 12 years old: extracurricular activities, homework help, day camps, cooking workshops, sports initiations, etc. * Immigration: reception, accompaniment, referral. * Citizen space: social events, social economy, room rental, community fridge, thrift shop, reception and guidance, public writer, commissioner for oaths. * Le Grand Cerf-Volant: socialising activities for seniors.

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

Coverage area: Laval

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

Email: brunolaval@videotron.ca

Services: * Emergency food assistance vouchers. * Christmas baskets.

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: 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. * Meals on wheels. * Emergency food aid: once a month per family maximum. * Donation of furniture and clothes upon referral.

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 Thursday 12h00 to 17h00, Friday 12h00 to 19h00, Saturday 12h00 to 17h00, meals on wheels: 5 times a week, at lunchtime, emergency food assistance: Monday to Friday, in the afternoon

Fees: meals on wheels: \$8 per meal

Financing: donations, self-financing, provincial

Legal status: non-profit organization

HELLENIC SOCIAL SERVICES OF QUÉBEC - LAVAL

4865 du souvenir Street, Chomedey, Laval, QC, H7W 1E1

450 688-2091 Fax: 450 688-2084

Website: hcgm.org

Email: infosshq@hcgm.org

Services: Food * Food bank. * Home delivery. * Christmas baskets. Support * Information and referral. * Active 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 for people victim of abuse. * Friendly phone calls. * Programme intégré d'équilibre dynamique (PIED). * Support for caregivers: support groups, coffee meetings, information and referral, Info-mobile: booths in public events. * Recreational activities and bonding program. * Coffee meeting. * Exercise course. Education * Computer classes: tablet and cell phone. * French classes.

Eligibility: general public, mainly of Greek origin

Coverage area: Laval

Hours: Monday to Friday 9h00 to 17h00

Fees: annual membership: \$5, food bank: \$5 per box

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: info.direction@mfl-o.org

Services: Food * Community garden. * Collective kitchens, cooking workshops. * Food assistance. Family * Information and referral. * Daycare. * Educational workshops, communication and language workshops for children 2 to 5 years. * Coffee meetings. * Conferences for parents, Y'APP program (parenting skills). * Walking club. * Parent-child and family activities. * Bougeotte en famille: recreational activity.

Eligibility: families with children from 0 to 12 years old

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: \$20 per family

Financing: provincial, federal

Legal status: non-profit organization

MAISON DE LA FAMILLE DE ST-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

Services: Family support. * Family activities. * Workshops for adults and children. * Monthly collective kitchens. * Food assistance. * Daycare. * Bonhomme à lunettes: optician service. * Clothing counter. * Book sharing. * Internet access and photocopy service. * Support and listening by appointment, on site or by phone.

Eligibility: families

Capacity: 75 people

Coverage area: Laval East

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

Fees: member: \$10, 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

Services: Living environment for parents, children and youth. * Food assistance. * Various workshops for parents. * Nobody's Perfect (YAPP): parenting skills workshops. * Bébé tendre bougeotte: stimulation workshop for children 0 to 12 months old. * Workshops for parents and children 2 to 5 years old. * Vers la maternelle: school readiness workshop for children 3 to 5 years old. * Daycare for structured activities and respite. * Yoga. * Various collective kitchens. * Cooking your own lunch box: cooking workshop for parents and children 6 to 12 years old. * Homework assistance for children 6 to 12 years old. * Various workshops for children 6 to 12 years old. * Youth sector for children 12 to 17 years old. * Music and cooking workshops for children 12 to 17 years old. * Various activities for families.

Eligibility: children, teenagers, adults, families

Capacity: 25

Coverage area: Fabreville, Sainte-Rose

Hours: Monday to Friday 9h00 to 16h00

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: rqsvp.com

Email: froustan@rqsvp.com

Services: Food * Collective kitchens. * Food bank for families on a low income. * Community fridge. * Community gardens. Youth * Culinary workshops for children. * Field trips, storytelling and singing, stimulation activities for children. * Indoor park. * Summer day camp. * School readiness program. * Weekly activities for 6 to 12 year olds. Family * Early stimulation workshops for parents and children. * Parents-children outings. * Drop-in daycare. * Coffee-conferences.

Eligibility: families

Coverage area: Saint-Vincent-de-Paul, Duvernay and Saint-François neighbourhoods

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 20h00, 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@gmail.com

Services: Intercultural, intergenerational and interreligious centre. * Reception and listening. * Assistance with ex-inmates' social reintegration. * Food bank, emergency food assistance. * Clothing depot. * On-site recovery of clothing and food.

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 10h00 to 16h00, food distribution: by appointment, Monday to Friday 10h00 to 11h00

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: provisionlaval.ca

Email: info@provisionlaval.ca

Services: * Weekly distribution of baked goods and food baskets. * Thrift store: sale of second-hand items. * Community activities.

Eligibility: people in need or experiencing homelessness

Capacity: 50

Coverage area: Laval: postal codes starting by H7N or H7G

Hours: food bank: Tuesday 8h30 to 10h30, registration to the food bank: the last Friday of the month from 14h00 to 15h00

Fees: variable

Financing: donations, foundations, fundraising campaigns

Legal status: non-profit organization

PROJET HUMAINITAIRE 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

Services: Food aid for refugee families or asylum seekers. * Emergency food assistance. * Take-out meals. * Collective kitchen. * Integration and assistance to families. * Garden Indoor and outdoor. * Youth program: summer job integration. * Volunteering program. * Christmas baskets. * Distribution of school supplies.

Eligibility: asylum-seeking families on a low-income, refugee families on a low-income

Capacity: 100

Coverage area: Chomedey

Hours: Monday to Friday 9h00 to 17h00, registration and supervision of new families: Monday and Tuesday, take-out meals: Wednesday and Friday

Fees: take-out meals: voluntary contributions, other services: free

Financing: donations, municipal, provincial, federal

Legal status: non-profit organization

RELAIS COMMUNAUTAIRE DE LAVAL

111 des Laurentides Boulevard, Suite 101, Pont-Viau, Laval, QC, H7G 2T2

450 668-8727 ext. 100 Fax: 450 668-9615

Website: relais-communautaire.org

Email: info@relais-communautaire.org

Services: Food assistance * Community meals: lunches. * Food distribution. * Emergency food assistance. * Distribution of soup and sandwiches to vulnerable people. Material assistance * Carrefour des Aubaines: sale of used clothing and household items. * Bonhomme à lunettes service point. Community * Welcoming, information and referrals to resources and services. * Individualized follow-up and accompaniment. * Active listening. * Crisis management. * Day centre. * Relais santé beauté: 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 with meal preparation. * Article: painting workshops. * Knitting. * Popular education workshops. * Special events. Immigration * Welcoming, information and referral. * Integration and intercultural bridge-building. * Thematic meals. Employment * Subsidized internships and jobs. * Professional reintegration program. * Volunteering. * Community and compensatory work. Christmas activities * Christmas baskets for members. * Animation and gifts for children.

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

Services: Support for children and their families. * Preparation for kindergarden for children 3 to 5 years old. * Food assistance for occasional needs. * Homework assistance. * Improvisation workshops. * Croque-livres. * Day camp. * Thematic cooking workshops. * Le Troc du Relais: children items swap 4 times per year. * Outings for youth and families. * Father-child workshops, coffee-creation and conferences. * Assistance and referral. * 15 low-cost housing units. * Garage sales.

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: subventions, dons

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/en

Email: info@centrescama.org

Services: Community centre for social and recreational activities. * Food Services: meals on wheels, emergency food assistance, on-site cafeteria, delivery of frozen meals. * Community centre: chair exercises, coffee chats, French conversation workshops, lectures, outings, bingo, yoga, 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 through phonecalls and at-home visits. * Zootherapy. * Medical accompaniment and transportation for occasional appointments.

Eligibility: seniors 50 years old and over

Coverage area: meals on wheels and food assistance: Chomedey, Amperâge, Allô Sam! and community centre: Laval, other services: Laval, Montréal Island

Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 13h00, food assistance: Friday 2 times a month

Fees: annual membership: \$20, meals on wheels: \$8 per meal, Amperâge and food assistance: free, frozen meals: variable prices from \$6.75 to \$7.75, Allô Sam!: \$30 per hour, minimum 2 hours and \$10 travel fee, canteen on site: meals at \$8, community centre and activities: free

Financing: provincial, subventions

Legal status: non-profit organization

SERVICE D'ENTRAIDE DE SAINTE-BÉATRICE

475 des Perron Avenue, Auteuil, Laval, QC, H7H 1E2

450 625-0725 Fax: 450 625-0726

Email: stebeatrice@hotmail.com

Services: * Distribution of food vouchers and food bags. * Christmas baskets. * School supplies.

Eligibility: people on a low income

Coverage area: Sainte-Béatrice parish, Christmas baskets: Auteuil

Hours: by appointment

Financing: 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

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 - CONFÉRENCE SAINT-CLAUDE

80 Meunier Street West, Laval-des-Rapides, Laval, QC, H7N 1V6

450 256-0134

Services: * Food vouchers and food bags. * Christmas baskets for members. * 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 the last two weeks of each month

Fees: none

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

Services: * Distribution of food vouchers and food bags. * Distribution of vouchers for school supplies. * Christmas baskets.

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

Fees: none

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

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: Wednesday 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

Services: * Distribution of food vouchers and food bags. * Christmas baskets. * Distribution of school supplies.

Eligibility: people on a low income
Coverage area: Saint-François-de-Sales Parish
Hours: by appointment
Fees: none
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: distribution: Thursday morning
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

Services: * Food assistance: distribution of food vouchers and non-perishable food. * Christmas baskets. * Bonne Mine operation: assistance with school supplies.

Eligibility: people on a low income
Capacity: 15 requests per week
Coverage area: Saint-Martin, Saint-Pie-X and Saint-Urbain parishes
Hours: Thursday afternoon: by appointment only
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

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

996 Gravel Montée, Sainte-Dorothée, Laval, QC, H7X 1E3

438 395-8219

Email: saintedorothée-ssvp@outlook.fr

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, newcomers

Coverage area: Sainte-Dorothée

Hours: thrift store: Wednesday 13h00 to 15h00, food assistance: by appointment, closed: January and July

Fees: thrift store: variable, other services: free

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

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: Monday to Friday 9h00 to 17h00, leave a message for an appointment

Fees: free, thrift store: variable

Financing: donations, self-financing

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINT-ELZÉAR

Saint-Elzéar Boulevard East, Vimont, Laval, QC, H7M 1C2

514 506-7512 Fax: 450 629-3415

Email: paroissesaintelzear@videotron.ca

Services: * Food vouchers. * Christmas baskets and gift certificates. * Opération Bonne Mine: school supply vouchers. * Thrift store: sale and recovery of clothing donations on site.

Eligibility: people on a low income

Coverage area: Saint-Elzéar Parish: postal code starting by H7M

Hours: thrift store: Monday 12h00 to 15h00, 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

Email: st-theophile@outlook.com

Services: * Distribution of 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 8h30 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

Services: * Distribution of food vouchers and food baskets. * Emergency food assistance. * Soupière Sainte-Rose: community meals. * Christmas baskets. * School supplies.

Eligibility: people on a low income

Coverage area: Sainte-Rose-de-Lima Parish

Hours: Wednesday 8h30 to 10h00

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: 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 for their assistance food recipients. Family and community * 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

Coverage area: Laval

Hours: Monday to Friday 8h30 to 17h00

Fees: none

Financing: donations, provincial, federal

Legal status: non-profit organization

Food assistance coordination**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.

Eligibility: seniors, persons with a permanent or temporary loss of autonomy, meals on wheels services

Coverage area: Laval

Hours: Monday to Friday 8h30 to 16h30

Fees: hot meal delivered: \$8

Financing: provincial, regional, municipal, donations

Legal status: non-profit organization

AU PANIER

3781 Lévesque Boulevard West, Chomedey, Laval, QC, H7V 1G5

438 497-6140

Website: www.aupanier.org/index.php/en

Email: info@aupanier.org

Services: * Coffee-chats and activities. * Information, informal networking, etc. * Training: workshops and volunteering. * Catering service.

Eligibility: people living below the low-income threshold

Coverage area: Chomedey (postal codes H7W, H7V, H7T, H7S)

Hours: Monday to Friday 9h00 to 16h00

Fees: Membership card: \$10 per year

Financing: municipal, provincial, foundations, donations

Legal status: non-profit organization

AUBERGE DU COEUR L'ENVOLEE - HÉBERGEMENTS DE TRANSITION

1620 des Patriotes Street, Sainte-Rose, Laval, QC, H7L 2N6

450 628-0907

Website: www.auberge-envolee.org

Email: aubergeducoeur@envolee.qc.ca

Services: Mixed social affiliation place for youth with adaptation issues and who are temporarily without a fixed residence. * Short 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: bonjouraujourd'hui.ca

Email: direction@bonjouraujourd'hui.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. * 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 16h00, lunch everyday 11h30 to 13h00

Fees: annual membership: \$25, meals on wheels: \$8 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

Services: Food assistance * Emergency food assistance, once a week. * Sale of frozen meals. * Community meals. * Boit'Appétit box drop-off point. * Christmas meal. Material assistance * Thrift store: recovery and sale of used clothing and household items. Community * Friendly calls. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Identification to prevent isolation. * Sentinels: suicide prevention. * At-home visits to inform on the centre's activities. * Adapted recreational activities for people 35 years old and over with a mobility, visual or hearing impairment. * Respite for caregivers. * Classes and training workshops: computer, line dancing, gymnastics, yoga, zumba gold, etc. * Low-cost transportation to activities. * Outings, visits, walks, parties and special events. * Room rental. * Conferences. * Volunteering. * Tax clinic.

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: \$17 per year, meals: \$6.50 for members and \$8 for non-members, frozen meals: variable prices, fresh meal of the day: \$4.50, food assistance delivery: variable

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

Services: * Recruitment, training and referral of volunteers to Laval organisations: jebenevole.ca * Home support: SécuriCAB (automated call service to ensure the safety of seniors), medical transportation, school support, friendly visits, assistance with light chores, social calls, etc. * Moisson Laval: regional food bank supplying Laval organizations. * Comptoir alimentaire alternatif: emergency food aid. * Déjeuners et collations scolaires program (school lunches and snacks). * Christmas baskets. * Collection and distribution of school supplies. * Year-round tax clinic.

Eligibility: residents, people and families on a low income, organizations helping people on a low income, newcomers, refugees

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

Email: casal.laval@gmail.com

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 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: reception@lecatal.ca

Services: * Respite for caregivers. * Information hub for seniors. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Animation day: social, cognitive and sports activities, games, discussions and outings. * Low-cost community meals. * Volunteer transportation to the organization only. * Free conferences. * Collective garden. * Tax clinic.

Eligibility: seniors 50 years old 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, grants

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. * Annual block party in August.

Eligibility: community organizations, 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, H7M 2P2

450 669-7072 Fax: 450 662-7152

Email: compassionlaval450@gmail.com

Services: Assistance to individuals and families in need. * Food bank. * Thrift shop: new and used clothing for adults and children at low cost. * Collection point for donations: non-perishable or long-lasting food, clothing, personal hygiene items, kitchenware, baby items, etc.

Eligibility: people and families on a low income

Coverage area: Laval

Hours: thrift shop: Thursday 11h00 to 16h30, food bank: Saturday 8h30 to 11h00, on-site donations: Tuesday to Thursday, summer: closed from the end of June to September, winter: closed in December and on New Year's Day

Fees: food bank: \$5

Financing: donations, municipal

Legal status: non-profit organization

ENFANT D'ABORD

3781 Lévesque West Boulevard, Suite 209, Chomedey, Laval, QC, H7V 1G5

450 681-1154

Website: www.enfantdabord.org

Email: info@enfantdabord.org

Services: * Food bank. * Distribution of hygiene products. * Support for collective and community gardens. * Food deliveries to elementary school and organizations. * Urban agriculture education workshops in elementary school and with Laval families and citizens: vegetable garden planning, seedling preparation, potting and plant maintenance. * Social reintegration for teenagers. * Compensatory work.

Eligibility: people in need, food bank: people on a low-income, social reintegration: teenagers 14 to 17 years old

Coverage area: Laval, emergency food assistance: Chomedey

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, emergency food assistance: Tuesday, Thursday and Friday 9h30 to 15h00

Fees: food bank: \$5 to \$10, depending on family composition

Financing: provincial, self-financing, fundraising campaigns

Legal status: non-profit organization

INITIATIVE LOCALE ST-FRANÇOIS EN ACTION

1245 du Moulin Montée, Saint-François, Laval, QC, H7A 3V6

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: citizens, community organizations, institutions

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

Hours: Monday to Friday 8h30 to 16h00

Fees: none

Financing: Centraide of Greater Montréal, grants

Legal status: non-profit organization

MAISON DE LA FAMILLE DE ST-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

Services: Family support. * Family activities. * Workshops for adults and children. * Monthly collective kitchens. * Food assistance. * Daycare. * Bonhomme à lunettes: optician service. * Clothing counter. * Book sharing. * Internet access and photocopy service. * Support and listening by appointment, on site or by phone.

Eligibility: families

Capacity: 75 people

Coverage area: Laval East

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

Fees: member: \$10, 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

Services: Living environment for parents, children and youth. * Food assistance. * Various workshops for parents. * Nobody's Perfect (YAPP): parenting skills workshops. * Bébé tendre bougeotte: stimulation workshop for children 0 to 12 months old. * Workshops for parents and children 2 to 5 years old. * Vers la maternelle: school readiness workshop for children 3 to 5 years old. * Daycare for structured activities and respite. * Yoga. * Various collective kitchens. * Cooking your own lunch box: cooking workshop for parents and children 6 to 12 years old. * Homework assistance for children 6 to 12 years old. * Various workshops for children 6 to 12 years old. * Youth sector for children 12 to 17 years old. * Music and cooking workshops for children 12 to 17 years old. * Various activities for families.

Eligibility: children, teenagers, adults, families

Capacity: 25

Coverage area: Fabreville, Sainte-Rose

Hours: Monday to Friday 9h00 to 16h00

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: rqsvp.com

Email: froustan@rqsvp.com

Services: Food * Collective kitchens. * Food bank for families on a low income. * Community fridge. * Community gardens. Youth * Culinary workshops for children. * Field trips, storytelling and singing, stimulation activities for children. * Indoor park. * Summer day camp. * School readiness program. * Weekly activities for 6 to 12 year olds. Family * Early stimulation workshops for parents and children. * Parents-children outings. * Drop-in daycare. * Coffee-conferences.

Eligibility: families

Coverage area: Saint-Vincent-de-Paul, Duvernay and Saint-François neighbourhoods

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 20h00, 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.paroissessaintmaxime.org

Email: partagestmaxime@gmail.com

Services: Intercultural, intergenerational and interreligious centre. * Reception and listening. * Assistance with ex-inmates' social reintegration. * Food bank, emergency food assistance. * Clothing depot. * On-site recovery of clothing and food.

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 10h00 to 16h00, food distribution: by appointment, Monday to Friday 10h00 to 11h00

Fees: variable

Financing: donations

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 Fax: 450 668-9615

Website: relais-communautaire.org/page/carrefour-des-aubaines/dons-et-ramassage-darticles

Email: info@relais-communautaire.org

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: Monday, Wednesday and Friday 8h00 to 16h00, Tuesday and Thursday 8h00 to 16h30

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

Legal status: None or unknown

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CONFÉRENCE SAINT-CLAUDE

80 Meunier Street West, Laval-des-Rapides, Laval, QC, H7N 1V6

450 256-0134

Services: * Food vouchers and food bags. * Christmas baskets for members. * 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 the last two weeks of each month

Fees: none

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

Services: * Distribution of food vouchers and food bags. * Distribution of vouchers for school supplies. * Christmas baskets.

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

Fees: none

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

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: Wednesday 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

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-DOROTHÉE

996 Gravel Montée, Sainte-Dorothée, Laval, QC, H7X 1E3

438 395-8219

Email: saintedorothée-ssvp@outlook.fr

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, newcomers

Coverage area: Sainte-Dorothée

Hours: thrift store: Wednesday 13h00 to 15h00, food assistance: by appointment, closed: January and July

Fees: thrift store: variable, other services: free

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

Email: st-theophile@outlook.com

Services: * Distribution of 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 8h30 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

Services: * Distribution of food vouchers and food baskets. * Emergency food assistance. * Soupière Sainte-Rose: community meals. * Christmas baskets. * School supplies.

Eligibility: people on a low income

Coverage area: Sainte-Rose-de-Lima Parish

Hours: Wednesday 8h30 to 10h00

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

450 662-6444 Fax: 450 662-3727

Website: www.trilstation.org

Email: contact@letril.ca

Services: * Listening, accompaniment, follow-up and personalized referral. * Needle and drug-use material exchange. * Youth station: community centre with activities, food aid, washer, dryer and shower. * Naloxone kits distribution. * Distribution and delivery of fentanyl test strips. * Interventions in festive environments. * Project DOPE (Drugs, opioids, prevention, education): information and delivery of sterile materials.

Eligibility: youth and young adults 12 to 24 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

Fees: none

Financing: provincial, federal, Centraide of Greater, 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: 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 for their assistance food recipients. Family and community * 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

Coverage area: Laval

Hours: Monday to Friday 8h30 to 17h00

Fees: none

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

Services: * Recruitment, training and referral of volunteers to Laval organisations: jebenevole.ca * Home support: SécuriCAB (automated call service to ensure the safety of seniors), medical transportation, school support, friendly visits, assistance with light chores, social calls, etc. * Moisson Laval: regional food bank supplying Laval organizations. * Comptoir alimentaire alternatif: emergency food aid. * Déjeuners et collations scolaires program (school lunches and snacks). * Christmas baskets. * Collection and distribution of school supplies. * Year-round tax clinic.

Eligibility: residents, people and families on a low income, organizations helping people on a low income, newcomers, refugees

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

Low cost or free meals

ÂGE D'OR DE ST-FERDINAND

725 Montrougeau Road, Fabreville, Laval, QC, H7P 3M1

450 628-2698

Email: stferdinandagedor@gmail.com

Services: Seniors social club. * Social and recreational activities: bingo, cards, dance classes, pétanque, etc. * Community meals. * Occasional outings.

Eligibility: people 50 years old and over

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: \$10 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

Services: * Recreational activities: bingo, dance, cards games. * Theme suppers. * Outings.

Eligibility: people 18 years old and over, single or in a relationship

Coverage area: Saint-Vincent-de-Paul district

Hours: Thursday 19h00 to 22h00

Fees: membership card: \$15, Thursday admission: \$5, bingo: \$1 per card, half/half tickets (optional): \$2, 10 laps: \$10, full card: \$25

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

Services: Services for seniors. * Listening and referral. * Recreational, sports and artistic workshops. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Computer classes. * Monthly and intercultural luncheons and collective kitchens. * Volunteers training. * Free conferences. * Intergenerational activities and meeting place Café Entre-Nous. * Bonhomme à lunettes service point. * Accompaniment-transportation to the grocery store.

Eligibility: people 50 years and over

Coverage area: East of Laval, ITMAV: Saint-Vincent-de-Paul, Duvernay, Saint-François

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

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

Services: Home support services by a volunteer network. * Meals on wheels, frozen meals sale, drop-in meals, conference dinner, catering. * Friendly calls and visits. * 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 16h00, lunch everyday 11h30 to 13h00

Fees: annual membership: \$25, meals on wheels: \$8 per meal, payment at the end of the month

Financing: provincial, fundraising campaigns, 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

Services: * Occasional community meals. * Assistance with procedures for newcomers. * Literacy program for seniors. * Annual camp for single-parent women. * Summer camp. * Follow-up with volunteer nurses for people with a loss of autonomy.

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 ÂÎNÉS

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

Services: Food assistance * Emergency food assistance, once a week. * Sale of frozen meals. * Community meals. * Boit'Appétit box drop-off point. * Christmas meal. Material assistance * Thrift store: recovery and sale of used clothing and household items. Community * Friendly calls. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Identification to prevent isolation. * Sentinels: suicide prevention. * At-home visits to inform on the centre's activities. * Adapted recreational activities for people 35 years old and over with a mobility, visual or hearing impairment. * Respite for caregivers. * Classes and training workshops: computer, line dancing, gymnastics, yoga, zumba gold, etc. * Low-cost transportation to activities. * Outings, visits, walks, parties and special events. * Room rental. * Conferences. * Volunteering. * Tax clinic.

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: \$17 per year, meals: \$6.50 for members and \$8 for non-members, frozen meals: variable prices, fresh meal of the day: \$4.50, food assistance delivery: variable

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

Services: * Meals on wheels. * Daily security phone calls. * Friendly visits. * Café de la Concorde: hot and cold meals, possibility of take-out, frozen meals. * Catering services. * Accompaniment and transportation for medical appointments by volunteers.

Eligibility: home support services: seniors and people with a loss of autonomy or in a situation of vulnerability, school meals: children, Café de la Concorde and frozen meals: for 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 16h00

Fees: meals on wheels: \$8, 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 2C6

450 661-5409 Fax: 450 661-6584

Email: femmedynamique@live.ca

Services: Place for meeting, referral and support. * Community and educational activities. * Conferences. * Listening and information. * Physical activities. * Global health prevention workshops. * Community lunches. * Outings.

Eligibility: women 50 years old 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 BON PASTEUR DE LAVAL

387 des Prairies Boulevard, Suites 005, 105, 106, Laval-des-Rapides, Laval, QC, H7N 2W4

514 641-7802

Email: luckyluke2158@gmail.com

Services: Social and recreational activities for seniors. * Bingo. * Petanque: Paul-Marcel-Maheu park. * Snooker table. * Community meals. * Outings: méchoui, sugar shack, Christmas lunch at restaurant, other celebrations.

Eligibility: seniors

Coverage area: Greater Montréal

Hours: bingo: Wednesday 13h00 to 16h00, petanque: Monday and Wednesday 18h30 to 20h30 from the end of May to the end of August, pool table: Monday to Saturday 12h00 to 17h00

Fees: membership card: \$5 per year (from January 1st to December 31st), pool table: \$35 per year

Financing: membership, self-financing, grants

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR DE HAVRE-DES-ÎLES

2525A du Havre-des-Îles Avenue, Chomedey, Laval, QC, H7W 4C4

450 978-5528 Fax: 450 978-5528

Email: agedorhdi@videotron.ca

Services: * Social and recreational activities: bingo, cards, games, bridge, petanque, etc. * Physical activities: aquafitness. * Dancing dinners. * Outings. * Library. * Computer workshops. * Room rental.

Eligibility: seniors

Coverage area: Laval

Fees: membership: \$20

Financing: membership fees

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR DE VIMONT

1900 Bédard Street, Vimont, Laval, QC, H7M 2M7

450 490-9499

Services: Social and recreational activities for seniors. * Cards, bocce, military whist, etc. * Community lunches.

Eligibility: people 55 years old and over

Coverage area: Laval and the surroundings

Hours: Monday, Tuesday and Tuesday 13h00 to 17h00

Fees: annual membership: \$25

Financing: self-financing, contributions

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

450 492-2263

Services: Social and recreational activities for seniors. * Active living: fitness, yoga on a chair. * Cooking together. * Bingo, cards, billiards, pétanque. * Community meals and dances.

Eligibility: people 50 years old and over

Coverage area: Saint-François

Hours: September to June, yoga: Monday afternoon, cooking together: Tuesday, active living: Wednesday 10h00 to 11h00, bingo: Friday 13h00

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

Services: * Various social and recreational activities: pétanque, travel, outings, games, bingo, dance lessons, dance nights. * Community meals and Christmas dinners. * Light exercise.

Eligibility: people 50 years old and over

Coverage area: Montréal Island, Laval, Terrebonne

Hours: pétanque and bingo: Thursday 18h30 to 22h00, dance class: Tuesday 10h00 to 14h00

Fees: membership card: \$15 per year

Financing: self-financing

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR SAINT-NOËL CHABANEL

1000, rue Marie-Uguay, Saint-François, Laval, QC, H7A 0K3

514 291-8705

Email: estellnadeau@gmail.com

Services: * Social and recreational activities: bingo, theme dinners, etc. * Casino outings.

Eligibility: people 50 years old and over

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

Hours: Monday 11h00 to 15h30

Fees: membership card: \$25

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. * Active lifestyle: gymnastics, healthy eating.

Eligibility: people 55 years old and over

Coverage area: Greater Montréal

Hours: Wednesday 10h30 to 16h00, Friday 12h00 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: reception@lecatal.ca

Services: * Respite for caregivers. * Information hub for seniors. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Animation day: social, cognitive and sports activities, games, discussions and outings. * Low-cost community meals. * Volunteer transportation to the organization only. * Free conferences. * Collective garden. * Tax clinic.

Eligibility: seniors 50 years old 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, grants

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@loisirslarelance.org

Services: Sports, cultural and recreational activities for seniors. * Sports: dancing, aquafitness, line dancing, qigong, yoga. * Physical activities: fitness, adapted exercising, Viactive program. * Artistic activities: literary creation, painting, watercolor, stained glass. * Language classes: English, Spanish, Italian. * Computer classes. * Short trips and outings. * Community meals. * Christmas meal.

Eligibility: pre-retired and retired people

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: \$25

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/ados

Email: info@mqfabreville.org

Services: Teenagers' room. * Workshops for youth. * Cooking workshops. * Community dinners. * 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 15h20 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, Door 4, Auteuil, Laval, QC, H7H 1E2

514 506-4687

Services: * Recreational and social activities: dance, cards, scrabble, etc. * Outings. * Occasional meals.

Eligibility: adults and seniors

Coverage area: Laval

Hours: from September to mid-May: dance lessons: Tuesday 10h00 to 11h30, games: Tuesday 13h00 to 16h00

Fees: membership: \$15

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

Services: Food aid for refugee families or asylum seekers. * Emergency food assistance. * Take-out meals. * Collective kitchen. * Integration and assistance to families. * Garden Indoor and outdoor. * Youth program: summer job integration. * Volunteering program. * Christmas baskets. * Distribution of school supplies.

Eligibility: asylum-seeking families on a low-income, refugee families on a low-income

Capacity: 100

Coverage area: Chomedey

Hours: Monday to Friday 9h00 to 17h00, registration and supervision of new families: Monday and Tuesday, take-out meals: Wednesday and Friday

Fees: take-out meals: voluntary contributions, other services: free

Financing: donations, municipal, provincial, federal

Legal status: non-profit organization

REFUGE D'URGENCE DE LAVAL - MILIEU DE VIE DE JOUR

3550 Lévesque Boulevard West, Chomedey, Laval, QC, H7V 1E8

579 640-6040

Services: Meeting place. * Assistance with procedures. * Referrals. * Access to computers and telephones. * Lending of address. * Respite. * Snacks.

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: 7 days, 7h30 to 16h30

Fees: none

Financing: grants, municipal

Legal status: non-profit organization

RELAIS COMMUNAUTAIRE DE LAVAL

111 des Laurentides Boulevard, Suite 101, Pont-Viau, Laval, QC, H7G 2T2

450 668-8727 ext. 100 Fax: 450 668-9615

Website: relais-communautaire.org

Email: info@relais-communautaire.org

Services: Food assistance * Community meals: lunches. * Food distribution. * Emergency food assistance. * Distribution of soup and sandwiches to vulnerable people. Material assistance * Carrefour des Aubaines: sale of used clothing and household items. * Bonhomme à lunettes service point. Community * Welcoming, information and referrals to resources and services. * Individualized follow-up and accompaniment. * Active listening. * Crisis management. * Day centre. * Relais santé beauté: 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 with meal preparation. * Articul: painting workshops. * Knitting. * Popular education workshops. * Special events. Immigration * Welcoming, information and referral. * Integration and intercultural bridge-building. * Thematic meals. Employment * Subsidized internships and jobs. * Professional reintegration program. * Volunteering. * Community and compensatory work. Christmas activities * Christmas baskets for members. * Animation and gifts for children.

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

SCAMA

3168 Cartier Boulevard West, Chomedey, Laval, QC, H7V 1J7

450 681-4240 Fax: 450 681-0264

Website: centrescam.org/en

Email: info@centrescam.org

Services: Community centre for social and recreational activities. * Food Services: meals on wheels, emergency food assistance, on-site cafeteria, delivery of frozen meals. * Community centre: chair exercises, coffee chats, French conversation workshops, lectures, outings, bingo, yoga, 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 through phonecalls and at-home visits. * Zootherapy. * Medical accompaniment and transportation for occasional appointments.

Eligibility: seniors 50 years old and over

Coverage area: meals on wheels and food assistance: Chomedey, Amperâge, Allô Sam! and community centre: Laval, other services: Laval, Montréal Island

Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 13h00, food assistance: Friday 2 times a month

Fees: annual membership: \$20, meals on wheels: \$8 per meal, Amperâge and food assistance: free, frozen meals: variable prices from \$6.75 to \$7.75, Allô Sam!: \$30 per hour, minimum 2 hours and \$10 travel fee, canteen on site: meals at \$8, community centre and activities: free

Financing: provincial, subventions

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. * Grocery shopping assistance. * Security and friendly calls. * Friendly visits.

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: \$8.00, frozen meals: \$6.50 or \$7.00

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: mscanada.ca/ms-canada-laval

Email: info.laval@scleroseenplaques.ca

Services: * Active listening on the phone. * Information and referrals. * Documentation centre. * Vacation camp 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, thematic 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: none

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

Services: * Distribution of food vouchers and food baskets. * Emergency food assistance. * Soupière Sainte-Rose: community meals. * Christmas baskets. * School supplies.

Eligibility: people on a low income

Coverage area: Sainte-Rose-de-Lima Parish

Hours: Wednesday 8h30 to 10h00

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.

Eligibility: seniors, persons with a permanent or temporary loss of autonomy, meals on wheels services

Coverage area: Laval

Hours: Monday to Friday 8h30 to 16h30

Fees: hot meal delivered: \$8

Financing: provincial, regional, municipal, donations

Legal status: non-profit organization

AU PANIER

3781 Lévesque Boulevard West, Chomedey, Laval, QC, H7V 1G5

438 497-6140

Website: www.aupanier.org/index.php/en

Email: info@aupanier.org

Services: * Coffee-chats and activities. * Information, informal networking, etc. * Training: workshops and volunteering. * Catering service.

Eligibility: people living below the low-income threshold

Coverage area: Chomedey (postal codes H7W, H7V, H7T, H7S)

Hours: Monday to Friday 9h00 to 16h00

Fees: Membership card: \$10 per year

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: bonjouraujourd'hui.ca

Email: direction@bonjouraujourd'hui.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. * 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 16h00, lunch everyday 11h30 to 13h00

Fees: annual membership: \$25, meals on wheels: \$8 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 ÂÎNÉS

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

Services: Food assistance * Emergency food assistance, once a week. * Sale of frozen meals. * Community meals. * Boit'Appétit box drop-off point. * Christmas meal. Material assistance * Thrift store: recovery and sale of used clothing and household items. Community * Friendly calls. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Identification to prevent isolation. * Sentinels: suicide prevention. * At-home visits to inform on the centre's activities. * Adapted recreational activities for people 35 years old and over with a mobility, visual or hearing impairment. * Respite for caregivers. * Classes and training workshops: computer, line dancing, gymnastics, yoga, zumba gold, etc. * Low-cost transportation to activities. * Outings, visits, walks, parties and special events. * Room rental. * Conferences. * Volunteering. * Tax clinic.

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: \$17 per year, meals: \$6.50 for members and \$8 for non-members, frozen meals: variable prices, fresh meal of the day: \$4.50, food assistance delivery: variable

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

Services: * Meals on wheels. * Daily security phone calls. * Friendly visits. * Café de la Concorde: hot and cold meals, possibility of take-out, frozen meals. * Catering services. * Accompaniment and transportation for medical appointments by volunteers.

Eligibility: home support services: seniors and people with a loss of autonomy or in a situation of vulnerability, school meals: children, Café de la Concorde and frozen meals: for 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 16h00

Fees: meals on wheels: \$8, 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: 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. * Meals on wheels. * Emergency food aid: once a month per family maximum. * Donation of furniture and clothes upon referral.

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 Thursday 12h00 to 17h00, Friday 12h00 to 19h00, Saturday 12h00 to 17h00, meals on wheels: 5 times a week, at lunchtime, emergency food assistance: Monday to Friday, in the afternoon

Fees: meals on wheels: \$8 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: Saint-François and Duvernay East

Hours: Tuesday to Thursday 9h00 to 12h00, delivery: Tuesday, Wednesday and Thursday

Fees: \$8 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/en

Email: info@centrescama.org

Services: Community centre for social and recreational activities. * Food Services: meals on wheels, emergency food assistance, on-site cafeteria, delivery of frozen meals. * Community centre: chair exercises, coffee chats, French conversation workshops, lectures, outings, bingo, yoga, 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 through phonecalls and at-home visits. * Zootherapy. * Medical accompaniment and transportation for occasional appointments.

Eligibility: seniors 50 years old and over

Coverage area: meals on wheels and food assistance: Chomedey, Amperâge, Allô Sam! and community centre: Laval, other services: Laval, Montréal Island

Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 13h00, food assistance: Friday 2 times a month

Fees: annual membership: \$20, meals on wheels: \$8 per meal, Amperâge and food assistance: free, frozen meals: variable prices from \$6.75 to \$7.75, Allô Sam!: \$30 per hour, minimum 2 hours and \$10 travel fee, canteen on site: meals at \$8, community centre and activities: free

Financing: provincial, subventions

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. * Grocery shopping assistance. * Security and friendly calls. * Friendly visits.

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: \$8.00, frozen meals: \$6.50 or \$7.00

Financing: grants, self-financing, donations

Legal status: non-profit organization

Government services**FEDERAL SERVICES****INCOME STATEMENTS****MUNICIPAL SERVICES****OFFICIAL DOCUMENTS****PROVINCIAL SERVICES**

Federal services

LAVAL PASSPORT CANADA OFFICE

2214 Chomedey Road, Suite 20, Sainte-Dorothée, Laval, QC, H7X 4G8

1 800 567-6868 TTY: 1 866 255-7655

Website: www.canada.ca/en/immigration-refugees-citizenship/services/canadian-passports.html

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, 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: Gateway to federal government services. All Canadians * Find a Service Canada office:

www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder:

www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch *

Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment

insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. *

Employment assistance: labour market information, training, career planning, etc. * Record of employment. *

Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses:

business start-ups, workplace standards, etc. * Financing programs for businesses and organizations.

Veterans Affairs Canada * Support and services related to mental and physical health. * Education and

employment: finding a job, returning to school, etc. * Financial programs and services: income support,

emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online

information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you:

ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International

benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age

Security.

Eligibility: general public

Coverage area: Laval

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

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/lieux/Pages/Fr/comptoir-multiservice.aspx

Services: * Administration of oath. * Parking permits. * Property assessment municipal tax payment. * Ticket payment. * Construction permits. * Licenses for dogs and cats.

Coverage area: Laval

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

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

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/lieux/Pages/Fr/comptoir-accueil-citoyens-est.aspx

Email: spl@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: Saint-François, Saint-Vincent-de-Paul, Duvernay-East

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

Email: spl@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: Laval-Ouest, Laval-sur-le-Lac, Fabreville-Ouest, Laval-les-Îles, Sainte-Dorothée

Financing: municipal

Legal status: municipal agency

CONSEIL RÉGIONAL DE L'ENVIRONNEMENT DE LAVAL

3235 Saint-Martin Boulevard East, Suites 208-209, Duvernay, Laval, QC, H7E 5G8

450 664-3503

Website: www.credelaval.qc.ca/en/homepage

Email: credelaval@credelaval.qc.ca

Services: Group of individuals and organizations dedicated to protecting the environment and promoting the principles of socio-ecological transition. * Technical, material and scientific support for local authorities. * Public awareness and educational activities. * Consultation and publication of documents. * Environmental education. * Residual materials management, circular economy and mobility. * Complaints follow-up and environmental watch.

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, municipal, donations

Legal status: non-profit organization

DIVISION URGENCE SOCIALE DU SERVICE DE POLICE DE LAVAL

2785 Francis-Hughes Avenue, Chomedey, Laval, QC, H7L 3J6

450 662-4595 Fax: 450 662-8534

Website: www.laval.ca/police/Pages/En/home.aspx

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 old and over in a crisis situation

Coverage area: Laval

Hours: Monday to Friday 8h15 to 12h00 and 13h00 to 17h30

Fees: none

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

Email: info@laval.ca

Services: Municipal administration. * Public safety: police department and fire department. * Permits for dogs and cats. * Information on garbage, recyclable material and bulky waste collection schedules. * Info-travaux: geolocation of infrastructure works. * Building permits and certificates of authorization. * Municipal tax bills and property assessment. * Parking licences. * Libraries. * Swearing-in. * Subsidies for the purchase of cloth diapers. * \$50 subsidy for the purchase of sustainable hygiene products: menstrual cups and disks, washable pads and pantyliners, washable absorbent underwear, and washable incontinence briefs.

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 - COOLING APPLIANCES 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

Fees: none

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 culture, recreation, sports and social development. * Front-line proximity service addressing the needs of the population and organizations. * Outdoor sports activities, skating rinks, swimming pools, sports fields and facilities. * Summer day camp and spring break day camp. * Community and recreation centres. * Hall rentals.

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

Services: Waste recovery and reuse site. * Wood: lumber, branches, wood and melamine furniture, tree trunks. * Construction, renovation and demolition materials, hazardous household waste. * Electronics, mercury-containing lamps. * Appliances, refrigeration appliances, mattresses and box springs. * Metals and scrap. * Tires. * Batteries, oils, paint, propane, polystyrene, textiles, and cardboard.

Eligibility: citizens, businesses

Coverage area: Laval

Hours: Monday and Tuesday 8h30 to 17h30, Wednesday, Thursday and Friday 8h00 to 19h30, Saturday and Sunday 8h00 to 17h30

Fees: 12 m³ of wood, soil or construction waste: free, \$27 per m³ in excess for these materials, other materials: free, limited quantity of 3 m³

Financing: municipal

Legal status: municipal agency

LAVAL - MULTISERVICE COUNTER

1333 Chomedey Boulevard, Chomedey, Laval, QC, H7V 3Z4

311

Website: www.laval.ca/lieux/Pages/Fr/comptoir-multiservice.aspx

Services: * Administration of oath. * Parking permits. * Property assessment municipal tax payment. * Ticket payment. * Construction permits. * Licenses for dogs and cats.

Coverage area: Laval

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

Financing: municipal

Legal status: municipal agency

LAVAL - OMBUDSMAN

1200 Chomedey Boulevard, Suite 500, Chomedey, Laval, QC, H7V 3Z3

450 978-3699 Fax: 450 680-2865

Website: ombudsmanlaval.com/en/

Email: ombudsman@laval.ca

Services: Last-resort service for people whose rights have been violated due to an action, omission, recommendation or decision by the City of Montréal. * Online complaints form: ombudsmanlaval.com/en/file-a-complaint/before-you-file-a-complaint

Eligibility: general public

Coverage area: Laval

Financing: municipal

Legal status: municipal agency

PAGES VERTES DE LAVAL

Confidential Address

311

Website: lespagesvertes.ca

Services: Directory of collection points for recyclable materials.

Eligibility: residents

Coverage area: Laval

Fees: none

Financing: municipal

Legal status: municipal 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

Services: Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offences. * Sociocommunity sector, specialized units and awareness-raising. * Criminal record check-up. * Verification of child safety seats. * In charge of Laval's office of integrity and ethics. * Outil Profil: data sheet for people with cognitive impairments www.laval.ca/Documents/Pages/Fr/Citoyens/police-securite-civile-et-urgences-sociales/urgences-sociales/formulaire-personne-ayant-maladie-cognitive.pdf

Coverage area: Laval

Hours: Monday to Friday 8h15 à 17h30

Financing: municipal

Legal status: municipal agency

Official documents**CARREFOUR D'INTERCULTURES DE LAVAL**

800 Chomedey Boulevard, Tower C, Suite 510, Chomedey, Laval, QC, H7V 3Y4

450 686-0554

Website: www.carrefourintercultures.com

Email: info@carrefourintercultures.com

Services: Welcoming of newcomers. * Information and guidance. * Accompaniment, support, settlement and integration assistance. * Assistance with forms. * Individual and group psychosocial support. * Part-time French courses. * Training to integrate the work force. * Administration of oath. * Family activities. * Espace parents: parenting skills workshops in the context of immigration. * Intercultural pairing. * Tax clinic.

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

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 9h00 to 17h00, reports telephone line: 24 hours / 7 days

Financing: provincial

Legal status: parapublic organization

COMPTOIR D'ACCUEIL DES CITOYENS - EST DE LAVAL

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

450 662-4310

Website: www.laval.ca/lieux/Pages/Fr/comptoir-accueil-citoyens-est.aspx

Email: spl@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: Saint-François, Saint-Vincent-de-Paul, Duvernay-East

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

Email: spl@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: Laval-Ouest, Laval-sur-le-Lac, Fabreville-Ouest, Laval-les-Îles, Sainte-Dorothée

Financing: municipal

Legal status: municipal agency

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

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

450 663-8039 ext. 0

Website: www.entraidelaval.org

Email: coqlicorne@gmail.com

Services: * Children 0 to 5 years old: daycare, stimulation workshops, kindergarten preparation, parent workshops and parent-child workshops. * Youth 6 to 12 years old: extracurricular activities, homework help, day camps, cooking workshops, sports initiations, etc. * Immigration: reception, accompaniment, referral. * Citizen space: social events, social economy, room rental, community fridge, thrift shop, reception and guidance, public writer, commissioner for oaths. * Le Grand Cerf-Volant: socialising activities for seniors.

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

Coverage area: Laval

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

Fees: annual membership: \$25, services: variable

Financing: federal, provincial, foundations

Legal status: non-profit organization

LAVAL - CITY

1333 Chomedey Boulevard, Chomedey, Laval, QC, H7V 3Z4

311

Website: www.laval.ca/Pages/En/home.aspx

Email: info@laval.ca

Services: Municipal administration. * Public safety: police department and fire department. * Permits for dogs and cats. * Information on garbage, recyclable material and bulky waste collection schedules. * Info-travaux: geolocation of infrastructure works. * Building permits and certificates of authorization. * Municipal tax bills and property assessment. * Parking licences. * Libraries. * Swearing-in. * Subsidies for the purchase of cloth diapers. * \$50 subsidy for the purchase of sustainable hygiene products: menstrual cups and disks, washable pads and pantyliners, washable absorbent underwear, and washable incontinence briefs.

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/lieux/Pages/Fr/comptoir-multiservice.aspx

Services: * Administration of oath. * Parking permits. * Property assessment municipal tax payment. * Ticket payment. * Construction permits. * Licenses for dogs and cats.

Coverage area: Laval

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

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

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

LAVAL PASSPORT CANADA OFFICE

2214 Chomedey Road, Suite 20, Sainte-Dorothée, Laval, QC, H7X 4G8

1 800 567-6868 TTY: 1 866 255-7655

Website: www.canada.ca/en/immigration-refugees-citizenship/services/canadian-passports.html

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, Pont-Viau, Laval, QC, H7G 2W2

1 800 622-6232 TTY: 1 800 926-9105

Website: www.servicecanada.gc.ca/tbsec-fsco/sc-dsp.jsp?lang=eng&rc=2806

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsec-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Laval

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

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

Services: Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offences. * Sociocommunity sector, specialized units and awareness-raising. * Criminal record check-up. * Verification of child safety seats. * In charge of Laval's office of integrity and ethics. * Outil Profil: data sheet for people with cognitive impairments www.laval.ca/Documents/Pages/Fr/Citoyens/police-securite-civile-et-urgences-sociales/urgences-sociales/formulaire-personne-ayant-maladie-cognitive.pdf

Coverage area: Laval

Hours: Monday to Friday 8h15 à 17h30

Financing: municipal

Legal status: municipal 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: Prevention and safety * 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. Pay equity * Front-line telephone service to answer general questions on the application of the Loi sur l'équité salariale. * Specialized assistance to understand more complex or technical aspects of the law. * Pay equity audit program: investigations to ensure that companies are complying with their pay equity obligations. * Development of tools and training courses accessible free of charge in all regions of Québec. * Research activities. Labour standards * Information on labour standards and obligations under the law and regulations. * Registration of complaints. * Mediation for employees or employers concerned by a complaint of psychological harassment, wrongful dismissal or prohibited practice.

Eligibility: employers, workers

Coverage area: Laval

Hours: by appointment only

Financing: membership fees, self-financing

Legal status: provincial government agency

DIRECTION GÉNÉRALE DES SERVICES CORRECTIONNELS - DIRECTION GÉNÉRALE OUEST-DU-QUÉBEC

2800 Saint-Martin Boulevard West, Suite 3,02, Chomedey, Laval, QC, H7T 2S9

450 680-6040 Fax: 450 680-6035

Website: www.quebec.ca/securite-situations-urgence/services-correctionnels

Services: Coordination of correctional services in the territory. * In charge of professional services direction (DSPC) Laval-Lanaudière and Laurentians, as well as correctional facilities of the territory.

Coverage area: Laval, Lanaudière, Laurentians

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 ext. 6199 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

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

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-calcul * Online tool to access legal information about the rental lease: justicebot.ca * Online tool to add proof of notification of the request and the list of documents:

extranet.tal.gouv.qc.ca/internet/asp/transmissionDoc/transmetDoc.asp

Eligibility: tenants, landlords

Coverage area: Laval

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment

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**

Dental care

SOURIRES SOLIDAIRES

2550 Daniel-Johnson Boulevard, Suite 130, Chomedey, Laval, QC, H7T 2L1

450 232-5540 ext. 1

Website: souriressolidaires.com

Email: clinique@cliniquesoso.com

Services: Community dental clinic. * Accessible, adapted and safe pediatric dental services. * Pediatric oral health education and prevention. * Referral form for children in disadvantaged areas: [click here](#)

Eligibility: people 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, some costs covered by RAMQ up to 9 years

Financing: self-financing, grants, donations

Legal status: non-profit organization

Eye care

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

Services: Services for seniors. * Listening and referral. * Recreational, sports and artistic workshops. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Computer classes. * Monthly and intercultural luncheons and collective kitchens. * Volunteers training. * Free conferences. * Intergenerational activities and meeting place Café Entre-Nous. * Bonhomme à lunettes service point. * Accompaniment-transportation to the grocery store.

Eligibility: people 50 years and over

Coverage area: East of Laval, ITMAV: Saint-Vincent-de-Paul, Duvernay, Saint-François

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

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: administration@avcaphasielaval.ca

Services: * Workshops: language stimulation, carpentry, creativity, computer, GYM-AVC, theatre, cognitive stimulation. * Mutual aid groups: monthly open group for caregivers, group for people who have had a stroke and their close ones. * Psychosocial support for people with aphasia and caregivers. * Group outings. * Bonhomme à lunettes service point.

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

Coverage area: Laval

Hours: Monday to Friday 8h30 to 15h30

Fees: annual membership: \$25, activities: 25 to \$35 per semester

Financing: provincial, municipal, donations

Legal status: non-profit organization

MAISON DE LA FAMILLE DE ST-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

Services: Family support. * Family activities. * Workshops for adults and children. * Monthly collective kitchens. * Food assistance. * Daycare. * Bonhomme à lunettes: optician service. * Clothing counter. * Book sharing. * Internet access and photocopy service. * Support and listening by appointment, on site or by phone.

Eligibility: families

Capacity: 75 people

Coverage area: Laval East

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

Fees: member: \$10, 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

RELAIS COMMUNAUTAIRE DE LAVAL

111 des Laurentides Boulevard, Suite 101, Pont-Viau, Laval, QC, H7G 2T2

450 668-8727 ext. 100 Fax: 450 668-9615

Website: relais-communautaire.org

Email: info@relais-communautaire.org

Services: Food assistance * Community meals: lunches. * Food distribution. * Emergency food assistance. * Distribution of soup and sandwiches to vulnerable people. Material assistance * Carrefour des Aubaines: sale of used clothing and household items. * Bonhomme à lunettes service point. Community * Welcoming, information and referrals to resources and services. * Individualized follow-up and accompaniment. * Active listening. * Crisis management. * Day centre. * Relais santé beauté: 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 with meal preparation. * Article: painting workshops. * Knitting. * Popular education workshops. * Special events. Immigration * Welcoming, information and referral. * Integration and intercultural bridge-building. * Thematic meals. Employment * Subsidized internships and jobs. * Professional reintegration program. * Volunteering. * Community and compensatory work. Christmas activities * Christmas baskets for members. * Animation and gifts for children.

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**AIRE OUVERTE DE LAVAL**

308 Cartier Boulevard West, Door 4, Laval-des-Rapides, Laval, QC, H7N 2J2

450 978-8333

Website: lavalensante.com/en/aireouverte

Email: aire.ouverte.cissslav@ssss.gouv.qc.ca

Services: Various confidential services, with or without an appointment, for youth aged 12 to 25. * Individual psychosocial follow-up. * Sexual health clinic: contraception, pregnancy tests, STI screening, questions about gender and sexual orientation. * Financial aid and legal information. * Advice on studies, work, and housing.

Eligibility: youth aged 12 to 25

Coverage area: Laval

Hours: Wednesday to Friday 12h00 to 20h00, Saturday 12h00 to 17h00, Summer schedule: Wednesday to Friday 12h00 to 20h00

Fees: none

Financing: provincial

Legal status: provincial government agency

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

Services: Frontline services for routine health and social services. * Health insurance card authentication. * Crutches (rental). * Cane (rental). * Wheelchair (rental). * Breast pump (rental). * Bandage change and follow-up. * Minor surgery. * Contraception. * Emergency oral contraception. * Screening. * Distribution of new injection material to drug users (free service). * Test samples. * Recovery of used needles and syringes. * Breastfeeding room. * Vaccination. * Vaccination against the flu.

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 14h30

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

Services: Frontline services for routine health and social services. * Health insurance card authentication. * Bandage change and follow-up. * Nurse consultation. * Contraception. * Emergency oral contraception. * Breastfeeding room. * Help for abused seniors. * Help for victims of crime. * General vaccination. * Flu vaccination: www.lavalensante.com/vaccingrippelaval

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

450 668-1444

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

Services: Frontline services for routine health and social services. * Health insurance card authentication. * Abortion. * Crutches (rental). * Cane (rental). * Wheelchair (rental). * Breast pump (rental). * Minor surgery. * Contraception. * Screening. * Distribution of new injection equipment to drug users (free service). * Test samples. * SIDEP - Integrated screening and prevention service for STIs. * General vaccination. * Flu vaccination.

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

Services: Frontline services for routine health and social services. * Food assistance. * Household assistance. * Anticoagulation therapy - Prescription adjustment. * Health insurance card authentication. * Crutches and wheelchair rental. * Nurse consultation. * Contraception, screening, and abortion pills. * Distribution of new injection material to drug users and recovery of used needles and syringes. * Breastfeeding room. * Streptococcus screening service. * Psychosocial services including reception, analysis, orientation and referral. * Cholesterol testing. * Blood sugar testing * Pap test. * Flu vaccination.

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/en

Services: Hospital centre offering general and specialized care. * Emergency. * Test centre. * Family planning services: abortion, contraception, etc. * Medical care and examination for victims of sexual assault. * Medical imagery. * Detoxification. * General and influenza vaccinations.

Coverage area: Province of Québec

Hours: 24 hours / 7 days, test centre: Monday to Friday 7h00 to 14h00, by appointment

Financing: provincial

Legal status: parapublic organization

OASIS, UNITÉ MOBILE D'INTERVENTION

27 Lévesque Boulevard East, Pont-Viau, Laval, QC, H7G 1B3

450 967-0410 Fax: 450 967-5631

Website: oasisunitemobile.com

Email: intervenant@oasisunitemobile.com

Services: Proximity mobile task team in parks and neighbourhoods of Laval. * Listening, support, referral and prevention. * Distribution of condoms and sterile consumer equipment. * Naloxone kits distribution. * Distribution of fentanyl test strips. * Prevention of STDs and AIDS. * Nomade: substance use and analysis service.

Eligibility: youth 12 years and over, adults

Coverage area: Laval

Hours: fixed location: Wednesday and Thursday 14h00 to 20h00, 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: 450 232-4094

Website: www.spheressg.org

Email: info@spheressg.org

Services: * Individual support. * Support groups. * ITSS and HIV information. * 2SLGBTQIA+ socialization space. * Distribution of prevention material: protection against STIs, hormone therapy material, sterile consumption material. * Free STBBI screening clinic. * Community health service centre. * Sexuality education workshop. * Training for professionals. * Project Plur-iels: individual support, support groups, accompaniment and education for gender-diverse or questioning people and their loved ones. * Fixed site. * Access to gender-affirming materials, the organization's thrift shop and private library.

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, variable

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@cfgm.coop

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

Services: * Occasional community meals. * Assistance with procedures for newcomers. * Literacy program for seniors. * Annual camp for single-parent women. * Summer camp. * Follow-up with volunteer nurses for people with a loss of autonomy.

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

CENTRE D'HÉBERGEMENT FERNAND-LAROCQUE

5436 Lévesque Boulevard East, Saint-Vincent-de-Paul, Laval, QC, H7C 1N7

450 661-5440

Website: sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=1192&ch_type=&bt_rechtype=&theme=autres-ressources&ch_rayon=0&ch_code=&page=404#info-generale

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 people living at home. * End-of-life and palliative care.

Eligibility: seniors, people with a loss of autonomy

Coverage area: Laval

Financing: provincial

Legal status: parapublic organization

LITTLE BROTHERS - LAVAL

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

450 934-8955

Website: littlebrothers.ca/about-us/regional-teams/laval

Email: laval@petitsfreres.ca

Services: Organization aimed at countering the isolation of seniors until their end of life. * Accompaniment and pairing with volunteers. * Visits in people's living environments: at-home, at the hospital or CHSLD, in their residence, etc. * Other End of the Line: phone pairing. * Activities and special outings to celebrate birthdays and traditional holidays. * Holidays stays at The Juliette Huot Home in Oka. * End-of-life accompaniment. * Coffee get-together. * Christmas and Easter reception. * Christmas gifts.

Eligibility: people 75 years old and over without a present family or significant social contact

Coverage area: Laval

Hours: Monday to Friday 9h00 to 16h00

Fees: none

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: lumivie.com/en

Email: info@lumivie.com

Services: * Information and referral. * Accompaniment and support for the bereaved and 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. * Workshop on grief and how to support a bereaved person. * 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 9h00 to 17h00, summer schedule: Monday to Thursday 9h00 to 17h00, Friday 9h00 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 8h00 to 16h00

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: * Support for parents: accompaniment, reimbursement for training and access to a material library offering specialized equipment (games, books, modules, etc.). * Support for autistic adults: short or long term accompaniment adapted to the needs. * Loan or purchase of specialized equipment for professional people.

Eligibility: families of people living with autism, autistic adults, professionals working with neurodivergent people

Coverage area: Province of Québec

Hours: on request

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 16h00, drop-in centre: Monday to Friday 11h00 to 20h00, 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: variable

Financing: fundraising campaigns, donations, grants

Legal status: non-profit organization

ASSOCIATION DU DIABÈTE LAVAL

3030 Le Carrefour Boulevard, Suite 203, Chomedey, Laval, QC, H7T 2P5

450 686-0330

Website: diabetelaval.qc.ca

Email: info@diabetelaval.qc.ca

Services: * Prevention, awareness and information on diabetes and its effects. * Support for people with diabetes and their families. * Maintenance of adapted services. * Meetings with dieticians. * Cooking workshop with a nutritionist. * Healthy habits workshop. * Gentle fitness and yoga training. * Conferences.

Eligibility: people with diabetes, general public

Coverage area: Laval

Hours: Monday to Friday 9h30 to 16h00

Fees: \$20 per year

Financing: fundraising campaigns, contributions, donations, provincial

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

Services: * Social integration. * Recreational activities. * Psychosocial intervention: individual or family meetings, workshops. * Support groups. * Support for relatives: respite, meetings, workshops. * Awareness. * Information, conferences.

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: none

Financing: provincial, subventions

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: administration@avcaphasielaval.ca

Services: * Workshops: language stimulation, carpentry, creativity, computer, GYM-AVC, theatre, cognitive stimulation. * Mutual aid groups: monthly open group for caregivers, group for people who have had a stroke and their close ones. * Psychosocial support for people with aphasia and caregivers. * Group outings. * Bonhomme à lunettes service point.

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

Coverage area: Laval

Hours: Monday to Friday 8h30 to 15h30

Fees: annual membership: \$25, activities: 25 to \$35 per semester

Financing: provincial, municipal, donations

Legal status: non-profit organization

CARREFOUR POUR ÂÎNÉS SEMI-AUTONOMES

475 des Perron Avenue, Suite A, Auteuil, Laval, QC, H7H 1E2

450 937-2335 Fax: 450 937-2447

Website: www.residencescascasa.ca

Email: info@residencescascasa.ca

Services: Service for seniors to accompany them in their search for housing. * Assessment of needs. * Assistance with procedures. * Daily respite. * Leisure activities at home or in the organizations. * Incontinence products delivered at home.

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: lavalensante.com/en

Services: * Cardiology. * Hematology. * Growth clinic. * Blood sample centre. * Diabetes centre. * Geriatrics. * Pediatrics-obstetrics. * Pneumology. * Nephrology. * Women's health.

Coverage area: Laval

Hours: by appointment: Monday to Friday 7h00 to 12h00 and 12h45 to 14h00, blood sample center phone line: Monday to Friday 7h00 to 14h30

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

Services: Frontline services for routine health and social services. * Health insurance card authentication. * Crutches (rental). * Cane (rental). * Wheelchair (rental). * Breast pump (rental). * Bandage change and follow-up. * Minor surgery. * Contraception. * Emergency oral contraception. * Screening. * Distribution of new injection material to drug users (free service). * Test samples. * Recovery of used needles and syringes. * Breastfeeding room. * Vaccination. * Vaccination against the flu.

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 14h30

Financing: provincial

Legal status: parapublic organization

CLSC DU MARIGOT - BOULEVARD DES LAURENTIDES

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

450 668-1444

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

Services: Frontline services for routine health and social services. * Health insurance card authentication. * Abortion. * Crutches (rental). * Cane (rental). * Wheelchair (rental). * Breast pump (rental). * Minor surgery. * Contraception. * Screening. * Distribution of new injection equipment to drug users (free service). * Test samples. * SIDEP - Integrated screening and prevention service for STIs. * General vaccination. * Flu vaccination.

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

Services: Frontline services for routine health and social services. * Food assistance. * Household assistance. * Anticoagulation therapy - Prescription adjustment. * Health insurance card authentication. * Crutches and wheelchair rental. * Nurse consultation. * Contraception, screening, and abortion pills. * Distribution of new injection material to drug users and recovery of used needles and syringes. * Breastfeeding room. * Streptococcus screening service. * Psychosocial services including reception, analysis, orientation and referral. * Cholesterol testing. * Blood sugar testing * Pap test. * Flu vaccination.

Coverage area: Laval

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

Financing: provincial

Legal status: parapublic organization

FIBROMYALGIE 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

Services: * Monthly mutual aid groups. * Therapeutic listening and support. * Information and conferences. * Pain management. * Physical activities: aqua-fitness, pilates, etc. * Massage therapy. * Hypnosis.

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

INSTITUT DES TROUBLES D'APPRENTISSAGE - SECTION LAVAL

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

514 404-7886

Website: www.italaval.com

Email: section.laval@institutta.com

Services: * Information and active listening. * Coffee chats for parents. * Themed coffee meetings for adults. * Conferences. * Y'APP: self-help group for parents of children with school difficulties or ADD/H. * Information kiosk. * Early screening and accompaniment in daycare services. * Documentation centre. * Awareness and information workshops. * Family activities.

Eligibility: children and adults with learning or attention difficulties, including ADD/H, their parents

Coverage area: Laval

Hours: Monday to Friday 8h30 to 16h30

Financing: grants, contributions, fundraising campaigns

Legal status: non-profit organization

JEWISH REHABILITATION HOSPITAL - TECHNICAL AIDS AND ASSISTIVE COMMUNICATION AIDS

3205 Alton-Goldbloom Place, Laval-des-Rapides, Laval, QC, H7V 1R2

450 688-5728 ext. 84221 Fax: 450 688-5187

Website: lavalensante.com/hjr-jrh

Email: sat_admission_hjr@ssss.gouv.qc.ca

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 living with a physical disability, adults living 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

LYMPHEDEMA ASSOCIATION OF QUÉBEC

Confidential Address

1 866 979-2463

Website: en.infolymphe.ca

Email: aql@infolymphe.ca

Services: * Awareness, education and information. * Therapeutical support: listening, advice and referral. * Monthly education and support group meetings with specialist guests (one month in French, one in English). * Certified therapists directory by region. * Bilingual educational pamphlets on risk reduction, treatments and self-management. * Quarterly magazine, congress and conferences.

Eligibility: people living with or at risk of lymphedema, their close ones, health professionals

Coverage area: Province of Québec

Hours: Monday to Friday from 9h00 to 17h00

Fees: annual membership: \$35, self-help group: none

Financing: donations, self-financing, membership fees, fundraising campaigns

Legal status: non-profit 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

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

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: mscanada.ca/ms-canada-laval

Email: info.laval@scleroseenplaques.ca

Services: * Active listening on the phone. * Information and referrals. * Documentation centre. * Vacation camp 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, thematic 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: none

Financing: donations, fundraising campaigns, grants

Legal status: non-profit organization

SPHÈRE - SANTÉ SEXUELLE GLOBALE

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

450 669-3099 Fax: 450 232-4094

Website: www.spheressg.org

Email: info@spheressg.org

Services: * Individual support. * Support groups. * ITSS and HIV information. * 2SLGBTQIA+ socialization space. * Distribution of prevention material: protection against STIs, hormone therapy material, sterile consumption material. * Free STBBI screening clinic. * Community health service centre. * Sexuality education workshop. * Training for professionals. * Project Pluri-iels: individual support, support groups, accompaniment and education for gender-diverse or questioning people and their loved ones. * Fixed site. * Access to gender-affirming materials, the organization's thrift shop and private library.

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, variable

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, Monday to Friday 8h30 to 20h30

Fees: neuropsychological evaluation: \$750, urgent or complex problems: possibility of intervention at a cost of \$1500

Financing: grants, self-financing

Legal status: non-profit organization

Public Health

ASSOCIATION DU DIABÈTE LAVAL

3030 Le Carrefour Boulevard, Suite 203, Chomedey, Laval, QC, H7T 2P5

450 686-0330

Website: diabetelaval.qc.ca

Email: info@diabetelaval.qc.ca

Services: * Prevention, awareness and information on diabetes and its effects. * Support for people with diabetes and their families. * Maintenance of adapted services. * Meetings with dietitians. * Cooking workshop with a nutritionist. * Healthy habits workshop. * Gentle fitness and yoga training. * Conferences.

Eligibility: people with diabetes, general public

Coverage area: Laval

Hours: Monday to Friday 9h30 to 16h00

Fees: \$20 per year

Financing: fundraising campaigns, contributions, donations, 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

Services: Sports, community and cultural centre. * Exercises adapted for seniors. * Seniors club. * Special needs program for children: sports, cooking and social skills activities. * Preschool program. * Summer and winter day camps, spring break camp. * Varied activities for children. * Sociocultural activities. * Training in water rescue. * Tax clinic. * Ecological park. * Volunteering program. * Room rental. * Swimming pool, fitness room, gyms, etc.

Eligibility: general public, special needs program: children with 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 18h00

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

Email: informations.cissslav@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

Website: www.lavalensante.com/en/vaccingrippelaval/

Services: Vaccination campaign against seasonal influenza. * Online appointment system: portal3.clicsante.ca

Coverage area: Laval

Hours: registration: starting from October 5th, 2022

Fees: free for people at risk: pregnant people with pregnancy of 13 weeks or more, people living with certain chronic illnesses over 6 months old, pregnant people living with certain chronic illnesses, people 75 years and over, residents of CHSLDs and intermediate resources, 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/repertoire-ressources/ressource/?nofiche=484736&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H7R1L4

Services: Frontline services for routine health and social services. * Tests centre. * General Vaccination. * Flu vaccination. * Authentication of health insurance card.

Coverage area: Laval

Hours: Monday to Friday 8h00 to 19h30, 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

Services: Frontline services for routine health and social services. * Health insurance card authentication. * Nurse consultation. * Family medicine. * Test samples. * Radiology. * Flu vaccination.

Coverage area: Laval

Hours: Monday to Friday 7h30 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

Services: Frontline services for routine health and social services. * Health insurance card authentication. * Crutches (rental). * Cane (rental). * Wheelchair (rental). * Breast pump (rental). * Bandage change and follow-up. * Minor surgery. * Contraception. * Emergency oral contraception. * Screening. * Distribution of new injection material to drug users (free service). * Test samples. * Recovery of used needles and syringes. * Breastfeeding room. * Vaccination. * Vaccination against the flu.

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 14h30

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

Services: Frontline services for routine health and social services. * Health insurance card authentication. * Bandage change and follow-up. * Nurse consultation. * Contraception. * Emergency oral contraception. * Breastfeeding room. * Help for abused seniors. * Help for victims of crime. * General vaccination. * Flu vaccination: www.lavalensante.com/vaccingrippelaval

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

450 668-1444

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

Services: Frontline services for routine health and social services. * Health insurance card authentication. * Abortion. * Crutches (rental). * Cane (rental). * Wheelchair (rental) * Breast pump (rental). * Minor surgery. * Contraception. * Screening. * Distribution of new injection equipment to drug users (free service). * Test samples. * SIDEP - Integrated screening and prevention service for STIs. * General vaccination. * Flu vaccination.

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

COLLÈGE MONTMORENCY - CLINIQUE-ÉCOLE DE SOINS INFIRMIERS

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-en-soins-infirmiers/

Email: accueilclinique@cmontmorency.qc.ca

Services: Nursing care provided by students under the supervision of their professors.* Vaccination. * Prevention activities and education.

Eligibility: vaccination: adults, pregnant women, paediatric and influenza patients, prevention: adults and children

Coverage area: Laval

Hours: Tuesday to Thursday 9h00 to 15h00, some evenings until 20h00, February to May and September to December only

Fees: aucuns

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

Website: www.lavalensante.com/employees-et-medecins/direction-de-sante-publique

Services: Information, prevention, promotion and protection of people's general health. * Monitoring and surveillance of improvements or risk factors to the health state. * Promotion of orientations and solutions. * Consulting service for the health and social services network.

Coverage area: Laval

Financing: provincial

Legal status: parapublic organization

DIVISION URGENCE SOCIALE DU SERVICE DE POLICE DE LAVAL

2785 Francis-Hughes Avenue, Chomedey, Laval, QC, H7L 3J6

450 662-4595 Fax: 450 662-8534

Website: www.laval.ca/police/Pages/En/home.aspx

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 old and over in a crisis situation

Coverage area: Laval

Hours: Monday to Friday 8h15 to 12h00 and 13h00 to 17h30

Fees: none

Financing: municipal

Legal status: municipal agency

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

Services: Promotion of healthy lifestyles. * Assistance for starting physical activity groups (walking club, Viactive groups, etc.). * Conferences and training on healthy lifestyle habits, exercise and diet. * Nutritional education. * Kinesiology. * Info-Actif line: physical activity information line. * Bouffe-Nature day camp: activities on food and nature discovery. * Promo-Santé clinic. * Assistance for starting community kitchens for seniors.

Eligibility: general public, community organizations, schools, childcare centres, businesses

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

GUICHET D'ACCÈS À LA PREMIÈRE LIGNE - LAVAL

Confidential Address

811 option 3

Website: www.quebec.ca/en/health/finding-a-resource/primary-care-access-point

Services: * Access point for referral to a professional or medical service. * Digital access point: <https://gap.soinsvirtuels.gouv.qc.ca/en>

Eligibility: people without a family doctor

Coverage area: Laval

Hours: Monday to Friday 8h00 to 20h00 , Saturday, Sunday and public holidays: 8h00 to 16h00

Fees: none

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/en

Services: Hospital centre offering general and specialized care. * Emergency. * Test centre. * Family planning services: abortion, contraception, etc. * Medical care and examination for victims of sexual assault. * Medical imagery. * Detoxification. * General and influenza vaccinations.

Coverage area: Province of Québec

Hours: 24 hours / 7 days, test centre: Monday to Friday 7h00 to 14h00, by appointment

Financing: provincial

Legal status: parapublic 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: precautions, guidelines, advice, etc.

Coverage area: Laval

Hours: variable

Financing: municipal

Legal status: municipal agency

OASIS, UNITÉ MOBILE D'INTERVENTION

27 Lévesque Boulevard East, Pont-Viau, Laval, QC, H7G 1B3

450 967-0410 Fax: 450 967-5631

Website: oasisunitemobile.com

Email: intervenant@oasisunitemobile.com

Services: Proximity mobile task team in parks and neighbourhoods of Laval. * Listening, support, referral and prevention. * Distribution of condoms and sterile consumer equipment. * Naloxone kits distribution. * Distribution of fentanyl test strips. * Prevention of STDs and AIDS. * Nomade: substance use and analysis service.

Eligibility: youth 12 years and over, adults

Coverage area: Laval

Hours: fixed location: Wednesday and Thursday 14h00 to 20h00, 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 ext. 100 Fax: 450 668-9615

Website: relais-communautaire.org

Email: info@relais-communautaire.org

Services: Food assistance * Community meals: lunches. * Food distribution. * Emergency food assistance. * Distribution of soup and sandwiches to vulnerable people. Material assistance * Carrefour des Aubaines: sale of used clothing and household items. * Bonhomme à lunettes service point. Community * Welcoming, information and referrals to resources and services. * Individualized follow-up and accompaniment. * Active listening. * Crisis management. * Day centre. * Relais santé beauté: 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 with meal preparation. * Articul: painting workshops. * Knitting. * Popular education workshops. * Special events. Immigration * Welcoming, information and referral. * Integration and intercultural bridge-building. * Thematic meals. Employment * Subsidized internships and jobs. * Professional reintegration program. * Volunteering. * Community and compensatory work. Christmas activities * Christmas baskets for members. * Animation and gifts for children.

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: sportslaval.qc.ca

Email: info@sportslaval.qc.ca

Services: Promoting active living to contribute to well-being. * Partnership and mobilization. * Kino-Québec program. * Support for athletes. * Sport events. * Sports camps.

Eligibility: rising star or elite athletes, coaches, sports partners, physical education teachers, anyone else interested in sports

Coverage area: Laval

Hours: Monday to Friday 8h00 to 16h00

Fees: none

Financing: municipal, grants

Legal status: non-profit organization

Homelessness

ADVOCACY

DAY AND EVENING CENTRES

HEALTH CARE

HOUSING FOR PREGNANT WOMEN AND FAMILIES

MOBILE UNITS AND STREET WORK

SHELTERS

SUPPORTIVE HOUSING

TRANSITIONAL HOUSING

YOUTH SHELTERS

Advocacy

RÉSEAU DES ORGANISMES EN ITINÉRANCE DE LAVAL

3550 Lévesque Boulevard West, Chomedey, Laval, QC, H7V 1E8

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

Day and evening centres

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: precautions, guidelines, advice, etc.

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/index.php/en

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: non-profit organization

REFUGE D'URGENCE DE LAVAL

3550, boulevard Lévesque Ouest, Chomedey, Laval, QC, H7V 1E8

438 378-8247

Email: cafederuelaval@gmail.com

Services: Emergency shelter. * Accommodation, laundry, showers. * Dinner, breakfast and snack. *

Psychosocial intervention workers on site. * Specialized nurse practitioners on-site

Eligibility: homeless people with or without children

Capacity: 30 beds

Coverage area: Laval

Hours: 7 days, daytime: 7h30 to 16h30, accommodations: 17h00 to 7h00, Café de Rue de Laval: Monday to Sunday 7h30 to 16h30

Fees: none

Financing: federal, provincial, municipal, grants

Legal status: non-profit organization

REFUGE D'URGENCE DE LAVAL - MILIEU DE VIE DE JOUR

3550 Lévesque Boulevard West, Chomedey, Laval, QC, H7V 1E8

579 640-6040

Services: Meeting place. * Assistance with procedures. * Referrals. * Access to computers and telephones. * Lending of address. * Respite. * Snacks.

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: 7 days, 7h30 to 16h30

Fees: none

Financing: grants, municipal

Legal status: non-profit organization

RELAIS COMMUNAUTAIRE DE LAVAL

111 des Laurentides Boulevard, Suite 101, Pont-Viau, Laval, QC, H7G 2T2

450 668-8727 ext. 100 Fax: 450 668-9615

Website: relais-communautaire.org

Email: info@relais-communautaire.org

Services: Food assistance * Community meals: lunches. * Food distribution. * Emergency food assistance. * Distribution of soup and sandwiches to vulnerable people. Material assistance * Carrefour des Aubaines: sale of used clothing and household items. * Bonhomme à lunettes service point. Community * Welcoming, information and referrals to resources and services. * Individualized follow-up and accompaniment. * Active listening. * Crisis management. * Day centre. * Relais santé beauté: 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 with meal preparation. * Articul: painting workshops. * Knitting. * Popular education workshops. * Special events. Immigration * Welcoming, information and referral. * Integration and intercultural bridge-building. * Thematic meals. Employment * Subsidized internships and jobs. * Professional reintegration program. * Volunteering. * Community and compensatory work. Christmas activities * Christmas baskets for members. * Animation and gifts for children.

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

450 662-6444 Fax: 450 662-3727

Website: www.trilstation.org

Email: contact@letril.ca

Services: * Listening, accompaniment, follow-up and personalized referral. * Needle and drug-use material exchange. * Youth station: community centre with activities, food aid, washer, dryer and shower. * Naloxone kits distribution. * Distribution and delivery of fentanyl test strips. * Interventions in festive environments. * Project DOPE (Drugs, opioids, prevention, education): information and delivery of sterile materials.

Eligibility: youth and young adults 12 to 24 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

Fees: none

Financing: provincial, federal, Centraide of Greater, 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

Services: Adapted housing. * Long or short-term stay. * Accompaniment and psychosocial intervention. * Support to management of physical care.

Eligibility: homeless people living with a physical health problem such as HIV/AIDS, hepatitis, cancer or diabetes

Capacity: 9 people

Coverage area: Greater Montréal

Hours: 24 hours / 7 days, administration: Monday to Friday 9h00 à 17h00

Fees: housing: fee of 70% of income, all inclusive

Financing: provincial, federal, foundations, self-financing

Legal status: non-profit organization

Housing for pregnant women and families**HABITATIONS L'ENVOLEE (LES)**

181 L'Allier Street, Sainte-Rose, Laval, QC, H7L 2K9

450 937-2255

Website: leshabitationslenvolee.ca

Email: habitations@envolee.qc.ca

Services: Supervised apartments for youth and young single parents 18 to 30 years old. * Support in the transition to autonomy.

Eligibility: youth 18 to 30 years old with special needs, young single parents 18 to 30 years old with 1 or 2 children

Capacity: 30 units: 26 apartments 3 ½ for single persons and 4 apartments 4 ½ for single-parent families with 1 or 2 children

Coverage area: Laval

Fees: subsidized apartments, 25% of income, according to OMH criteria

Financing: provincial, self-financing

Legal status: non-profit organization

Mobile units and street work

OASIS, UNITÉ MOBILE D'INTERVENTION

27 Lévesque Boulevard East, Pont-Viau, Laval, QC, H7G 1B3

450 967-0410 Fax: 450 967-5631

Website: oasisunitemobile.com

Email: intervenant@oasisunitemobile.com

Services: Proximity mobile task team in parks and neighbourhoods of Laval. * Listening, support, referral and prevention. * Distribution of condoms and sterile consumer equipment. * Naloxone kits distribution. * Distribution of fentanyl test strips. * Prevention of STDs and AIDS. * Nomade: substance use and analysis service.

Eligibility: youth 12 years and over, adults

Coverage area: Laval

Hours: fixed location: Wednesday and Thursday 14h00 to 20h00, 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

TRAVAIL DE RUE ÎLE DE LAVAL

106 de la Concorde Boulevard East, Pont-Viau, Laval, QC, H7G 2B9

450 662-6444 Fax: 450 662-3727

Website: www.trilstation.org

Email: contact@letril.ca

Services: * Listening, accompaniment, follow-up and personalized referral. * Needle and drug-use material exchange. * Youth station: community centre with activities, food aid, washer, dryer and shower. * Naloxone kits distribution. * Distribution and delivery of fentanyl test strips. * Interventions in festive environments. * Project DOPE (Drugs, opioids, prevention, education): information and delivery of sterile materials.

Eligibility: youth and young adults 12 to 24 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

Fees: none

Financing: provincial, federal, Centraide of Greater, 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 30 days. * Transition: 1 to 6 months. * Studio: 1 to 12 months. * Brazeau: 3½ supervised units with accompaniment, 6 to 12 months.

Eligibility: people 18 years old and over experiencing homelessness or without a fixed address

Capacity: 6 emergency units

Coverage area: Laval

Hours: 24 hours / 7 days, 24 hours stay: 17h00 to 9h00

Fees: emergency: free, transition and studio: \$222 per month, Brazeau: 25% of monthly income

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

Legal status: non-profit organization

REFUGE D'URGENCE DE LAVAL

3550, boulevard Lévesque Ouest, Chomedey, Laval, QC, H7V 1E8

438 378-8247

Email: cafederuelaval@gmail.com

Services: Emergency shelter. * Accommodation, laundry, showers. * Dinner, breakfast and snack. *

Psychosocial intervention workers on site. * Specialized nurse practitioners on-site

Eligibility: homeless people with or without children

Capacity: 30 beds

Coverage area: Laval

Hours: 7 days, daytime: 7h30 to 16h30, accommodations: 17h00 to 7h00, Café de Rue de Laval: Monday to Sunday 7h30 to 16h30

Fees: none

Financing: federal, provincial, municipal, grants

Legal status: non-profit organization

REFUGE D'URGENCE DE LAVAL - MILIEU DE VIE DE JOUR

3550 Lévesque Boulevard West, Chomedey, Laval, QC, H7V 1E8

579 640-6040

Services: Meeting place. * Assistance with procedures. * Referrals. * Access to computers and telephones. *

Lending of address. * Respite. * Snacks.

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: 7 days, 7h30 to 16h30

Fees: none

Financing: grants, municipal

Legal status: non-profit organization

Supportive housing**HABITATIONS L'ENVOLEE (LES)**

181 L'Allier Street, Sainte-Rose, Laval, QC, H7L 2K9

450 937-2255

Website: leshabitationslenvolee.ca

Email: habitations@envolee.qc.ca

Services: Supervised apartments for youth and young single parents 18 to 30 years old. * Support in the transition to autonomy.

Eligibility: youth 18 to 30 years old with special needs, young single parents 18 to 30 years old with 1 or 2 children

Capacity: 30 units: 26 apartments 3 ½ for single persons and 4 apartments 4 ½ for single-parent families with 1 or 2 children

Coverage area: Laval

Fees: subsidized apartments, 25% of income, according to OMH criteria

Financing: provincial, self-financing

Legal status: non-profit organization

Transitional housing

AUBERGE DU COEUR L'ENVOLEE - HÉBERGEMENTS DE TRANSITION

1620 des Patriotes Street, Sainte-Rose, Laval, QC, H7L 2N6

450 628-0907

Website: www.auberge-envolee.org

Email: aubergeducoeur@envolee.qc.ca

Services: Mixed social affiliation place for youth with adaptation issues and who are temporarily without a fixed residence. * Short 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'ENVOLEE - HÉBERGEMENTS DE TRANSITION - JEUNES MÈRES

Confidential Address

450 628-0907

Website: www.auberge-envolee.org

Email: aubergeducoeur@envolee.qc.ca

Services: Transitional housing for young mothers 16 to 22 years old.

Eligibility: young mothers 16 to 22 years old, facing difficulties and temporarily without a fixed residence

Capacity: 1 studio

Coverage area: Laval

Fees: \$10 per day

Financing: provincial, self-financing

Legal status: non-profit organization

AVIRON (L') - HÉBERGEMENT COMMUNAUTAIRE - BRAZEAU

Confidential Address

450 933-6610 ext. 1 **Fax:** 450 933-6613

Website: www.laviron.org

Email: coordoclinique@laviron.org

Services: * Brazeau: 3½ supervised units with accompaniment for up to 3 years.

Eligibility: people 18 years and over experiencing homelessness or without a fixed address

Capacity: 11 apartments

Coverage area: Laval

Hours: 24 hours / 7 days

Fees: 25% of monthly income

Financing: federal, provincial, municipal, grants, 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

Services: Adapted housing. * Long or short-term stay. * Accompaniment and psychosocial intervention. * Support to management of physical care.

Eligibility: homeless people living with a physical health problem such as HIV/AIDS, hepatitis, cancer or diabetes

Capacity: 9 people

Coverage area: Greater Montréal

Hours: 24 hours / 7 days, administration: Monday to Friday 9h00 à 17h00

Fees: housing: fee of 70% of income, all inclusive

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: info@maisonleprelude.com

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'ENVOLEE - REFUGE

1620 des Patriotes Street, Sainte-Rose, Laval, QC, H7L 2N6

450 628-0907

Website: www.auberge-envolee.org

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

Housing**ADVOCACY FOR HOUSING****EMERGENCY****HOUSING COOPERATIVES AND CORPORATIONS****HOUSING SEARCH ASSISTANCE****SOCIAL HOUSING AND HOUSING COOPERATIVES**

Advocacy for housing

AIRE OUVERTE DE LAVAL

308 Cartier Boulevard West, Door 4, Laval-des-Rapides, Laval, QC, H7N 2J2

450 978-8333

Website: lavalensante.com/en/aireouverte

Email: aire.ouverte.cissslav@ssss.gouv.qc.ca

Services: Various confidential services, with or without an appointment, for youth aged 12 to 25. * Individual psychosocial follow-up. * Sexual health clinic: contraception, pregnancy tests, STI screening, questions about gender and sexual orientation. * Financial aid and legal information. * Advice on studies, work, and housing.

Eligibility: youth aged 12 to 25

Coverage area: Laval

Hours: Wednesday to Friday 12h00 to 20h00, Saturday 12h00 to 17h00, Summer schedule: Wednesday to Friday 12h00 to 20h00

Fees: none

Financing: provincial

Legal status: provincial government agency

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. * Assistance with Hydro-Québec payment agreement.

Eligibility: Desjardins Mutual Aid Fund loan: people experiencing financial difficulties, people facing occasional emergency expenses

Coverage area: Laval, Desjardins Mutual Aid Fund loan: Laval, MRC Thérèse-De Blainville

Hours: Monday to Thursday 8h30 to 16h30

Fees: voluntary contribution: \$3

Financing: Centraide of Greater Montréal

Legal status: Cooperative

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/index.php/en

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. * Housing Search Assistance Service (SARL).

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: municipal 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

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-calcul * Online tool to access legal information about the rental lease: justicebot.ca * Online tool to add proof of notification of the request and the list of documents: extranet.tal.gouv.qc.ca/internet/asp/transmissionDoc/transmetDoc.asp

Eligibility: tenants, landlords

Coverage area: Laval

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment

Fees: variable

Financing: provincial

Legal status: provincial government agency

Emergency**DIVISION URGENCE SOCIALE DU SERVICE DE POLICE DE LAVAL**

2785 Francis-Hughes Avenue, Chomedey, Laval, QC, H7L 3J6

450 662-4595 Fax: 450 662-8534

Website: www.laval.ca/police/Pages/En/home.aspx

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 old and over in a crisis situation

Coverage area: Laval

Hours: Monday to Friday 8h15 to 12h00 and 13h00 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: precautions, guidelines, advice, etc.

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

Email: info@laval.ca

Services: Municipal administration. * Public safety: police department and fire department. * Permits for dogs and cats. * Information on garbage, recyclable material and bulky waste collection schedules. * Info-travaux: geolocation of infrastructure works. * Building permits and certificates of authorization. * Municipal tax bills and property assessment. * Parking licences. * Libraries. * Swearing-in. * Subsidies for the purchase of cloth diapers. * \$50 subsidy for the purchase of sustainable hygiene products: menstrual cups and disks, washable pads and pantyliners, washable absorbent underwear, and washable incontinence briefs.

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/lieux/Pages/Fr/comptoir-multiservice.aspx

Services: * Administration of oath. * Parking permits. * Property assessment municipal tax payment. * Ticket payment. * Construction permits. * Licenses for dogs and cats.

Coverage area: Laval

Hours: by phone: Monday to Friday 7h00 to 21h00, Saturday and Sunday 8h00 to 17h00, on site: 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/index.php/en

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: non-profit organization

Housing cooperatives and corporations

AIRE OUVERTE DE LAVAL

308 Cartier Boulevard West, Door 4, Laval-des-Rapides, Laval, QC, H7N 2J2

450 978-8333

Website: lavalensante.com/en/aireouverte

Email: aire.ouverte.cissslav@ssss.gouv.qc.ca

Services: Various confidential services, with or without an appointment, for youth aged 12 to 25. * Individual psychosocial follow-up. * Sexual health clinic: contraception, pregnancy tests, STI screening, questions about gender and sexual orientation. * Financial aid and legal information. * Advice on studies, work, and housing.

Eligibility: youth aged 12 to 25

Coverage area: Laval

Hours: Wednesday to Friday 12h00 to 20h00, Saturday 12h00 to 17h00, Summer schedule: Wednesday to Friday 12h00 to 20h00

Fees: none

Financing: provincial

Legal status: provincial government agency

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. * Assistance with Hydro-Québec payment agreement.

Eligibility: Desjardins Mutual Aid Fund loan: people experiencing financial difficulties, people facing occasional emergency expenses

Coverage area: Laval, Desjardins Mutual Aid Fund loan: Laval, MRC Thérèse-De Blainville

Hours: Monday to Thursday 8h30 to 16h30

Fees: voluntary contribution: \$3

Financing: Centraide of Greater Montréal

Legal status: Cooperative

FÉDÉRATION DES OSBL D'HABITATION DES 3L

Confidential Address

450 662-6950

Website: www.foh3l.org

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/index.php/en

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. * Housing Search Assistance Service (SARL).

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: municipal agency

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 the Greater Montréal area 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

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-calcul * Online tool to access legal information about the rental lease: justicebot.ca * Online tool to add proof of notification of the request and the list of documents:

extranet.tal.gouv.qc.ca/internet/asp/transmissionDoc/transmetDoc.asp

Eligibility: tenants, landlords

Coverage area: Laval

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment

Fees: variable

Financing: provincial

Legal status: provincial government agency

Housing search assistance

DIVISION URGENCE SOCIALE DU SERVICE DE POLICE DE LAVAL

2785 Francis-Hughes Avenue, Chomedey, Laval, QC, H7L 3J6

450 662-4595 Fax: 450 662-8534

Website: www.laval.ca/police/Pages/En/home.aspx

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 old and over in a crisis situation

Coverage area: Laval

Hours: Monday to Friday 8h15 to 12h00 and 13h00 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, 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/index.php/en

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: non-profit organization

REFUGE D'URGENCE DE LAVAL

3550, boulevard Lévesque Ouest, Chomedey, Laval, QC, H7V 1E8

438 378-8247

Email: cafederuelaval@gmail.com

Services: Emergency shelter. * Accommodation, laundry, showers. * Dinner, breakfast and snack. * Psychosocial intervention workers on site. * Specialized nurse practitioners on-site

Eligibility: homeless people with or without children

Capacity: 30 beds

Coverage area: Laval

Hours: 7 days, daytime: 7h30 to 16h30, accomodations: 17h00 to 7h00, Café de Rue de Laval: Monday to Sunday 7h30 to 16h30

Fees: none

Financing: federal, provincial, municipal, grants

Legal status: non-profit organization

Social housing and housing cooperatives

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/index.php/en

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. * Housing Search Assistance Service (SARL).

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: municipal agency

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 the Greater Montréal area 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/index.php/en

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: 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

Services: Support for children and their families. * Preparation for kindergarden for children 3 to 5 years old. * Food assistance for occasional needs. * Homework assistance. * Improvisation workshops. * Croque-livres. * Day camp. * Thematic cooking workshops. * Le Troc du Relais: children items swap 4 times per year. * Outings for youth and families. * Father-child workshops, coffee-creation and conferences. * Assistance and referral. * 15 low-cost housing units. * Garage sales.

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: subventions, dons

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

AU JARDIN DE LA FAMILLE DE FABREVILLE INC.

3867 Sainte-Rose Boulevard, Fabreville, Laval, QC, H7P 1C8

450 622-9456 Fax: 450 622-0312

Website: jardindela famille.org

Email: ajff@jardindela famille.org

Services: * Francization. * Literacy workshops: reading, writing, calculating, communication. * Thrift store. * Homework assistance. * Storage: treatment and recuperation workshop for paper, cardboard, glass and metal. * Socioprofessional integration through workshops, training, coaching, mentoring. * Distribution of basic necessities.

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

Coverage area: Laval

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: none

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

Legal status: non-profit organization

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

1800 Dumouchel Avenue, Chomedey, Laval, QC, H7S 1J7

450 681-9979 Fax: 450 681-2835

Website: baaf.ca

Email: adjointe@baaf.ca

Services: Support to families. * Respite. * French learning program for children 3 to 5 years old and animated stories. * Avenir de Femmes program: 23-unit cooperative building for single mothers. * Project 10-19: organisation of activities and workshops for youth. * Secondaire à ma manière: workshops and activities for 6th graders. * Improvisation. * Workshops and activities. * Francization workshop. * Mutual aid group. * Collective kitchen. * Coffee chats. * Le Vestibule: free thrift store. * Toy library. * Community garden.

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

800 Chomedey Boulevard, Tower C, Suite 510, Chomedey, Laval, QC, H7V 3Y4

450 686-0554

Website: www.carrefourintercultures.com

Email: info@carrefourintercultures.com

Services: Welcoming of newcomers. * Information and guidance. * Accompaniment, support, settlement and integration assistance. * Assistance with forms. * Individual and group psychosocial support. * Part-time French courses. * Training to integrate the work force. * Administration of oath. * Family activities. * Espace parents: parenting skills workshops in the context of immigration. * Intercultural pairing. * Tax clinic.

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

Website: coumbitelaval.net

Email: coumbite@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. * Activities and home visits for seniors. * Computers classes. * Community kitchen. * Intergenerational outings. * Tax clinic.

Eligibility: people from 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, local 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, PowerPoint, 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 DE SERVICES SCOLAIRE DE LAVAL

955 Saint-Martin Boulevard West, Chomedey, Laval, QC, H7S 1M5

450 662-7000

Website: www.csslaval.ca

Email: communications@cslaval.qc.ca

Services: Public organization offering French-language educational services, consisting of primary, high, and specialized schools, vocational training centres and adult education. * Vocational training. * Adult education. * High school equivalency test (TENS): assessment of the knowledge of adults who don't have a high school diploma in order to obtain a certificate of educational equivalence (AENS) that facilitates access to certain jobs and vocational training. * Le Guichet-conseil: help and guidance services. * Assisted distance training (DAT). * Test d'évaluation de français (TEF) and Test de développement général (TDG). * Korpus training: services to businesses.

Eligibility: elementary, secondary, vocational and adult education students, businesses, citizens

Coverage area: Laval

Hours: Monday to Friday 7h30 to 17h00

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

Email: communication@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 22h00, Saturday and Sunday 7h00 to 19h00

Fees: variable

Financing: provincial

Legal status: parapublic organization

HELLENIC SOCIAL SERVICES OF QUÉBEC - LAVAL

4865 du souvenir Street, Chomedey, Laval, QC, H7W 1E1

450 688-2091 Fax: 450 688-2084

Website: hcgmm.org

Email: infosshq@hcgmm.org

Services: Food * Food bank. * Home delivery. * Christmas baskets. Support * Information and referral. * Active 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 for people victim of abuse. * Friendly phone calls. * Programme intégré d'équilibre dynamique (PIED). * Support for caregivers: support groups, coffee meetings, information and referral, Info-mobile: booths in public events. * Recreational activities and bonding program. * Coffee meeting. * Exercise course. Education * Computer classes: tablet and cell phone. * French classes.

Eligibility: general public, mainly of Greek origin

Coverage area: Laval

Hours: Monday to Friday 9h00 to 17h00

Fees: annual membership: \$5, food bank: \$5 per box

Financing: donations, grants, provincial

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/french-classes

Email: info@pcarriere.com

Services: * Job search assistance. * Specialized services for immigrant people. * Career exploration, assessment and transition, information on the labour market. * Part-time French course. * Computers, photocopier, fax, telephone. * Objectif Intégration session.

Eligibility: immigrants, newcomers and visible minorities

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

800 Chomedey Boulevard, Tower C, Suite 510, Chomedey, Laval, QC, H7V 3Y4

450 686-0554

Website: www.carrefourintercultures.com

Email: info@carrefourintercultures.com

Services: Welcoming of newcomers. * Information and guidance. * Accompaniment, support, settlement and integration assistance. * Assistance with forms. * Individual and group psychosocial support. * Part-time French courses. * Training to integrate the work force. * Administration of oath. * Family activities. * Espace parents: parenting skills workshops in the context of immigration. * Intercultural pairing. * Tax clinic.

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 102-103-104, Vimont, Laval, QC, H7M 2P4

450 490-4895

Website: en.femmesenemploi.org

Email: info@femmesenemploi.org

Services: Promoting the social, cultural and professional integration of women in precarious situations, particularly women from immigrant backgrounds. * Job search program and employment training. * Support for newly arrived immigrant women. * Computer workshops: Internet research, online banking, etc. * Information workshops on Canadian culture and laws and life in Canada, Quebec and Laval. * Translation services. * Consultation and referral services. * Object recovery: small appliances and furniture. * Seminars, workshops and other socio-educational activities on issues of discrimination and racial prejudice. * Events and environmental awareness. * Volunteer opportunities.

Eligibility: women in precarious situations, particularly women from immigrant backgrounds

Coverage area: Laval

Hours: Monday to Friday 9h00 to 17h00, computer workshops: Tuesdays and Wednesdays

Fees: none

Financing: municipal, provincial, federal, donations

Legal status: non-profit organization

SERVICE CANADA CENTRE - LAVAL

1041 des Laurentides Boulevard, 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: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbssc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Laval

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

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

450 231-0799

Email: coordonnateur@apvsl.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

Coverage area: Laval

Hours: Monday to Friday 9h00 to 16h30

Fees: activities: variable

Financing: donations, grants, self-financing

Legal status: non-profit organization

CARREFOUR D'INTERCULTURES DE LAVAL

800 Chomedey Boulevard, Tower C, Suite 510, Chomedey, Laval, QC, H7V 3Y4

450 686-0554

Website: www.carrefourintercultures.com

Email: info@carrefourintercultures.com

Services: Welcoming of newcomers. * Information and guidance. * Accompaniment, support, settlement and integration assistance. * Assistance with forms. * Individual and group psychosocial support. * Part-time French courses. * Training to integrate the work force. * Administration of oath. * Family activities. * Espace parents: parenting skills workshops in the context of immigration. * Intercultural pairing. * Tax clinic.

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 102-103-104, Vimont, Laval, QC, H7M 2P4

450 490-4895

Website: en.femmesenemploi.org

Email: info@femmesenemploi.org

Services: Promoting the social, cultural and professional integration of women in precarious situations, particularly women from immigrant backgrounds. * Job search program and employment training. * Support for newly arrived immigrant women. * Computer workshops: Internet research, online banking, etc. * Information workshops on Canadian culture and laws and life in Canada, Quebec and Laval. * Translation services. * Consultation and referral services. * Object recovery: small appliances and furniture. * Seminars, workshops and other socio-educational activities on issues of discrimination and racial prejudice. * Events and environmental awareness. * Volunteer opportunities.

Eligibility: women in precarious situations, particularly women from immigrant backgrounds

Coverage area: Laval

Hours: Monday to Friday 9h00 to 17h00, computer workshops: Tuesdays and Wednesdays

Fees: none

Financing: municipal, provincial, federal, donations

Legal status: non-profit organization

HELLENIC SOCIAL SERVICES OF QUÉBEC - LAVAL

4865 du souvenir Street, Chomedey, Laval, QC, H7W 1E1

450 688-2091 Fax: 450 688-2084

Website: hcgm.org

Email: info@hcgm.org

Services: Food * Food bank. * Home delivery. * Christmas baskets. Support * Information and referral. * Active 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 for people victim of abuse. * Friendly phone calls. * Programme intégré d'équilibre dynamique (PIED). * Support for caregivers: support groups, coffee meetings, information and referral, Info-mobile: booths in public events. * Recreational activities and bonding program. * Coffee meeting. * Exercise course. Education * Computer classes: tablet and cell phone. * French classes.

Eligibility: general public, mainly of Greek origin

Coverage area: Laval

Hours: Monday to Friday 9h00 to 17h00

Fees: annual membership: \$5, food bank: \$5 per box

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: 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 for their assistance food recipients. Family and community * 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

Coverage area: Laval

Hours: Monday to Friday 8h30 to 17h00

Fees: none

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

Services: Development of a direct and privileged Franco-Québécoise relationship. * Dinner conferences. *

Cultural activities: showcasing Quebec and French culture. * Shows.

Eligibility: francophiles and defenders of the French language

Coverage area: Laval

Fees: annual membership: variable, activities: variable

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

Website: coumbitelaval.net

Email: coumbite@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. * Activities and home visits for seniors. * Computers classes. * Community kitchen. * Intergenerational outings. * Tax clinic.

Eligibility: people from 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

FEMMES EN EMPLOI

1688 des Laurentides Boulevard, Suite 102-103-104, Vimont, Laval, QC, H7M 2P4

450 490-4895

Website: en.femmesenemploi.org

Email: info@femmesenemploi.org

Services: Promoting the social, cultural and professional integration of women in precarious situations, particularly women from immigrant backgrounds. * Job search program and employment training. * Support for newly arrived immigrant women. * Computer workshops: Internet research, online banking, etc. * Information workshops on Canadian culture and laws and life in Canada, Quebec and Laval. * Translation services. * Consultation and referral services. * Object recovery: small appliances and furniture. * Seminars, workshops and other socio-educational activities on issues of discrimination and racial prejudice. * Events and environmental awareness. * Volunteer opportunities.

Eligibility: women in precarious situations, particularly women from immigrant backgrounds

Coverage area: Laval

Hours: Monday to Friday 9h00 to 17h00, computer workshops: Tuesdays and Wednesdays

Fees: none

Financing: municipal, 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 ext. 100 Fax: 450 668-9615

Website: relais-communautaire.org

Email: info@relais-communautaire.org

Services: Food assistance * Community meals: lunches. * Food distribution. * Emergency food assistance. * Distribution of soup and sandwiches to vulnerable people. Material assistance * Carrefour des Aubaines: sale of used clothing and household items. * Bonhomme à lunettes service point. Community * Welcoming, information and referrals to resources and services. * Individualized follow-up and accompaniment. * Active listening. * Crisis management. * Day centre. * Relais santé beauté: 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 with meal preparation. * Article: painting workshops. * Knitting. * Popular education workshops. * Special events. Immigration * Welcoming, information and referral. * Integration and intercultural bridge-building. * Thematic meals. Employment * Subsidized internships and jobs. * Professional reintegration program. * Volunteering. * Community and compensatory work. Christmas activities * Christmas baskets for members. * Animation and gifts for children.

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

Services: Integration of Spanish-speaking people. * Promotion of Hispanic culture and language. * Spanish courses and linguistic exchanges. * Dance courses and dancing nights. * Conferences. * Outdoor activities.

Eligibility: Spanish-speaking people, people interested in the culture

Coverage area: North Shore, Laval, Laurentians

Hours: Saturday 10h00 to 12h00

Fees: annual membership: \$30

Financing: contributions

Legal status: non-profit organization

Recognition of prior learning and diplomas

SERVICE CANADA CENTRE - LAVAL

1041 des Laurentides Boulevard, 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: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Laval

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

Settlement services for newcomers

AU JARDIN DE LA FAMILLE DE FABREVILLE INC.

3867 Sainte-Rose Boulevard, Fabreville, Laval, QC, H7P 1C8

450 622-9456 Fax: 450 622-0312

Website: jardindela famille.org

Email: ajff@jardindela famille.org

Services: * Francization. * Literacy workshops: reading, writing, calculating, communication. * Thrift store. * Homework assistance. * Storage: treatment and recuperation workshop for paper, cardboard, glass and metal. * Socioprofessional integration through workshops, training, coaching, mentoring. * Distribution of basic necessities.

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

Coverage area: Laval

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: none

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

Legal status: non-profit organization

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

1800 Dumouchel Avenue, Chomedey, Laval, QC, H7S 1J7

450 681-9979 Fax: 450 681-2835

Website: baaf.ca

Email: adjointe@baaf.ca

Services: Support to families. * Respite. * French learning program for children 3 to 5 years old and animated stories. * Avenir de Femmes program: 23-unit cooperative building for single mothers. * Project 10-19: organisation of activities and workshops for youth. * Secondaire à ma manière: workshops and activities for 6th graders. * Improvisation. * Workshops and activities. * Francization workshop. * Mutual aid group. * Collective kitchen. * Coffee chats. * Le Vestibule: free thrift store. * Toy library. * Community garden.

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

800 Chomedey Boulevard, Tower C, Suite 510, Chomedey, Laval, QC, H7V 3Y4

450 686-0554

Website: www.carrefourintercultures.com

Email: info@carrefourintercultures.com

Services: Welcoming of newcomers. * Information and guidance. * Accompaniment, support, settlement and integration assistance. * Assistance with forms. * Individual and group psychosocial support. * Part-time French courses. * Training to integrate the work force. * Administration of oath. * Family activities. * Espace parents: parenting skills workshops in the context of immigration. * Intercultural pairing. * Tax clinic.

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

Services: * Occasional community meals. * Assistance with procedures for newcomers. * Literacy program for seniors. * Annual camp for single-parent women. * Summer camp. * Follow-up with volunteer nurses for people with a loss of autonomy.

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

Website: coumbitelaval.net

Email: coumbite@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. * Activities and home visits for seniors. * Computers classes. * Community kitchen. * Intergenerational outings. * Tax clinic.

Eligibility: people from 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, local 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, PowerPoint, 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 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 \$35,000, couples with an annual income under \$45,000 and an additional \$2,500 per dependant person

Coverage area: Laval

Hours: by appointment only, intensive period: March and April, by appointment only

Fees: none

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

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

Email: communication@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 22h00, Saturday and Sunday 7h00 to 19h00

Fees: variable

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

Website: www.entraidelaval.org

Email: coqlicorne@gmail.com

Services: * Children 0 to 5 years old: daycare, stimulation workshops, kindergarten preparation, parent workshops and parent-child workshops. * Youth 6 to 12 years old: extracurricular activities, homework help, day camps, cooking workshops, sports initiations, etc. * Immigration: reception, accompaniment, referral. * Citizen space: social events, social economy, room rental, community fridge, thrift shop, reception and guidance, public writer, commissioner for oaths. * Le Grand Cerf-Volant: socialising activities for seniors.

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

Coverage area: Laval

Hours: Monday and Thursday 9h00 to 16h00, Tuesday, Wednesday and Friday 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 102-103-104, Vimont, Laval, QC, H7M 2P4

450 490-4895

Website: en.femmesenemploi.org

Email: info@femmesenemploi.org

Services: Promoting the social, cultural and professional integration of women in precarious situations, particularly women from immigrant backgrounds. * Job search program and employment training. * Support for newly arrived immigrant women. * Computer workshops: Internet research, online banking, etc. * Information workshops on Canadian culture and laws and life in Canada, Quebec and Laval. * Translation services. * Consultation and referral services. * Object recovery: small appliances and furniture. * Seminars, workshops and other socio-educational activities on issues of discrimination and racial prejudice. * Events and environmental awareness. * Volunteer opportunities.

Eligibility: women in precarious situations, particularly women from immigrant backgrounds

Coverage area: Laval

Hours: Monday to Friday 9h00 to 17h00, computer workshops: Tuesdays and Wednesdays

Fees: none

Financing: municipal, provincial, federal, donations

Legal status: non-profit organization

HELLENIC SOCIAL SERVICES OF QUÉBEC - LAVAL

4865 du souvenir Street, Chomedey, Laval, QC, H7W 1E1

450 688-2091 Fax: 450 688-2084

Website: hcgm.org

Email: infosshq@hcgm.org

Services: Food * Food bank. * Home delivery. * Christmas baskets. Support * Information and referral. * Active 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 for people victim of abuse. * Friendly phone calls. * Programme intégré d'équilibre dynamique (PIED). * Support for caregivers: support groups, coffee meetings, information and referral, Info-mobile: booths in public events. * Recreational activities and bonding program. * Coffee meeting. * Exercise course. Education * Computer classes: tablet and cell phone. * French classes.

Eligibility: general public, mainly of Greek origin

Coverage area: Laval

Hours: Monday to Friday 9h00 to 17h00

Fees: annual membership: \$5, food bank: \$5 per box

Financing: donations, grants, provincial

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/french-classes

Email: info@pcarriere.com

Services: * Job search assistance. * Specialized services for immigrant people. * Career exploration, assessment and transition, information on the labour market. * Part-time French course. * Computers, photocopier, fax, telephone. * Objectif Intégration session.

Eligibility: immigrants, newcomers and visible minorities

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

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

Services: Food aid for refugee families or asylum seekers. * Emergency food assistance. * Take-out meals. * Collective kitchen. * Integration and assistance to families. * Garden Indoor and outdoor. * Youth program: summer job integration. * Volunteering program. * Christmas baskets. * Distribution of school supplies.

Eligibility: asylum-seeking families on a low-income, refugee families on a low-income

Capacity: 100

Coverage area: Chomedey

Hours: Monday to Friday 9h00 to 17h00, registration and supervision of new families: Monday and Tuesday, take-out meals: Wednesday and Friday

Fees: take-out meals: voluntary contributions, other services: free

Financing: donations, municipal, provincial, federal

Legal status: non-profit organization

RELAIS COMMUNAUTAIRE DE LAVAL

111 des Laurentides Boulevard, Suite 101, Pont-Viau, Laval, QC, H7G 2T2

450 668-8727 ext. 100 Fax: 450 668-9615

Website: relais-communautaire.org

Email: info@relais-communautaire.org

Services: Food assistance * Community meals: lunches. * Food distribution. * Emergency food assistance. * Distribution of soup and sandwiches to vulnerable people. Material assistance * Carrefour des Aubaines: sale of used clothing and household items. * Bonhomme à lunettes service point. Community * Welcoming, information and referrals to resources and services. * Individualized follow-up and accompaniment. * Active listening. * Crisis management. * Day centre. * Relais santé beauté: 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 with meal preparation. * Articule: painting workshops. * Knitting. * Popular education workshops. * Special events. Immigration * Welcoming, information and referral. * Integration and intercultural bridge-building. * Thematic meals. Employment * Subsidized internships and jobs. * Professional reintegration program. * Volunteering. * Community and compensatory work. Christmas activities * Christmas baskets for members. * Animation and gifts for children.

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 CANADA CENTRE - LAVAL

1041 des Laurentides Boulevard, 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: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Laval

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

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

Services: Integration of Spanish-speaking people. * Promotion of Hispanic culture and language. * Spanish courses and linguistic exchanges. * Dance courses and dancing nights. * Conferences. * Outdoor activities.

Eligibility: Spanish-speaking people, people interested in the culture

Coverage area: North Shore, Laval, Laurentians

Hours: Saturday 10h00 to 12h00

Fees: annual membership: \$30

Financing: 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

Services: Company-school. * Social and professional integration. * Individual employability accompaniment. * Paid work-training program in the textile sector. * French integration for newcomers. * Recovery of cotton and fleece t-shirts.

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: 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 for their assistance food recipients. Family and community * 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

Coverage area: Laval

Hours: Monday to Friday 8h30 to 17h00

Fees: none

Financing: donations, provincial, federal

Legal status: non-profit organization

Indigenous Peoples

EMPLOYMENT

GOVERNMENT SERVICES

Employment

OPEX'82 MANPOWER CENTRE - LAVAL-LAURENTIDES-LANAUDIÈRE

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.

* Information on the labour market. * Training workshops. * Self-exploration and self-awareness. * Job-search preparatory training program. * Contact with businesses.

Eligibility: adults with a criminal record

Coverage area: Laval, Laurentians, Lanaudière

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

Government services

CLSC - 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: Prevention and safety * 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. Pay equity * Front-line telephone service to answer general questions on the application of the Loi sur l'équité salariale. * Specialized assistance to understand more complex or technical aspects of the law. * Pay equity audit program: investigations to ensure that companies are complying with their pay equity obligations. * Development of tools and training courses accessible free of charge in all regions of Québec. * Research activities. Labour standards * Information on labour standards and obligations under the law and regulations. * Registration of complaints. * Mediation for employees or employers concerned by a complaint of psychological harassment, wrongful dismissal or prohibited practice.

Eligibility: employers, workers

Coverage area: Laval

Hours: by appointment only

Financing: membership fees, self-financing

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, 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: Gateway to federal government services. All Canadians * Find a Service Canada office:

www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder:

www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch *

Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment

insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. *

Employment assistance: labour market information, training, career planning, etc. * Record of employment. *

Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses:

business start-ups, workplace standards, etc. * Financing programs for businesses and organizations.

Veterans Affairs Canada * Support and services related to mental and physical health. * Education and

employment: finding a job, returning to school, etc. * Financial programs and services: income support,

emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online

information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you:

ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International

benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Laval

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal 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

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. * Assistance with Hydro-Québec payment agreement.

Eligibility: Desjardins Mutual Aid Fund loan: people experiencing financial difficulties, people facing occasional emergency expenses

Coverage area: Laval, Desjardins Mutual Aid Fund loan: Laval, MRC Thérèse-De Blainville

Hours: Monday to Thursday 8h30 to 16h30

Fees: voluntary contribution: \$3

Financing: Centraide of Greater Montréal

Legal status: Cooperative

ASSOCIATION DE CITOYENS DE LAVAL-SUR-LE-LAC

Confidential Address

Website: aclsl.ca

Email: info@aclsl.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: 400

Coverage area: Laval-sur-le-Lac

Fees: \$75 per year per home

Financing: membership fees

Legal status: non-profit organization

ASSOCIATION DU DIABÈTE LAVAL

3030 Le Carrefour Boulevard, Suite 203, Chomedey, Laval, QC, H7T 2P5

450 686-0330

Website: diabetelaval.qc.ca

Email: info@diabetelaval.qc.ca

Services: * Prevention, awareness and information on diabetes and its effects. * Support for people with diabetes and their families. * Maintenance of adapted services. * Meetings with dieticians. * Cooking workshop with a nutritionist. * Healthy habits workshop. * Gentle fitness and yoga training. * Conferences.

Eligibility: people with diabetes, general public

Coverage area: Laval

Hours: Monday to Friday 9h30 to 16h00

Fees: \$20 per year

Financing: fundraising campaigns, contributions, 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

Services: Support for families and friends of people living with mental illness. * Telephone reception. * Information, referral and accompaniment. * Information on the P-38. * Individual consultation. * Support group. * Psycho-educational workshops and trainings. * Conferences in webcast. * Youth services: individual meetings and group workshops for 6 years and over. * Social representation and contribution to research on mental illness. * Awareness in schools.

Eligibility: parents, spouses, 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: \$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-Elzéar Boulevard West, Vimont, Laval, QC, H7M 1E7

450 972-1010 Fax: 450 972-1515

Website: aledia1959.com/en

Email: secretariat@aledia1959.com

Services: Promote the maintenance, improvement and development of support measures for people living with an intellectual disability or autistic people. * Supervised activity for members 12 years and over. * Summer camp, recreational and sports activities. * Food assistance.

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

Coverage area: Laval

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

Fees: participating member: \$20, food box user member: \$30, half-days: \$20, full days: 25 to \$33, assessment: \$20

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.ca

Email: alta@altalaval.ca

Services: * Information on paratransit and accessible transportation services. * Representation and advocacy of rights. * Assistance with lodging complaints. * Assistance with application procedures for paratransit. * Information conferences at seniors' residences and community organizations. * Activities for members.

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: aqdraval.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 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

1 877 767-2227 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 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

Services: * Place for meeting, listening and referral. * Vert l'écolo-partage thrift store: free clothing for the whole family. * Daycare. * Educational and recreational activities, training, dancing, committees, collective actions. * Confidential and open self-help groups, sharing group, discussion group on immigrant women's realities, thematic discussion evenings. * Advocacy of rights. * Computer equipment and documentation centre.

Eligibility: women

Coverage area: Laval

Hours: Tuesday and Wednesday 13h00 to 16h30, Friday 13h00 to 20h30

Fees: clothing: free

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

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 ext. 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

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 9h00 to 16h00

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

Email: casal.laval@gmail.com

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. * Annual block party in August.

Eligibility: community organizations, 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

514 575-6024

Website: www.citoyenslavalouest.com

Email: citoyenslavalouest@gmail.com

Services: * Animation activities and neighbourhood parties. * Concertation and representation with authorities involved in the development of the neighbourhood. * Protection of the environment. * Member of the coalition Terrains de golf en transition (TGT).

Eligibility: residents

Coverage area: Laval-Ouest, Fabreville-Ouest

Fees: none

Financing: self-financing

Legal status: Nonprofit - Unincorporated

COMITÉ DES USAGERS DE L'HÔPITAL JUIF DE RÉADAPTATION

Confidential Address

450 688-9550 ext. 84515

Website: lavalensante.com/en/comites-des-usagers-et-de-residents/comite-des-usagers-de-lhopital-juif-de-readaptation

Email: comitedesusagers_hjr@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 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, Suite 240, Laval-des-Rapides, Laval, QC, H7N 2J2

450 972-2099 ext. 42002

Website: www.lavalensante.com/en/comites-des-usagers-et-de-residents/comite-des-usagers-du-crditsa-de-laval

Email: infocucrdi@videotron.ca

Services: Users committee. * Information on the rights and obligations of users. * Advocacy. * Assistance in the proceedings when making a complaint.

Eligibility: users of rehabilitation centres for intellectual disabilities and autism

Coverage area: Laval

Financing: provincial

Legal status: parapublic organization

COMITÉ DES USAGERS DU CENTRE INTÉGRÉ (CUCI)

1755 René-Lannec Boulevard, Suite c.1.44, Vimont, Laval, QC, H7M 3L9

450 975-4201

Website: www.lavalensante.com/about-us/comites-des-usagers-et-de-residents/comite-des-usagers-du-centre-integre-cuci

Email: cuci.ciesslerav@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 CENTRE JEUNESSE DE LAVAL ET DU CENTRE DE RÉADAPTATION EN DÉPENDANCE DE LAVAL

Confidential Address

450 975-3848

Website: www.lavalensante.com/about-us/comites-des-usagers-et-de-residents/comite-des-usagers-du-centre-jeunesse-de-laval-et-du-centre-de-readaptation-en-dependance-laval

Email: comite.usagers@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 youth centres and addiction rehabilitation centres

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

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

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: Prevention and safety * 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. Pay equity * Front-line telephone service to answer general questions on the application of the Loi sur l'équité salariale. * Specialized assistance to understand more complex or technical aspects of the law. * Pay equity audit program: investigations to ensure that companies are complying with their pay equity obligations. * Development of tools and training courses accessible free of charge in all regions of Québec. * Research activities. Labour standards * Information on labour standards and obligations under the law and regulations. * Registration of complaints. * Mediation for employees or employers concerned by a complaint of psychological harassment, wrongful dismissal or prohibited practice.

Eligibility: employers, workers

Coverage area: Laval

Hours: by appointment only

Financing: membership fees, self-financing

Legal status: provincial government agency

CONSEIL RÉGIONAL DE L'ENVIRONNEMENT DE LAVAL

3235 Saint-Martin Boulevard East, Suites 208-209, Duvernay, Laval, QC, H7E 5G8

450 664-3503

Website: www.credelaval.qc.ca/en/homepage

Email: credelaval@credelaval.qc.ca

Services: Group of individuals and organizations dedicated to protecting the environment and promoting the principles of socio-ecological transition. * Technical, material and scientific support for local authorities. * Public awareness and educational activities. * Consultation and publication of documents. * Environmental education. * Residual materials management, circular economy and mobility. * Complaints follow-up and environmental watch.

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, municipal, donations

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: info@dira-laval.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 Thursday 8h00 to 12h00 and 13h00 to 16h00, 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

Services: Protection, conservation and improvement of the Rivière des Milles Îles and its tributaries. * Environmental education programs and ecotourism activities. * Management of the Rivière-des-Milles-Îles' Park. * Social rehabilitation program: subsidized jobs. * Advisory services, professional and scientific expertise.

Eligibility: general public

Coverage area: Laval, Rive-Nord

Hours: Monday to Sunday 10h00 to 17h00

Fees: none

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

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

Services: Promotion and advocacy of the individual and collective rights of people using mental health services. * Documentation centre. * Training, assistance and support. * Conferences. * Promotion-vigilance. * Systemic action.

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

FADOQ - RÉGION DE LAVAL

2345 Michelin Street, Suite 230, Chomedey, Laval, QC, H7S 5B9

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 old 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

LE PILIER FOUNDATION

425 Place Jean-Coutu, Auteuil, Laval, QC, H7H 3C8

450 624-9922 Fax: 450 624-0976

Website: www.lepilier.org

Email: info@lepilier.org

Services: Organization that aims to improve the quality of life for people with disabilities. * Housing services in adapted and supervised residential environments. * Building, hosting, sale and administration of housing projects that facilitate the social integration of people with disabilities. * Promotion and development of adapted leisure activities. * Promoting respect and rights for people with disabilities. * Participation in research. * Centre Marcelle et Jean Coutu.

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 to Friday 9h00 to 16h00

Financing: donations, provincial, municipal

Legal status: non-profit organization

MOUVEMENT PERSONNE D'ABORD DE LAVAL

304 Cartier Ouest Boulevard, Suite 240, Laval-des-Rapides, Laval, QC, H7N 2J2

450 972-2099 ext. 42002

Email: mpdalaval@hotmail.com

Services: * Promotion and advocacy. * Mutual help. * Welcome and referrals. * Accompaniment. * Coffee meeting. * Choir.

Eligibility: people living with an intellectual disability

Capacity: 55

Coverage area: Laval

Hours: Monday to Thursday, variable schedule

Fees: membership card: \$20 per year

Financing: provincial

Legal status: non-profit organization

MOUVEMENT PLANTACTION

Confidential Address

Website: www.plantaction.org

Email: info@plantaction.org

Services: Greening projects to improve vegetation cover. * Tree distribution and citizen mobilizations in various Laval neighborhoods. * School greening. * Awareness and environmental education.

Eligibility: general public

Coverage area: Laval

Financing: grants, 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

Services: * Representation. * Social mobilization and political action. * Advocacy. * Popular education.

Eligibility: community organizations for people with disabilities or for parents of children with intellectual, sensory or motor 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 EN ITINÉRANCE DE LAVAL

3550 Lévesque Boulevard West, Chomedey, Laval, QC, H7V 1E8

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

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: mscanada.ca/ms-canada-laval

Email: info.laval@scleroseenplaques.ca

Services: * Active listening on the phone. * Information and referrals. * Documentation centre. * Vacation camp 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, thematic 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: none

Financing: donations, fundraising campaigns, grants

Legal status: non-profit organization

SOCIÉTÉ DE L'AUTISME ET DES TED - LAVAL

155 Je-Me-Souviens Boulevard, Sainte-Rose, Laval, QC, H7L 1V6

450 663-5551 Fax: 450 663-0694

Website: autismelaval.org

Email: info@autismelaval.org

Services: * Information and conferences. * Telephone listening and support. * Meetings for parents. * Training for counsellors and specialists. * Documentation centre. * Advocacy.

Eligibility: autistic people or people living with a pervasive developmental disorder, with or without an intellectual disability, 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: Laval, Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

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

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: tableaineslaval.ca/en

Email: info@tableaineslaval.ca

Services: Promotion of the needs and issues of seniors. * Exchanges, regional consultation and partnerships.
 * Promotion of member organizations. * Promotion of active aging. * Representation and identification of seniors' issues. * Information, activity calendar, news and resources on the website.
Eligibility: seniors 50 years old and over, community organizations, caregivers
Coverage area: Laval
Hours: Monday to Thursday 8h30 to 16h30
Fees: annual membership: \$70
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

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. * Assistance with Hydro-Québec payment agreement.

Eligibility: Desjardins Mutual Aid Fund loan: people experiencing financial difficulties, people facing occasional emergency expenses

Coverage area: Laval, Desjardins Mutual Aid Fund loan: Laval, MRC Thérèse-De Blainville

Hours: Monday to Thursday 8h30 to 16h30

Fees: voluntary contribution: \$3

Financing: Centraide of Greater Montréal

Legal status: Cooperative

CENTRE D'ASSISTANCE ET D'ACCOMPAGNEMENT AUX PLAINTES - LAVAL

672 des Laurentides Boulevard, Suite 217, Laval-des-Rapides, Laval, QC, H7G 4S6

1 877 767-2227 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 ext. 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. 84515

Website: lavalensante.com/en/comites-des-usagers-et-de-residents/comite-des-usagers-de-lhopital-juif-de-readaptation

Email: comitedesusagers_hjr@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 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, Suite 240, Laval-des-Rapides, Laval, QC, H7N 2J2

450 972-2099 ext. 42002

Website: www.lavalensante.com/en/comites-des-usagers-et-de-residents/comite-des-usagers-du-crditsa-de-laval

Email: infocucrdi@videotron.ca

Services: Users committee. * Information on the rights and obligations of users. * Advocacy. * Assistance in the proceedings when making a complaint.

Eligibility: users of rehabilitation centres for intellectual disabilities and autism

Coverage area: Laval

Financing: provincial

Legal status: parapublic organization

COMITÉ DES USAGERS DU CENTRE INTÉGRÉ (CUCI)

1755 René-Lanec Boulevard, Suite c.1.44, Vimont, Laval, QC, H7M 3L9

450 975-4201

Website: www.lavalensante.com/about-us/comites-des-usagers-et-de-residents/comite-des-usagers-du-centre-integre-cuci

Email: cuci.ciesslerav@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 CENTRE JEUNESSE DE LAVAL ET DU CENTRE DE RÉADAPTATION EN DÉPENDANCE DE LAVAL

Confidential Address

450 975-3848

Website: www.lavalensante.com/about-us/comites-des-usagers-et-de-residents/comite-des-usagers-du-centre-jeunesse-de-laval-et-du-centre-de-readaptation-en-dependance-laval

Email: comite.usagers@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 youth centres and addiction rehabilitation centres

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

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/index.php/en

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. * Housing Search Assistance Service (SARL).

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: municipal agency

SERVICE CANADA CENTRE - LAVAL

1041 des Laurentides Boulevard, 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: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsco-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Laval

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal 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

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-calcul * Online tool to access legal information about the rental lease: justicebot.ca * Online tool to add proof of notification of the request and the list of documents: extranet.tal.gouv.qc.ca/internet/asp/transmissionDoc/transmetDoc.asp

Eligibility: tenants, landlords

Coverage area: Laval

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment

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 - 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

Services: Medium and minimum 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: 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/en/public-safety-emergencies/correctional-services

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

DIRECTION GÉNÉRALE DES SERVICES CORRECTIONNELS - DIRECTION GÉNÉRALE OUEST-DU-QUÉBEC

2800 Saint-Martin Boulevard West, Suite 3,02, Chomedey, Laval, QC, H7T 2S9

450 680-6040 Fax: 450 680-6035

Website: www.quebec.ca/securite-situations-urgence/services-correctionnels

Services: Coordination of correctional services in the territory. * In charge of professional services direction (DSPC) Laval-Lanaudière and Laurentians, as well as correctional facilities of the territory.

Coverage area: Laval, Lanaudière, Laurentians

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: 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 \$100 000. * 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 of \$15,000 or less 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

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

Email: Cour.municipale@laval.ca

Services: First-instance justice court hearing lawsuits relative to municipal by-laws or infringements to the Code de la sécurité routière. * Ticket payment or contestation. * Recovery of unpaid amounts.

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

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

SUPERIOR COURT - 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 the cases where the amount in dispute is \$75,000 or more 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

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

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 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

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

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 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: Prevention and safety * 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. Pay equity * Front-line telephone service to answer general questions on the application of the Loi sur l'équité salariale. * Specialized assistance to understand more complex or technical aspects of the law. * Pay equity audit program: investigations to ensure that companies are complying with their pay equity obligations. * Development of tools and training courses accessible free of charge in all regions of Québec. * Research activities. Labour standards * Information on labour standards and obligations under the law and regulations. * Registration of complaints. * Mediation for employees or employers concerned by a complaint of psychological harassment, wrongful dismissal or prohibited practice.

Eligibility: employers, workers

Coverage area: Laval

Hours: by appointment only

Financing: membership fees, self-financing

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

Services: * Job search and career transition assistance: resume, assisted placement, socio-professional assessment. * Assistance in case of mass layoff. * Guidance, skills assessment. * Assistance for employers seeking qualified staff.

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/lieux/Pages/Fr/comptoir-multiservice.aspx

Services: * Administration of oath. * Parking permits. * Property assessment municipal tax payment. * Ticket payment. * Construction permits. * Licenses for dogs and cats.

Coverage area: Laval

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

Email: Cour.municipale@laval.ca

Services: First-instance justice court hearing lawsuits relative to municipal by-laws or infringements to the Code de la sécurité routière. * Ticket payment or contestation. * Recovery of unpaid amounts.

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 ext. 6199 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

PERSPECTIVE FAMILLE

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

450 622-0524

Website: www.perspectivefamille.org

Email: info@perspectivefamille.org

Services: * Individual assistance for children, youth, parents, separated spouses and new spouses. * Group workshops for children, parents, in-laws and separated spouses. * Co-parenting support. * Self-esteem: day camp. * Conferences.

Eligibility: single parent, blended or separated families with adaptation difficulties, women, men and children
Capacity: 12 people per group
Coverage area: Laval, Lanaudière, Laurentians, Montréal Island
Hours: Monday to Thursday 9h00 to 20h00, Saturday and Sunday 9h00 to 17h00, by appointment
Fees: some paid services
Financing: provincial
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

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-calcul * Online tool to access legal information about the rental lease: justicebot.ca * Online tool to add proof of notification of the request and the list of documents: extranet.tal.gouv.qc.ca/internet/asp/transmissionDoc/transmetDoc.asp

Eligibility: tenants, landlords
Coverage area: Laval
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment
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/fr

Email: info@ladoq.ca

Services: Promotes remediation and remedial practices. * Representation of remedial educators working in schools and with individuals. * Continuous training. * Repertory of remedial educators in private practice: www.ladoq.ca/orthopedagogues-pratique-privee

Eligibility: remedial educators, general public
Coverage area: Province of Québec
Hours: Monday to Friday 8h00 to 17h00
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

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

SOCIÉTÉ INTERNATIONALE D'ARBORICULTURE QUÉBEC

Confidential Address

450 689-9393 Fax: 450 689-9393

Website: www.siaq.org/en

Email: info@siaq.org

Services: Grouping of professionals dedicated to the maintenance and preservation of trees. * Directory of member contractors: [click here](#) * Online complaint form: [click here](#) * Documentation and videos. * Certifications and competitions. * Training workshops and conferences: monetary evaluation, rethinking reforestation, etc. * Job board.

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 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

Services: * Psychosocial and post-traumatic intervention. * Information on legal processes. * Judicial follow-up and information. * Accompaniment to court in need. * Information on rights and recourses of victims of criminal acts. * Technical assistance.

Eligibility: victims of criminal acts towards a person or property, their relatives, witnesses of criminal acts

Coverage area: Laval

Hours: Monday and Wednesday 8h30 to 21h00, Tuesday, Thursday and Friday 8h30 to 17h00

Fees: none

Financing: provincial

Legal status: non-profit organization

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

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/en/public-safety-emergencies/correctional-services

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

LEGAL AID OFFICE - MULTI-SECTOR OFFICE - LAVAL

1717 Saint-Martin Boulevard West, Suite 200, Chomedey, Laval, QC, H7S 1N2

450 680-6210 ext. 6199 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

OPEX'82 MANPOWER CENTRE - LAVAL-LAURENTIDES-LANAUDIÈRE

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.

* Information on the labour market. * Training workshops. * Self-exploration and self-awareness. * Job-search preparatory training program. * Contact with businesses.

Eligibility: adults with a criminal record

Coverage area: Laval, Laurentians, Lanaudière

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00

Fees: none

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@gmail.com

Services: Intercultural, intergenerational and interreligious centre. * Reception and listening. * Assistance with ex-inmates' social reintegration. * Food bank, emergency food assistance. * Clothing depot. * On-site recovery of clothing and food.

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 10h00 to 16h00, food distribution: by appointment, Monday to Friday 10h00 to 11h00

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 ext. 100 Fax: 450 668-9615

Website: relais-communautaire.org

Email: info@relais-communautaire.org

Services: Food assistance * Community meals: lunches. * Food distribution. * Emergency food assistance. * Distribution of soup and sandwiches to vulnerable people. Material assistance * Carrefour des Aubaines: sale of used clothing and household items. * Bonhomme à lunettes service point. Community * Welcoming, information and referrals to resources and services. * Individualized follow-up and accompaniment. * Active listening. * Crisis management. * Day centre. * Relais santé beauté: 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 with meal preparation. * Articul: painting workshops. * Knitting. * Popular education workshops. * Special events. Immigration * Welcoming, information and referral. * Integration and intercultural bridge-building. * Thematic meals. Employment * Subsidized internships and jobs. * Professional reintegration program. * Volunteering. * Community and compensatory work. Christmas activities * Christmas baskets for members. * Animation and gifts for children.

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

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

Addiction prevention

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: none

Financing: provincial

Legal status: non-profit organization

SERVICES EN PRÉVENTION DES DÉPENDANCES - LAVAL

Confidential Address

811 option 2

Website: www.lavalensante.com

Email: communications.cissslaval@ssss.gouv.qc.ca

Services: Front-line addiction services. * Mes choix Programme: Alcool/Cannabis/Toutes substances/Jeu. * Prevention of relapse. * Exploratory meeting and reflection on the motivations for change. * Support for loved ones. * Awareness workshops offered to various partners (public, private and community). * Training in addiction detection tools (DEBA). * Support for stakeholders (orientations, clinical discussions, training).

Eligibility: people with questions about alcohol, drug, gambling, or Internet use habits, people on a drug substitution treatment

Coverage area: Laval

Hours: Monday to Thursday 8h00 to 20h00, Friday 8h00 to 16h30

Fees: free

Financing: provincial

Legal status: provincial government agency

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: carrefourespoir2000@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 14 years old and over, families living with a dependency or codependency problem

Coverage area: Province of Québec

Hours: Monday to Thursday 8h00 to 18h00

Fees: external service: \$70 per hour, 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

450-668-1010 ext. 40405 Fax: 450-937-5295

Website: www.lavalensante.com

Email: crd.bienville.cissslav@ssss.gouv.qc.ca

Services: Second-line addiction services. * Inpatient rehabilitation for adults for alcohol and drugs. * Help with withdrawal 3.2 and 3.7. * Inpatient rehabilitation for adults by collaboration with Déclic-Action. * Outpatient rehabilitation and social reintegration by collaboration with CRD of Laval.

Eligibility: people addicted to alcohol, drugs, people on the substitution program

Capacity: housing: 8 people

Coverage area: Laval

Hours: 24 hours / 7 days, but admission only by referral

Fees: free

Financing: provincial

Legal status: provincial government agency

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

Services: Second-line addiction services. * Inpatient and outpatient rehabilitation of variable duration. * Inpatient rehabilitation for adults (substances and gambling) by collaboration with Déclic-Action. * Inpatient rehabilitation for youth in collaboration with Portage, PNPV and Le Grand Chemin. * Outpatient rehabilitation (substances, gambling and Internet Addiction). * Detoxification support (Bienville service point). * OAT program (Opioid Agonist Therapy). * Social Reintegration. * Services for loved ones. * Risk Driver Assessment Program.

Eligibility: people addicted to alcohol, drugs, gambling and Internet addiction, their relatives, people on the substitution program

Coverage area: Laval

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 20h30, Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: free

Financing: provincial

Legal status: provincial government agency

DÉCLIC ACTION - PAVILLON LA MAISONNÉE

2255 Bienville Street, Auteuil, Laval, QC, H7H 3C9

450 628-1011 ext. 105 Fax: 450 628-8383

Website: www.declicaction.com

Email: info@declicaction.com

Services: Addiction help Centre offering three programs (detoxification, therapy and social reintegration). * Inpatient Rehabilitation Centre for 21 or 28 days. * Separate programme for addiction to substances. * Separate programme for excessive gambling. * Combined programme for addictions. * 15-day inpatient detoxification support. * Social reintegration of up to three months. * A pavilion for men and a pavilion for women. * Loved ones 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

Coverage area: Province of Québec

Hours: 24 hours / 7 days

Fees: therapy: \$3360 for 21 days and \$4480 for 28 days, cost by night: 160\$, covered by social assistance, free by reference from the CRD of Laval

Financing: grants, donations

Legal status: non-profit organization

HÔPITAL DE LA CITÉ-DE-LA-SANTÉ

1755 René-Laennec Boulevard, Vimont, Laval, QC, H7M 3L9

450 668-1010

Website: www.lavalensante.com/en

Services: Hospital centre offering general and specialized care. * Emergency. * Test centre. * Family planning services: abortion, contraception, etc. * Medical care and examination for victims of sexual assault. * Medical imagery. * Detoxification. * General and influenza vaccinations.

Coverage area: Province of Québec

Hours: 24 hours / 7 days, test centre: Monday to Friday 7h00 to 14h00, by appointment

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: none

Financing: provincial

Legal status: non-profit organization

OASIS, UNITÉ MOBILE D'INTERVENTION

27 Lévesque Boulevard East, Pont-Viau, Laval, QC, H7G 1B3

450 967-0410 Fax: 450 967-5631

Website: oasisunitemobile.com

Email: intervenant@oasisunitemobile.com

Services: Proximity mobile task team in parks and neighbourhoods of Laval. * Listening, support, referral and prevention. * Distribution of condoms and sterile consumer equipment. * Naloxone kits distribution. * Distribution of fentanyl test strips. * Prevention of STDs and AIDS. * Nomade: substance use and analysis service.

Eligibility: youth 12 years and over, adults

Coverage area: Laval

Hours: fixed location: Wednesday and Thursday 14h00 to 20h00, 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

SERVICES EN PRÉVENTION DES DÉPENDANCES - LAVAL

Confidential Address

811 option 2

Website: www.lavalensante.com

Email: communications.cisslaval@ssss.gouv.qc.ca

Services: Front-line addiction services. * Mes choix Programme: Alcool/Cannabis/Toutes substances/Jeu. * Prevention of relapse. * Exploratory meeting and reflection on the motivations for change. * Support for loved ones. * Awareness workshops offered to various partners (public, private and community). * Training in addiction detection tools (DEBA). * Support for stakeholders (orientations, clinical discussions, training).

Eligibility: people with questions about alcohol, drug, gambling, or Internet use habits, people on a drug substitution treatment

Coverage area: Laval

Hours: Monday to Thursday 8h00 to 20h00, Friday 8h00 to 16h30

Fees: free

Financing: provincial

Legal status: provincial government agency

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 a mental health issue. * 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, membership fees, fédéral, 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: assoiris.ca

Email: local.laval@associationiris.ca

Services: Independent living support program. * Day centre and community space. * Activities that promote autonomy. * Listening and guidance. * Individual follow-up. * Home visits. * Group outings. * Information sessions. * Thematic activities in small groups. * Learning, information, creative, socialization, recovery activities, etc.

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

Fees: none

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

Services: Support for families and friends of people living with mental illness. * Telephone reception. * Information, referral and accompaniment. * Information on the P-38. * Individual consultation. * Support group. * Psycho-educational workshops and trainings. * Conferences in webcast. * Youth services: individual meetings and group workshops for 6 years and over. * Social representation and contribution to research on mental illness. * Awareness in schools.

Eligibility: parents, spouses, 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: \$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

AU JARDIN DE LA FAMILLE DE FABREVILLE INC.

3867 Sainte-Rose Boulevard, Fabreville, Laval, QC, H7P 1C8

450 622-9456 Fax: 450 622-0312

Website: jardindela famille.org

Email: ajff@jardindela famille.org

Services: * Francization. * Literacy workshops: reading, writing, calculating, communication. * Thrift store. * Homework assistance. * Storage: treatment and recuperation workshop for paper, cardboard, glass and metal. * Socioprofessional integration through workshops, training, coaching, mentoring. * Distribution of basic necessities.

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

Coverage area: Laval

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: none

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

Legal status: non-profit organization

ÇA SUFFIT

Confidential Address

1 844 654-3111

Website: casuffit.info/en

Email: casuffit.info@gmail.com

Services: Emotional support for people with sexual fantasies towards minors. * Confidential and anonymous active helpline. * Chat. * Anonymous online self-help platform: casuffit.info/en/self-help

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

CAFGRAP (GROUPE D'ENTRAIDE EN SANTÉ MENTALE DE LAVAL)

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

450 490-4224

Website: www.lecafgraf.org

Email: info@lecafgraf.org

Services: * Support and mutual aid to break the isolation. * Psychosocial support and referral. * Recreational, social, cultural and sports activities. * Thematic and art workshops. * Free access to computers and Wi-Fi.

Eligibility: people 16 years and over who have lived or are living with mental health

Capacity: 40 people

Coverage area: Laval

Hours: administration: Tuesday to Friday 9h00 to 17h00, day center: Tuesday to Friday 13h00 to 16h00

Fees: none

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

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.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 14 years old and over, families living with a dependency or codependency problem

Coverage area: Province of Québec

Hours: Monday to Thursday 8h00 to 18h00

Fees: external service: \$70 per hour, 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

Services: * Psychosocial and post-traumatic intervention. * Information on legal processes. * Judicial follow-up and information. * Accompaniment to court in need. * Information on rights and recourses of victims of criminal acts. * Technical assistance.

Eligibility: victims of criminal acts towards a person or property, their relatives, witnesses of criminal acts

Coverage area: Laval

Hours: Monday and Wednesday 8h30 to 21h00, Tuesday, Thursday and Friday 8h30 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: cill.qc.ca

Email: info@cill.qc.ca

Services: * Drop-in centres. * Pre-employability and work units: kitchen, office, household maintenance. * Trainings: French-literacy, English conversation, computers, organization committee for community life, music therapy, art and crafts. * Social and sports activities. * Social insertion measures. * Community follow-up: housing assistance, social integration, accompaniment, listening and moral support. * Integration in the work place: internship and accompaniment.

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 9h00 to 17h00

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: cill.qc.ca

Email: info@cill.qc.ca

Services: * Drop-in centre: trainings and workshops, sociocultural 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 9h00 to 17h00
Financing: self-financing, grants
Legal status: non-profit organization

CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DE LAVAL - PIPEP

2008 René-Laennec Boulevard, Vimont, Laval, QC, H7M 4J8

514 743-7613

Website: www.lavalensante.com/en

Services: Specialized clinic for people aged 18 to 35 experiencing an untreated first episode of psychosis. * Reception and assessment. * Treatment and rehabilitation.
Eligibility: people aged between 18 and 35 who have experienced a first psychotic episode, including all types of psychosis, with the exception of secondary psychosis due to a physical disorder
Coverage area: Laval
Financing: provincial
Legal status: parapublic 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

Services: Court constituting the judicial system of Québec. * Hearing of cases where the amount in dispute is less than \$100 000. * 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-Hughes Avenue, Chomedey, Laval, QC, H7L 3J6

450 662-4595 Fax: 450 662-8534

Website: www.laval.ca/police/Pages/En/home.aspx

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 old and over in a crisis situation
Coverage area: Laval
Hours: Monday to Friday 8h15 to 12h00 and 13h00 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

1 866 443-4363

Website: www.groupegeme.com

Email: info@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 old 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

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: none

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 living with a borderline personality disorder. * Workshops. * Peer support network.

Eligibility: people living with a borderline personality disorder

Coverage area: Laval

Hours: Monday to Thursday 13h00 to 21h00, by appointment

Fees: annual membership card: \$5

Financing: donations, grants

Legal status: non-profit organization

SERVICE CANADA CENTRE - LAVAL

1041 des Laurentides Boulevard, Pont-Viau, Laval, QC, H7G 2W2

1 800 622-6232 TTY: 1 800 926-9105

Website: www.servicecanada.gc.ca/tbsec-fsco/sc-dsp.jsp?lang=eng&rc=2806

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsec-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Laval

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

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

Services: * Individual psychotherapy. * Self-development groups.

Eligibility: people on a low income

Coverage area: Laval

Hours: reception: Monday and Friday 9h00 to 12h00, Tuesday to Thursday 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.

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, Monday to Friday 8h30 to 20h30

Fees: neuropsychological evaluation: \$750, urgent or complex problems: possibility of intervention at a cost of \$1500

Financing: grants, self-financing

Legal status: non-profit organization

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@organismeochoc.com

Services: Support to men in prevention of domestic violence and suicide. * Prevention of domestic violence. * Telephone and on-site, individual or group intervention. * Awareness workshop on distress and reaching out for help. * Authorized follow-up service: contacting men whose close ones or counsellors are worried about. * Welcoming and awareness program for men from cultural communities to prevent domestic violence.

Eligibility: men who have committed or are at risk of committing domestic violence, men at risk of suicide, their close ones

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 income for a 20-week cycle, suicide support group: free

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

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE LE RENDEZ-VOUS DES ÂÎNÉS

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

Services: Food assistance * Emergency food assistance, once a week. * Sale of frozen meals. * Community meals. * Boit'Appétit box drop-off point. * Christmas meal. Material assistance * Thrift store: recovery and sale of used clothing and household items. Community * Friendly calls. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Identification to prevent isolation. * Sentinels: suicide prevention. * At-home visits to inform on the centre's activities. * Adapted recreational activities for people 35 years old and over with a mobility, visual or hearing impairment. * Respite for caregivers. * Classes and training workshops: computer, line dancing, gymnastics, yoga, zumba gold, etc. * Low-cost transportation to activities. * Outings, visits, walks, parties and special events. * Room rental. * Conferences. * Volunteering. * Tax clinic.

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: \$17 per year, meals: \$6.50 for members and \$8 for non-members, frozen meals: variable prices, fresh meal of the day: \$4.50, food assistance delivery: variable

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

Website: www.lavalensante.com

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

Hours: Monday to Friday 9h00 to 17h00

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 adults. * Open support group for adults who have previously participated in a therapeutic follow-up. * Postvention field intervention on sites (school, workplace, family, recreational centres) for individuals following a suicide. * Vocational training and clinical supervision.

Eligibility: adults bereaved by the suicide of a loved one

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

Services: * Telephone intervention for suicide prevention. * Individual crisis intervention in the community. * Temporary crisis housing (less than 10 days) with meals. * Close follow-up with people with high suicide potential. * Referral.

Eligibility: suicide prevention hotline: open to all, other services: people 18 years and over

Capacity: 6 beds

Coverage area: Laval

Hours: hotline: 24 hours / 7 days

Fees: none

Financing: provincial

Legal status: non-profit organization

INSTITUT RAYMOND-DEWAR - PSYCHOSOCIAL SERVICES FOR DEAF CLIENTS WHO SPEAK SIGN LANGUAGE

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

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 adult 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 ext. 100 Fax: 450 668-9615

Website: relais-communautaire.org

Email: info@relais-communautaire.org

Services: Food assistance * Community meals: lunches. * Food distribution. * Emergency food assistance. * Distribution of soup and sandwiches to vulnerable people. Material assistance * Carrefour des Aubaines: sale of used clothing and household items. * Bonhomme à lunettes service point. Community * Welcoming, information and referrals to resources and services. * Individualized follow-up and accompaniment. * Active listening. * Crisis management. * Day centre. * Relais santé beauté: 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 with meal preparation. * Article: painting workshops. * Knitting. * Popular education workshops. * Special events. Immigration * Welcoming, information and referral. * Integration and intercultural bridge-building. * Thematic meals. Employment * Subsidized internships and jobs. * Professional reintegration program. * Volunteering. * Community and compensatory work. Christmas activities * Christmas baskets for members. * Animation and gifts for children.

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

Services: Services for seniors. * Listening and referral. * Recreational, sports and artistic workshops. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Computer classes. * Monthly and intercultural luncheons and collective kitchens. * Volunteers training. * Free conferences. * Intergenerational activities and meeting place Café Entre-Nous. * Bonhomme à lunettes service point. * Accompaniment-transportation to the grocery store.

Eligibility: people 50 years and over

Coverage area: East of Laval, ITMAV: Saint-Vincent-de-Paul, Duvernay, Saint-François

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

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

Services: Support to men in prevention of domestic violence and suicide. * Prevention of domestic violence. * Telephone and on-site, individual or group intervention. * Awareness workshop on distress and reaching out for help. * Authorized follow-up service: contacting men whose close ones or counsellors are worried about. * Welcoming and awareness program for men from cultural communities to prevent domestic violence.

Eligibility: men who have committed or are at risk of committing domestic violence, men at risk of suicide, their close ones

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 income for a 20-week cycle, 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: none

Financing: provincial, self-financing

Legal status: non-profit organization

DIVISION URGENCE SOCIALE DU SERVICE DE POLICE DE LAVAL

2785 Francis-Hughes Avenue, Chomedey, Laval, QC, H7L 3J6

450 662-4595 Fax: 450 662-8534

Website: www.laval.ca/police/Pages/En/home.aspx

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 old and over in a crisis situation

Coverage area: Laval

Hours: Monday to Friday 8h15 to 12h00 and 13h00 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

Services: * Telephone intervention for suicide prevention. * Individual crisis intervention in the community. * Temporary crisis housing (less than 10 days) with meals. * Close follow-up with people with high suicide potential. * Referral.

Eligibility: suicide prevention hotline: open to all, other services: people 18 years and over**Capacity:** 6 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:** none**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:** littlebrothers.ca/about-us/regional-teams/laval**Email:** laval@petitsfreres.ca

Services: Organization aimed at countering the isolation of seniors until their end of life. * Accompaniment and pairing with volunteers. * Visits in people's living environments: at-home, at the hospital or CHSLD, in their residence, etc. * Other End of the Line: phone pairing. * Activities and special outings to celebrate birthdays and traditional holidays. * Holidays stays at The Juliette Huot Home in Oka. * End-of-life accompaniment. * Coffee get-together. * Christmas and Easter reception. * Christmas gifts.

Eligibility: people 75 years old and over without a present family or significant social contact**Coverage area:** Laval**Hours:** Monday to Friday 9h00 to 16h00**Fees:** none**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

Services: Support for families and friends of people living with mental illness. * Telephone reception. * Information, referral and accompaniment. * Information on the P-38. * Individual consultation. * Support group. * Psycho-educational workshops and trainings. * Conferences in webcast. * Youth services: individual meetings and group workshops for 6 years and over. * Social representation and contribution to research on mental illness. * Awareness in schools.

Eligibility: parents, spouses, 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: \$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

Services: Frontline services for routine health and social services. * Food assistance. * Household assistance. * Anticoagulation therapy - Prescription adjustment. * Health insurance card authentication. * Crutches and wheelchair rental. * Nurse consultation. * Contraception, screening, and abortion pills. * Distribution of new injection material to drug users and recovery of used needles and syringes. * Breastfeeding room. * Streptococcus screening service. * Psychosocial services including reception, analysis, orientation and referral. * Cholesterol testing. * Blood sugar testing * Pap test. * Flu vaccination.

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

Services: Promotion and advocacy of the individual and collective rights of people using mental health services. * Documentation centre. * Training, assistance and support. * Conferences. * Promotion-vigilance. * Systemic action.

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

1 866 443-4363

Website: www.groupegeme.com

Email: info@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 old 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

SERVICES EN PRÉVENTION DES DÉPENDANCES - LAVAL

Confidential Address

811 option 2

Website: www.lavalensante.com

Email: communications.cissslaval@ssss.gouv.qc.ca

Services: Front-line addiction services. * Mes choix Programme: Alcool/Cannabis/Toutes substances/Jeu. * Prevention of relapse. * Exploratory meeting and reflection on the motivations for change. * Support for loved ones. * Awareness workshops offered to various partners (public, private and community). * Training in addiction detection tools (DEBA). * Support for stakeholders (orientations, clinical discussions, training).

Eligibility: people with questions about alcohol, drug, gambling, or Internet use habits, people on a drug substitution treatment

Coverage area: Laval

Hours: Monday to Thursday 8h00 to 20h00, Friday 8h00 to 16h30

Fees: free

Financing: provincial

Legal status: provincial government agency

Self-help groups for mental health issues

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

Services: Support to men in prevention of domestic violence and suicide. * Prevention of domestic violence. * Telephone and on-site, individual or group intervention. * Awareness workshop on distress and reaching out for help. * Authorized follow-up service: contacting men whose close ones or counsellors are worried about. * Welcoming and awareness program for men from cultural communities to prevent domestic violence.

Eligibility: men who have committed or are at risk of committing domestic violence, men at risk of suicide, their close ones

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 income for a 20-week cycle, 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: esps.cissslav@migration.ssss.gouv.qc.ca

Services: * Therapeutic group for adults. * Open support group for adults who have previously participated in a therapeutic follow-up. * Postvention field intervention on sites (school, workplace, family, recreational centres) for individuals following a suicide. * Vocational training and clinical supervision.

Eligibility: adults bereaved by the suicide of a loved one

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

LUMI-VIE

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

450 687-8311

Website: lumivie.com/en

Email: info@lumivie.com

Services: * Information and referral. * Accompaniment and support for the bereaved and 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. * Workshop on grief and how to support a bereaved person. * 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 9h00 to 17h00, summer schedule: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 12h00

Fees: variable

Financing: provincial

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 16h00, drop-in centre: Monday to Friday 11h00 to 20h00, 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: variable

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

Services: * Reception and referral. * Information, conferences, training, workshops. * Day centres and drop-in respite. * Home respite: hygienic care, medication, meal preparation, help with housekeeping, shopping, etc. * Support group. * Individual psychosocial intervention. * Social activities, coffee-chat. * Stimulation activities for seniors. * Management of the Employment-Service Check program. * Christmas party for members.

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 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 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

Services: * Social integration. * Recreational activities. * Psychosocial intervention: individual or family meetings, workshops. * Support groups. * Support for relatives: respite, meetings, workshops. * Awareness. * Information, conferences.

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: none

Financing: provincial, subventions

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: administration@avcaphasielaval.ca

Services: * Workshops: language stimulation, carpentry, creativity, computer, GYM-AVC, theatre, cognitive stimulation. * Mutual aid groups: monthly open group for caregivers, group for people who have had a stroke and their close ones. * Psychosocial support for people with aphasia and caregivers. * Group outings. * Bonhomme à lunettes service point.

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

Coverage area: Laval

Hours: Monday to Friday 8h30 to 15h30

Fees: annual membership: \$25, activities: 25 to \$35 per semester

Financing: provincial, municipal, donations

Legal status: non-profit organization

CARREFOUR POUR ÂÎNÉS 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: info@residencescasa.ca

Services: Service for seniors to accompany them in their search for housing. * Assessment of needs. * Assistance with procedures. * Daily respite. * Leisure activities at home or in the organizations. * Incontinence products delivered at home.

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 ÂÎNÉS

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

Services: Food assistance * Emergency food assistance, once a week. * Sale of frozen meals. * Community meals. * Boit'Appétit box drop-off point. * Christmas meal. Material assistance * Thrift store: recovery and sale of used clothing and household items. Community * Friendly calls. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Identification to prevent isolation. * Sentinels: suicide prevention. * At-home visits to inform on the centre's activities. * Adapted recreational activities for people 35 years old and over with a mobility, visual or hearing impairment. * Respite for caregivers. * Classes and training workshops: computer, line dancing, gymnastics, yoga, zumba gold, etc. * Low-cost transportation to activities. * Outings, visits, walks, parties and special events. * Room rental. * Conferences. * Volunteering. * Tax clinic.

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: \$17 per year, meals: \$6.50 for members and \$8 for non-members, frozen meals: variable prices, fresh meal of the day: \$4.50, food assistance delivery: variable

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: reception@lecatal.ca

Services: * Respite for caregivers. * Information hub for seniors. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Animation day: social, cognitive and sports activities, games, discussions and outings. * Low-cost community meals. * Volunteer transportation to the organization only. * Free conferences. * Collective garden. * Tax clinic.

Eligibility: seniors 50 years old 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, grants

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

Services: * Light and heavy housekeeping. * Clothing and bedding care. * Meal preparation without special diet. * Groceries and other errands. * Respite. * Personal assistance, personal care. * Social geriatrics: accompaniment of seniors and their caregivers to address social or clinical issues.

Eligibility: people 50 years 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: \$34 per hour, heavy housekeeping: \$37.50 per hour, RAMQ financial assistance program allowing for reductions depending on admissibility

Financing: self-financing

Legal status: cooperative

HELLENIC SOCIAL SERVICES OF QUÉBEC - LAVAL

4865 du souvenir Street, Chomedey, Laval, QC, H7W 1E1

450 688-2091 Fax: 450 688-2084

Website: hcgsm.org

Email: info@hcgsm.org

Services: Food * Food bank. * Home delivery. * Christmas baskets. Support * Information and referral. * Active 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 for people victim of abuse. * Friendly phone calls. * Programme intégré d'équilibre dynamique (PIED). * Support for caregivers: support groups, coffee meetings, information and referral, Info-mobile: booths in public events. * Recreational activities and bonding program. * Coffee meeting. * Exercise course. Education * Computer classes: tablet and cell phone. * French classes.

Eligibility: general public, mainly of Greek origin

Coverage area: Laval

Hours: Monday to Friday 9h00 to 17h00

Fees: annual membership: \$5, food bank: \$5 per box

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

Services: * Loan and access to books and audio-visual 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, reading starter kits for children 5 years and under. * Home loan for people with reduced mobility. * Telescope loan.

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

Services: * Loan and access to books and audio-visual 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, reading starter kits for children 5 years and under. * 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 - 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

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, toolkit for caregivers, reading starter kits for children 5 years and under. * 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 - 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

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, early reading kits for children 5 years and under. * Home loan for people with reduced mobility. * Telescope loan.

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

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, reading starter kits for children 5 years and under. * Home loan for people with reduced mobility. * Telescope loan.

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

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, reading starter kits for children 5 years and under. * Home loan for people with reduced mobility. * Le Studio: digital space to learn, create and experiment. * Telescope loan.

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

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, reading starter kits for children 5 years and under. * 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

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, reading starter kits for children 5 years and under. * Home loan for people with reduced mobility. * Telescope loan.

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

Services: * Loan and access to books and audio-visual 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, reading starter kits for children 5 years and under. * Home loan for people with reduced mobility. * Telescope loan.

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

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: Seniors social club. * Social and recreational activities: bingo, cards, dance classes, pétanque, etc. * Community meals. * Occasional outings.

Eligibility: people 50 years old and over

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: \$10 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

Services: * Recreational activities: bingo, dance, cards games. * Theme suppers. * Outings.

Eligibility: people 18 years old and over, single or in a relationship

Coverage area: Saint-Vincent-de-Paul district

Hours: Thursday 19h00 to 22h00

Fees: membership card: \$15, Thursday admission: \$5, bingo: \$1 per card, half/half tickets (optional): \$2, 10 laps: \$10, full card: \$25

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: ochampfleury.org

Email: info@ochampfleury.org

Services: Activities and services for residents. * Recreational and sports activities for children and adults. *

Events and occasional activities: Halloween, Christmas, garage sale, etc. * Room rental. * Day camp.

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: \$30 for a family, \$20 for an adult, \$10 for a child, activities and room rentals: variable

Financing: self-financing, membership fees, 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

Services: Services for seniors. * Listening and referral. * Recreational, sports and artistic workshops. *

Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Computer classes. * Monthly and intercultural luncheons and collective kitchens. * Volunteers training. * Free conferences. * Intergenerational activities and meeting place Café Entre-Nous. * Bonhomme à lunettes service point. * Accompaniment-transportation to the grocery store.

Eligibility: people 50 years and over

Coverage area: East of Laval, ITMAV: Saint-Vincent-de-Paul, Duvernay, Saint-François

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

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

Services: Sociocultural and sports centre. * Fitness room, physical activities, team sports. * Arts. * English and Spanish classes. * Board games. * Special events, outings, outdoor activities. * Conferences. * Volunteering. * Room rental.

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

Website: coumbitelaval.net

Email: coumbite@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. * Activities and home visits for seniors. * Computers classes. * Community kitchen. * Intergenerational outings. * Tax clinic.

Eligibility: people from 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

Services: Food assistance * Emergency food assistance, once a week. * Sale of frozen meals. * Community meals. * Boit'Appétit box drop-off point. * Christmas meal. Material assistance * Thrift store: recovery and sale of used clothing and household items. Community * Friendly calls. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Identification to prevent isolation. * Sentinels: suicide prevention. * At-home visits to inform on the centre's activities. * Adapted recreational activities for people 35 years old and over with a mobility, visual or hearing impairment. * Respite for caregivers. * Classes and training workshops: computer, line dancing, gymnastics, yoga, zumba gold, etc. * Low-cost transportation to activities. * Outings, visits, walks, parties and special events. * Room rental. * Conferences. * Volunteering. * Tax clinic.

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: \$17 per year, meals: \$6.50 for members and \$8 for non-members, frozen meals: variable prices, fresh meal of the day: \$4.50, food assistance delivery: variable

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

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE PETIT ESPOIR

1235, Montée du Moulin, local 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, PowerPoint, 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 DES FEMMES DYNAMIQUES DE LAVAL

3509 de la Concorde Boulevard East, Suite 202, Duvernay, Laval, QC, H7E 2C6

450 661-5409 Fax: 450 661-6584

Email: femmedynamique@live.ca

Services: Place for meeting, referral and support. * Community and educational activities. * Conferences. * Listening and information. * Physical activities. * Global health prevention workshops. * Community lunches. * Outings.

Eligibility: women 50 years old 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

Services: Sports, community and cultural centre. * Exercises adapted for seniors. * Seniors club. * Special needs program for children: sports, cooking and social skills activities. * Preschool program. * Summer and winter day camps, spring break camp. * Varied activities for children. * Sociocultural activities. * Training in water rescue. * Tax clinic. * Ecological park. * Volunteering program. * Room rental. * Swimming pool, fitness room, gyms, etc.

Eligibility: general public, special needs program: children with 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 18h00

Fees: variable

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

Legal status: non-profit organization

CHOMEDEY SENIORS CLUB

Confidential Address

514 929-6639

Email: chomedeyseniorsclub@hotmail.com

Services: * Social, cultural and recreational activities for seniors.

Eligibility: seniors

Capacity: 100

Coverage area: Greater Montréal

Hours: meeting: Thursday 13h30 to 16h00, activities: variable

Fees: annual membership: \$59, activities: various

Financing: self-financing

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR BON PASTEUR DE LAVAL

387 des Prairies Boulevard, Suites 005, 105, 106, Laval-des-Rapides, Laval, QC, H7N 2W4

514 641-7802

Email: luckyluke2158@gmail.com

Services: Social and recreational activities for seniors. * Bingo. * Petanque: Paul-Marcel-Maheu park. * Snooker table. * Community meals. * Outings: méchoui, sugar shack, Christmas lunch at restaurant, other celebrations.

Eligibility: seniors

Coverage area: Greater Montréal

Hours: bingo: Wednesday 13h00 to 16h00, petanque: Monday and Wednesday 18h30 to 20h30 from the end of May to the end of August, pool table: Monday to Saturday 12h00 to 17h00

Fees: membership card: \$5 per year (from January 1st to December 31st), pool table: \$35 per year

Financing: membership, self-financing, grants

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR DE HAVRE-DES-ÎLES

2525A du Havre-des-Îles Avenue, Chomedey, Laval, QC, H7W 4C4

450 978-5528 Fax: 450 978-5528

Email: agedorhdi@videotron.ca

Services: * Social and recreational activities: bingo, cards, games, bridge, petanque, etc. * Physical activities: aquafitness. * Dancing dinners. * Outings. * Library. * Computer workshops. * Room rental.

Eligibility: seniors

Coverage area: Laval

Fees: membership: \$20

Financing: membership fees

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR DE VIMONT

1900 Bédard Street, Vimont, Laval, QC, H7M 2M7

450 490-9499

Services: Social and recreational activities for seniors. * Cards, bocce, military whist, etc. * Community lunches.

Eligibility: people 55 years old and over

Coverage area: Laval and the surroundings

Hours: Monday, Tuesday and Tuesday 13h00 to 17h00

Fees: annual membership: \$25

Financing: self-financing, contributions

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR SAINT-ÉDOUARD DE FABREVILLE

6600 29e Avenue, Laval-Ouest, Laval, QC, H7R 3N3

514 799-5644

Services: Social and recreational activities for seniors. * Bingo, card games. * Holiday suppers. * Monthly outings: casino, dinner theater, etc.

Eligibility: seniors 50 years old and over

Coverage area: Laval

Hours: Tuesday 9h00 to 15h00, 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

450 492-2263

Services: Social and recreational activities for seniors. * Active living: fitness, yoga on a chair. * Cooking together. * Bingo, cards, billiards, pétanque. * Community meals and dances.

Eligibility: people 50 years old and over

Coverage area: Saint-François

Hours: September to June, yoga: Monday afternoon, cooking together: Tuesday, active living: Wednesday 10h00 to 11h00, bingo: Friday 13h00

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

Services: * Various social and recreational activities: pétanque, travel, outings, games, bingo, dance lessons, dance nights. * Community meals and Christmas dinners. * Light exercise.

Eligibility: people 50 years old and over

Coverage area: Montréal Island, Laval, Terrebonne

Hours: pétanque and bingo: Thursday 18h30 to 22h00, dance class: Tuesday 10h00 to 14h00

Fees: membership card: \$15 per year

Financing: self-financing

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR SAINT-NOËL CHABANEL

1000, rue Marie-Uguay, Saint-François, Laval, QC, H7A 0K3

514 291-8705

Email: estellnadeau@gmail.com

Services: * Social and recreational activities: bingo, theme dinners, etc. * Casino outings.

Eligibility: people 50 years old and over

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

Hours: Monday 11h00 to 15h30

Fees: membership card: \$25

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: \$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. * Active lifestyle: gymnastics, healthy eating.

Eligibility: people 55 years old and over

Coverage area: Greater Montréal

Hours: Wednesday 10h30 to 16h00, Friday 12h00 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: reception@lecatal.ca

Services: * Respite for caregivers. * Information hub for seniors. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Animation day: social, cognitive and sports activities, games, discussions and outings. * Low-cost community meals. * Volunteer transportation to the organization only. * Free conferences. * Collective garden. * Tax clinic.

Eligibility: seniors 50 years old 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, grants

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

Website: www.entraidelaval.org

Email: coqlicorne@gmail.com

Services: * Children 0 to 5 years old: daycare, stimulation workshops, kindergarten preparation, parent workshops and parent-child workshops. * Youth 6 to 12 years old: extracurricular activities, homework help, day camps, cooking workshops, sports initiations, etc. * Immigration: reception, accompaniment, referral. * Citizen space: social events, social economy, room rental, community fridge, thrift shop, reception and guidance, public writer, commissioner for oaths. * Le Grand Cerf-Volant: socialising activities for seniors.

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

Coverage area: Laval

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

Fees: annual membership: \$25, services: variable

Financing: federal, provincial, foundations

Legal status: non-profit organization

FADOQ - RÉGION DE LAVAL

2345 Michelin Street, Suite 230, Chomedey, Laval, QC, H7S 5B9

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 old 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@loisirslarelance.org

Services: Sports, cultural and recreational activities for seniors. * Sports: dancing, aquafitness, line dancing, qigong, yoga. * Physical activities: fitness, adapted exercising, Viactive program. * Artistic activities: literary creation, painting, watercolor, stained glass. * Language classes: English, Spanish, Italian. * Computer classes. * Short trips and outings. * Community meals. * Christmas meal.

Eligibility: pre-retired and retired people

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: \$25

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

Services: Promotion of healthy lifestyles. * Assistance for starting physical activity groups (walking club, Viactive groups, etc.). * Conferences and training on healthy lifestyle habits, exercise and diet. * Nutritional education. * Kinesiology. * Info-Actif line: physical activity information line. * Bouffe-Nature day camp: activities on food and nature discovery. * Promo-Santé clinic. * Assistance for starting community kitchens for seniors.

Eligibility: general public, community organizations, schools, childcare centres, businesses

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

4865 du souvenir Street, Chomedey, Laval, QC, H7W 1E1

450 688-2091 Fax: 450 688-2084

Website: hcgm.org

Email: infosshq@hcgm.org

Services: Food * Food bank. * Home delivery. * Christmas baskets. Support * Information and referral. * Active 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 for people victim of abuse. * Friendly phone calls. * Programme intégré d'équilibre dynamique (PIED). * Support for caregivers: support groups, coffee meetings, information and referral, Info-mobile: booths in public events. * Recreational activities and bonding program. * Coffee meeting. * Exercise course. Education * Computer classes: tablet and cell phone. * French classes.

Eligibility: general public, mainly of Greek origin

Coverage area: Laval

Hours: Monday to Friday 9h00 to 17h00

Fees: annual membership: \$5, food bank: \$5 per box

Financing: donations, grants, provincial

Legal status: non-profit organization

INTERACTION LOISIRS

435 Curé-Labelle Boulevard, Suite 219, Chomedey, Laval, QC, H7V 2S8

450 681-1536 Fax: 450 681-3484

Website: interactionloisirs.com

Email: infol@interactionloisirs.com

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

LITTLE BROTHERS - LAVAL

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

450 934-8955

Website: littlebrothers.ca/about-us/regional-teams/laval

Email: laval@petitsfreres.ca

Services: Organization aimed at countering the isolation of seniors until their end of life. * Accompaniment and pairing with volunteers. * Visits in people's living environments: at-home, at the hospital or CHSLD, in their residence, etc. * Other End of the Line: phone pairing. * Activities and special outings to celebrate birthdays and traditional holidays. * Holidays stays at The Juliette Huot Home in Oka. * End-of-life accompaniment. * Coffee get-together. * Christmas and Easter reception. * Christmas gifts.

Eligibility: people 75 years old and over without a present family or significant social contact

Coverage area: Laval

Hours: Monday to Friday 9h00 to 16h00

Fees: none

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

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 and aquajogging.

Coverage area: Laval

Hours: variable

Fees: variable

Financing: self-financing, municipal, donations

Legal status: non-profit organization

MAISON DES GRANDS-PARENTS DE LAVAL

111-25 Saint-Louis Street, Pont-Viau, Laval, QC, H7G 4W3

450 575-4443

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'oeur 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 to Thursday 9h00 to 15h00

Fees: none

Financing: membership fees

Legal status: non-profit organization

MARDIS DE L'AMITIÉ SAINTE-BÉATRICE (LES)

475 des Perron Avenue, Door 4, Auteuil, Laval, QC, H7H 1E2

514 506-4687

Services: * Recreational and social activities: dance, cards, scrabble, etc. * Outings. * Occasional meals.

Eligibility: adults and seniors

Coverage area: Laval

Hours: from September to mid-May: dance lessons: Tuesday 10h00 to 11h30, games: Tuesday 13h00 to 16h00

Fees: membership: \$15

Financing: membership fees, self-financing

Legal status: non-profit organization

MÉCANISME POUR ÂÎNÉS & 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.

Eligibility: active elderly, or with a loss of autonomy

Coverage area: Laval, Laurentides, Lanaudière, Ville Saint-Laurent

Hours: Monday to Friday 9h00 to 17h00, Saturday and Sunday 10h00 to 16h00

Fees: none

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: centrescam.org/en

Email: info@centrescam.org

Services: Community centre for social and recreational activities. * Food Services: meals on wheels, emergency food assistance, on-site cafeteria, delivery of frozen meals. * Community centre: chair exercises, coffee chats, French conversation workshops, lectures, outings, bingo, yoga, 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 through phonecalls and at-home visits. * Zootherapy. * Medical accompaniment and transportation for occasional appointments.

Eligibility: seniors 50 years old and over

Coverage area: meals on wheels and food assistance: Chomedey, Amperâge, Allô Sam! and community centre: Laval, other services: Laval, Montréal Island

Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 13h00, food assistance: Friday 2 times a month

Fees: annual membership: \$20, meals on wheels: \$8 per meal, Amperâge and food assistance: free, frozen meals: variable prices from \$6.75 to \$7.75, Allô Sam!: \$30 per hour, minimum 2 hours and \$10 travel fee, canteen on site: meals at \$8, community centre and activities: free

Financing: provincial, subventions

Legal status: non-profit organization

SERVICE DES LOISIRS DU BON-PASTEUR

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

450 669-2151 Fax: 450 669-2902

Website: loisirsbonpasteur.com

Email: info@loisirsbonpasteur.com

Services: Leisure centre. * Social, sporting, cultural and leisure activities. * Full-time or part-time francization courses. * Collective kitchen. * Spring break and day camp. * Extracurricular activities.

Eligibility: youth, families, general population

Coverage area: Laval

Hours: leisure: Monday to Friday 9h00 to 21h00, Saturday 9h00 to 14h30, Sunday 9h00 to 12h30, francization: Tuesday to Thursday 9h00 to 21h00

Fees: variable

Financing: municipal

Legal status: non-profit organization

UNIVERSITÉ DU TROISIÈME ÂGE - LAVAL

Confidential Address

1 800 267-8337 ext. 67630

Website: www.usherbrooke.ca/uta/prog/lvl

Email: uta.lvl@USherbrooke.ca

Services: Educational programme divided into 30 university branches for seniors. * Open-auditor type educational activities with no assignments or exams and no credits. * Various teaching formulas: courses, seminars, open discussions, workshops, etc. * Student associations that promote integration into cultural and social life. * In-person activities. * Online activities: click here

Eligibility: people 50 years and over, no prior degree is required

Coverage area: Laval

Hours: variable

Fees: compulsory student contribution: \$7, tuition fees: variable depending on the activity

Financing: donations, grants

Legal status: non-profit organization

Day centres and respite

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

Services: * Reception and referral. * Information, conferences, training, workshops. * Day centres and drop-in respite. * Home respite: hygienic care, medication, meal preparation, help with housekeeping, shopping, etc. * Support group. * Individual psychosocial intervention. * Social activities, coffee-chat. * Stimulation activities for seniors. * Management of the Employment-Service Check program. * Christmas party for members.

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 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 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

Services: Services for seniors. * Listening and referral. * Recreational, sports and artistic workshops. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Computer classes. * Monthly and intercultural luncheons and collective kitchens. * Volunteers training. * Free conferences. * Intergenerational activities and meeting place Café Entre-Nous. * Bonhomme à lunettes service point. * Accompaniment-transportation to the grocery store.

Eligibility: people 50 years and over

Coverage area: East of Laval, ITMAV: Saint-Vincent-de-Paul, Duvernay, Saint-François

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

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

Services: Food assistance * Emergency food assistance, once a week. * Sale of frozen meals. * Community meals. * Boit'Appétit box drop-off point. * Christmas meal. Material assistance * Thrift store: recovery and sale of used clothing and household items. Community * Friendly calls. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Identification to prevent isolation. * Sentinels: suicide prevention. * At-home visits to inform on the centre's activities. * Adapted recreational activities for people 35 years old and over with a mobility, visual or hearing impairment. * Respite for caregivers. * Classes and training workshops: computer, line dancing, gymnastics, yoga, zumba gold, etc. * Low-cost transportation to activities. * Outings, visits, walks, parties and special events. * Room rental. * Conferences. * Volunteering. * Tax clinic.

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: \$17 per year, meals: \$6.50 for members and \$8 for non-members, frozen meals: variable prices, fresh meal of the day: \$4.50, food assistance delivery: variable

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

Hours: 24 hours / 7 days

Fees: none

Financing: provincial, self-financing

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: sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=839

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 people living at home.

Eligibility: seniors, people with a loss of autonomy

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: sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=1192&ch_type=&bt_rechtype=&theme=autres-ressources&ch_rayon=0&ch_code=&page=404#info-generale

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 people living at home. * End-of-life and palliative care.

Eligibility: seniors, 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: sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=1606&ch_type=&bt_rechType=&theme=autres-ressources&ch_choixReg=&ch_rayon=0&ch_code=&page=395#info-generale

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 people living at home.

Eligibility: seniors, people with a loss of autonomy

Coverage area: Laval

Financing: provincial

Legal status: parapublic organization

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/facilities/find-a-location/

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 people living at home.

Eligibility: seniors, 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.sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=693475&ch_nom=CLSC+et+CHSLD+Sainte-Rose&bt_rechNom=&ch_choixReg=&ch_rayon=0&ch_code=

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 people living at home.

Eligibility: seniors, 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: reception@lecatal.ca

Services: * Respite for caregivers. * Information hub for seniors. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Animation day: social, cognitive and sports activities, games, discussions and outings. * Low-cost community meals. * Volunteer transportation to the organization only. * Free conferences. * Collective garden. * Tax clinic.

Eligibility: seniors 50 years old 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, grants

Legal status: non-profit organization

LITTLE BROTHERS - LAVAL

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

450 934-8955

Website: littlebrothers.ca/about-us/regional-teams/laval

Email: laval@petitsfreres.ca

Services: Organization aimed at countering the isolation of seniors until their end of life. * Accompaniment and pairing with volunteers. * Visits in people's living environments: at-home, at the hospital or CHSLD, in their residence, etc. * Other End of the Line: phone pairing. * Activities and special outings to celebrate birthdays and traditional holidays. * Holidays stays at The Juliette Huot Home in Oka. * End-of-life accompaniment. * Coffee get-together. * Christmas and Easter reception. * Christmas gifts.

Eligibility: people 75 years old and over without a present family or significant social contact

Coverage area: Laval

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: fundraising campaigns, self-financing, donations

Legal status: non-profit organization

MÉCANISME POUR ÂÎNÉS & 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.

Eligibility: active elderly, or with a loss of autonomy

Coverage area: Laval, Laurentides, Lanaudière, Ville Saint-Laurent

Hours: Monday to Friday 9h00 to 17h00, Saturday and Sunday 10h00 to 16h00

Fees: none

Financing: self-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 ext. 100 Fax: 450 668-9615

Website: relais-communautaire.org

Email: info@relais-communautaire.org

Services: Food assistance * Community meals: lunches. * Food distribution. * Emergency food assistance. * Distribution of soup and sandwiches to vulnerable people. Material assistance * Carrefour des Aubaines: sale of used clothing and household items. * Bonhomme à lunettes service point. Community * Welcoming, information and referrals to resources and services. * Individualized follow-up and accompaniment. * Active listening. * Crisis management. * Day centre. * Relais santé beauté: 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 with meal preparation. * Article: painting workshops. * Knitting. * Popular education workshops. * Special events. Immigration * Welcoming, information and referral. * Integration and intercultural bridge-building. * Thematic meals. Employment * Subsidized internships and jobs. * Professional reintegration program. * Volunteering. * Community and compensatory work. Christmas activities * Christmas baskets for members. * Animation and gifts for children.

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

Friendly visits and safety calls

ASSOCIATION POUR AÎNÉS RÉSIDANT À LAVAL - INITIATIVE DE TRAVAIL DE MILIEU AUPRÈS DES AÎNÉS EN SITUATION DE VULNÉRABILITÉ

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: Community outreach work for vulnerable seniors.

Eligibility: people 50 years and over

Coverage area: 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

Services: Home support services by a volunteer network. * Meals on wheels, frozen meals sale, drop-in meals, conference dinner, catering. * Friendly calls and visits. * 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 16h00, lunch everyday 11h30 to 13h00

Fees: annual membership: \$25, meals on wheels: \$8 per meal, payment at the end of the month

Financing: provincial, fundraising campaigns, 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

Website: coumbitelaval.net

Email: coumbite@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. * Activities and home visits for seniors. * Computers classes. * Community kitchen. * Intergenerational outings. * Tax clinic.

Eligibility: people from 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 ÂÎNÉS

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

Services: Food assistance * Emergency food assistance, once a week. * Sale of frozen meals. * Community meals. * Boit'Appétit box drop-off point. * Christmas meal. Material assistance * Thrift store: recovery and sale of used clothing and household items. Community * Friendly calls. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Identification to prevent isolation. * Sentinels: suicide prevention. * At-home visits to inform on the centre's activities. * Adapted recreational activities for people 35 years old and over with a mobility, visual or hearing impairment. * Respite for caregivers. * Classes and training workshops: computer, line dancing, gymnastics, yoga, zumba gold, etc. * Low-cost transportation to activities. * Outings, visits, walks, parties and special events. * Room rental. * Conferences. * Volunteering. * Tax clinic.

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: \$17 per year, meals: \$6.50 for members and \$8 for non-members, frozen meals: variable prices, fresh meal of the day: \$4.50, food assistance delivery: variable

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

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE LE RENDEZ-VOUS DES ÂÎNÉS - INITIATIVE DE TRAVAIL DE MILIEU AUPRÈS DES ÂÎNÉS EN SITUATION DE VULNÉRABILITÉ

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

450 667-8836 ext. 206

Website: ccrva.org

Email: info@ccrva.org

Services: Community outreach work for vulnerable seniors.

Eligibility: people 50 years old and over

Coverage area: Laval

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00

Fees: membership: \$20 per year

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

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE PETIT ESPOIR - INITIATIVE DE TRAVAIL DE MILIEU AUPRÈS DES ÂÎNÉS EN SITUATION DE VULNÉRABILITÉ

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: Community outreach work for vulnerable seniors.

Eligibility: seniors

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

Hours: Monday to Friday from 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

Services: * Meals on wheels. * Daily security phone calls. * Friendly visits. * Café de la Concorde: hot and cold meals, possibility of take-out, frozen meals. * Catering services. * Accompaniment and transportation for medical appointments by volunteers.

Eligibility: home support services: seniors and people with a loss of autonomy or in a situation of vulnerability, school meals: children, Café de la Concorde and frozen meals: for 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 16h00

Fees: meals on wheels: \$8, 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

Services: * Recruitment, training and referral of volunteers to Laval organisations: jebenevole.ca * Home support: SécuriCAB (automated call service to ensure the safety of seniors), medical transportation, school support, friendly visits, assistance with light chores, social calls, etc. * Moisson Laval: regional food bank supplying Laval organizations. * Comptoir alimentaire alternatif: emergency food aid. * Déjeuners et collations scolaires program (school lunches and snacks). * Christmas baskets. * Collection and distribution of school supplies. * Year-round tax clinic.

Eligibility: residents, people and families on a low income, organizations helping people on a low income, newcomers, refugees

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'ANIMATION DU TROISIÈME ÂGE DE LAVAL - INITIATIVE DE TRAVAIL DE MILIEU AUPRÈS DES ÂÎNÉS EN SITUATION DE VULNÉRABILITÉ

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

450 622-1228 ext. 222 Fax: 450 625-3078

Website: www.lecatal.ca

Email: cia@lecatal.ca

Services: Community outreach work for vulnerable seniors.

Eligibility: seniors 50 years old and over

Coverage area: Laval

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

Fees: membership: \$15

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: info@dira-laval.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 Thursday 8h00 to 12h00 and 13h00 to 16h00, by appointment

Fees: none

Financing: provincial

Legal status: non-profit organization

DIRA-LAVAL - INITIATIVE DE TRAVAIL DE MILIEU AUPRÈS DES ÂÎNÉS EN SITUATION DE VULNÉRABILITÉ

1450 Pie-X Boulevard, Suite 217, Chomedey, Laval, QC, H7V 3C1

450 681-8813 Fax: 450 681-1163

Website: dira-laval.ca

Email: info@dira-laval.ca

Services: Community outreach work for vulnerable seniors.

Eligibility: seniors 50 years and over

Coverage area: Laval

Hours: Monday to Friday 8h00 to 16h00, by appointment

Fees: none

Financing: provincial

Legal status: non-profit organization

HELLENIC SOCIAL SERVICES OF QUÉBEC - LAVAL

4865 du souvenir Street, Chomedey, Laval, QC, H7W 1E1

450 688-2091 Fax: 450 688-2084

Website: hcgm.org

Email: infosshq@hcgm.org

Services: Food * Food bank. * Home delivery. * Christmas baskets. Support * Information and referral. * Active 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 for people victim of abuse. * Friendly phone calls. * Programme intégré d'équilibre dynamique (PIED). * Support for caregivers: support groups, coffee meetings, information and referral, Info-mobile: booths in public events. * Recreational activities and bonding program. * Coffee meeting. *

Exercise course. Education * Computer classes: tablet and cell phone. * French classes.

Eligibility: general public, mainly of Greek origin

Coverage area: Laval

Hours: Monday to Friday 9h00 to 17h00

Fees: annual membership: \$5, food bank: \$5 per box

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: littlebrothers.ca/about-us/regional-teams/laval

Email: laval@petitsfreres.ca

Services: Organization aimed at countering the isolation of seniors until their end of life. * Accompaniment and pairing with volunteers. * Visits in people's living environments: at-home, at the hospital or CHSLD, in their residence, etc. * Other End of the Line: phone pairing. * Activities and special outings to celebrate birthdays and traditional holidays. * Holidays stays at The Juliette Huot Home in Oka. * End-of-life accompaniment. * Coffee get-together. * Christmas and Easter reception. * Christmas gifts.

Eligibility: people 75 years old and over without a present family or significant social contact

Coverage area: Laval

Hours: Monday to Friday 9h00 to 16h00

Fees: none

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/en

Email: info@centrescama.org

Services: Community centre for social and recreational activities. * Food Services: meals on wheels, emergency food assistance, on-site cafeteria, delivery of frozen meals. * Community centre: chair exercises, coffee chats, French conversation workshops, lectures, outings, bingo, yoga, 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 through phonecalls and at-home visits. * Zootherapy. * Medical accompaniment and transportation for occasional appointments.

Eligibility: seniors 50 years old and over

Coverage area: meals on wheels and food assistance: Chomedey, Amperâge, Allô Sam! and community centre: Laval, other services: Laval, Montréal Island

Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 13h00, food assistance: Friday 2 times a month

Fees: annual membership: \$20, meals on wheels: \$8 per meal, Amperâge and food assistance: free, frozen meals: variable prices from \$6.75 to \$7.75, Allô Sam!: \$30 per hour, minimum 2 hours and \$10 travel fee, canteen on site: meals at \$8, community centre and activities: free

Financing: provincial, subventions

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. * Grocery shopping assistance. * Security and friendly calls. * Friendly visits.

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: \$8.00, frozen meals: \$6.50 or \$7.00

Financing: grants, self-financing, donations

Legal status: non-profit organization

Home support

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.

Eligibility: seniors, persons with a permanent or temporary loss of autonomy, meals on wheels services

Coverage area: Laval

Hours: Monday to Friday 8h30 to 16h30

Fees: hot meal delivered: \$8

Financing: provincial, regional, municipal, donations

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

Services: * Reception and referral. * Information, conferences, training, workshops. * Day centres and drop-in respite. * Home respite: hygienic care, medication, meal preparation, help with housekeeping, shopping, etc. * Support group. * Individual psychosocial intervention. * Social activities, coffee-chat. * Stimulation activities for seniors. * Management of the Employment-Service Check program. * Christmas party for members.

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 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

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

Services: Home support services by a volunteer network. * Meals on wheels, frozen meals sale, drop-in meals, conference dinner, catering. * Friendly calls and visits. * 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 16h00, lunch everyday 11h30 to 13h00

Fees: annual membership: \$25, meals on wheels: \$8 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.residencescascasa.ca

Email: info@residencescascasa.ca

Services: Service for seniors to accompany them in their search for housing. * Assessment of needs. *

Assistance with procedures. * Daily respite. * Leisure activities at home or in the organizations. * Incontinence products delivered at home.

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

Services: * Occasional community meals. * Assistance with procedures for newcomers. * Literacy program for seniors. * Annual camp for single-parent women. * Summer camp. * Follow-up with volunteer nurses for people with a loss of autonomy.

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

Services: * Meals on wheels. * Daily security phone calls. * Friendly visits. * Café de la Concorde: hot and cold meals, possibility of take-out, frozen meals. * Catering services. * Accompaniment and transportation for medical appointments by volunteers.

Eligibility: home support services: seniors and people with a loss of autonomy or in a situation of vulnerability, school meals: children, Café de la Concorde and frozen meals: for 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 16h00

Fees: meals on wheels: \$8, 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

Services: * Recruitment, training and referral of volunteers to Laval organisations: jebenevole.ca * Home support: SécuriCAB (automated call service to ensure the safety of seniors), medical transportation, school support, friendly visits, assistance with light chores, social calls, etc. * Moisson Laval: regional food bank supplying Laval organizations. * Comptoir alimentaire alternatif: emergency food aid. * Déjeuners et collations scolaires program (school lunches and snacks). * Christmas baskets. * Collection and distribution of school supplies. * Year-round tax clinic.

Eligibility: residents, people and families on a low income, organizations helping people on a low income, newcomers, refugees

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

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

Services: * Light and heavy housekeeping. * Clothing and bedding care. * Meal preparation without special diet. * Groceries and other errands. * Respite. * Personal assistance, personal care. * Social geriatrics: accompaniment of seniors and their caregivers to address social or clinical issues.

Eligibility: people 50 years 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: \$34 per hour, heavy housekeeping: \$37.50 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: 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. * Meals on wheels. * Emergency food aid: once a month per family maximum. * Donation of furniture and clothes upon referral.

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 Thursday 12h00 to 17h00, Friday 12h00 to 19h00, Saturday 12h00 to 17h00, meals on wheels: 5 times a week, at lunchtime, emergency food assistance: Monday to Friday, in the afternoon

Fees: meals on wheels: \$8 per meal

Financing: donations, self-financing, provincial

Legal status: non-profit organization

HELLENIC SOCIAL SERVICES OF QUÉBEC - LAVAL

4865 du souvenir Street, Chomedey, Laval, QC, H7W 1E1

450 688-2091 Fax: 450 688-2084

Website: hcgm.org

Email: infosshq@hcgm.org

Seniors

Services: Food * Food bank. * Home delivery. * Christmas baskets. Support * Information and referral. * Active 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 for people victim of abuse. * Friendly phone calls. * Programme intégré d'équilibre dynamique (PIED). * Support for caregivers: support groups, coffee meetings, information and referral, Info-mobile: booths in public events. * Recreational activities and bonding program. * Coffee meeting. * Exercise course. Education * Computer classes: tablet and cell phone. * French classes.

Eligibility: general public, mainly of Greek origin

Coverage area: Laval

Hours: Monday to Friday 9h00 to 17h00

Fees: annual membership: \$5, food bank: \$5 per box

Financing: donations, grants, provincial

Legal status: non-profit organization

JEUN'EST EN FORME

4091 Saint-Joseph Street, Saint-Vincent-de-Paul, Laval, QC, H7C 1H6

438 365-3989

Website: jeunestenforme.com

Email: coordination@jeunestenforme.com

Services: Neighbourhood table and support service for people in vulnerable situations in eastern Laval. * Information and referrals to the activities and services of local organizations and institutions. * Help with filling out social housing forms.

Eligibility: general public

Coverage area: East of Laval: Duvernay, Saint-Vincent-de-Paul

Hours: Monday to Thursday 9h00 to 16h00

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: Saint-François and Duvernay East

Hours: Tuesday to Thursday 9h00 to 12h00, delivery: Tuesday, Wednesday and Thursday

Fees: \$8 per meal

Financing: self-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 ext. 100 Fax: 450 668-9615

Website: relais-communautaire.org

Email: info@relais-communautaire.org

Services: Food assistance * Community meals: lunches. * Food distribution. * Emergency food assistance. * Distribution of soup and sandwiches to vulnerable people. Material assistance * Carrefour des Aubaines: sale of used clothing and household items. * Bonhomme à lunettes service point. Community * Welcoming, information and referrals to resources and services. * Individualized follow-up and accompaniment. * Active listening. * Crisis management. * Day centre. * Relais santé beauté: 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 with meal preparation. * Article: painting workshops. * Knitting. * Popular education workshops. * Special events. Immigration * Welcoming, information and referral. * Integration and intercultural bridge-building. * Thematic meals. Employment * Subsidized internships and jobs. * Professional reintegration program. * Volunteering. * Community and compensatory work. Christmas activities * Christmas baskets for members. * Animation and gifts for children.

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

SCAMA

3168 Cartier Boulevard West, Chomedey, Laval, QC, H7V 1J7

450 681-4240 Fax: 450 681-0264

Website: centrescama.org/en

Email: info@centrescama.org

Services: Community centre for social and recreational activities. * Food Services: meals on wheels, emergency food assistance, on-site cafeteria, delivery of frozen meals. * Community centre: chair exercises, coffee chats, French conversation workshops, lectures, outings, bingo, yoga, 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 through phonecalls and at-home visits. * Zootherapy. * Medical accompaniment and transportation for occasional appointments.

Eligibility: seniors 50 years old and over

Coverage area: meals on wheels and food assistance: Chomedey, Amperâge, Allô Sam! and community centre: Laval, other services: Laval, Montréal Island

Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 13h00, food assistance: Friday 2 times a month

Fees: annual membership: \$20, meals on wheels: \$8 per meal, Amperâge and food assistance: free, frozen meals: variable prices from \$6.75 to \$7.75, Allô Sam!: \$30 per hour, minimum 2 hours and \$10 travel fee, canteen on site: meals at \$8, community centre and activities: free

Financing: provincial, subventions

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. * Grocery shopping assistance. * Security and friendly calls. * Friendly visits.

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: \$8.00, frozen meals: \$6.50 or \$7.00
Financing: grants, self-financing, donations
Legal status: non-profit organization

Housing for seniors

1313 CHOMEDEY (LE)

1313 Chomedey Boulevard, Chomedey, Laval, QC, H7V 0A2

450 687-0313 Fax: 450 687-8121

Website: le1313chomedey.com

Email: info@le1313chomedey.com

Services: Affordable housing with services for seniors. * Studio, 3½ and 4½. * Heating, electricity and cable. * Surveillance service 24/7. * 5 meals a week service. * Hairdressing service. * Recreational activities: knitting, bingo, singing, dance, etc. * Outings.

Eligibility: autonomous people 65 years old and over

Capacity: 159 units

Coverage area: Laval

Hours: Monday to Friday 8h30 to 16h30

Fees: studio: \$786 per month, 3½ for one person: \$994 to \$1017 per month, 3½ for 2 people: \$1183 to \$1260 per month, 4½ for 2 people: \$1470 à \$1526 per month

Financing: self-financing

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.residencescascasa.ca

Email: info@residencescascasa.ca

Services: Service for seniors to accompany them in their search for housing. * Assessment of needs. * Assistance with procedures. * Daily respite. * Leisure activities at home or in the organizations. * Incontinence products delivered at home.

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: sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=839

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 people living at home.

Eligibility: seniors, people with a loss of autonomy

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: sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=1192&ch_type=&bt_rechtype=&theme=autres-ressources&ch_rayon=0&ch_code=&page=404#info-generale

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 people living at home. * End-of-life and palliative care.

Eligibility: seniors, 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: sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=1606&ch_type=&bt_rechType=&theme=autres-ressources&ch_choixReg=&ch_rayon=0&ch_code=&page=395#info-generale

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 people living at home.

Eligibility: seniors, people with a loss of autonomy

Coverage area: Laval

Financing: provincial

Legal status: parapublic organization

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/facilities/find-a-location/

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 people living at home.

Eligibility: seniors, 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.sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=693475&ch_nom=CLSC+et+CHSLD+Sainte-Rose&bt_rechNom=&ch_choixReg=&ch_rayon=0&ch_code=

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 people living at home.

Eligibility: seniors, 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-Hughes Avenue, Chomedey, Laval, QC, H7L 3J6

450 662-4595 Fax: 450 662-8534

Website: www.laval.ca/police/Pages/En/home.aspx

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 old and over in a crisis situation

Coverage area: Laval

Hours: Monday to Friday 8h15 to 12h00 and 13h00 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

Services: Affordable subsidized housing with services. * 2½, 3½ and 4½ apartments. * Heating, electricity, phone and cable. * 7 meals per week. * 24/7 Surveillance.

Eligibility: people aged 60 and over and independent, people 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 old and over, autonomous or with a slight loss of autonomy, on a low income

Capacity: 18 apartments 3½, 2 apartments 4½

Coverage area: Laval

Hours: Monday to Friday 9h00 to 17h00

Fees: 25% of income based on provincial tax assessment, electricity, air conditioning and parking: in addition, at a minimal cost

Financing: provincial

Legal status: non-profit organization

HABITATIONS SAINT-CHRISTOPHE (LES)

15 Berri Street, Suite 1, Pont-Viau, Laval, QC, H7G 2W4

450 972-1313

Services: Subsidized housing with services for seniors with loss of autonomy. * Rooms and 3½ units. * Adapted housing for people with reduced mobility. * Presence of a beneficiary attendant 24/7. * Presence of a nurse, an occupational therapist and a social worker from CLSC Marigot. * Recreational and physical activities. * Tax clinic for residents.

Eligibility: people 65 years old 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, 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

Email: maisonmarigotlaval@gmail.com

Services: Subsidized housing for seniors. * Studio and 3½. * Adapted housing for people with reduced mobility. * 24/7 surveillance for emergencies. * Tax clinic for residents.

Eligibility: autonomous people 75 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, Suite 101, Chomedey, Laval, QC, H7V 3S4

450 688-4250 Fax: 450 688-7593

Website: www.manoircardinal.ca

Email: manoir.cardinal@videotron.ca

Services: Housing for seniors. * Hair salon. * Laundry room. * Community halls.

Eligibility: autonomous seniors 55 years and over, retired or semi-retired, with an annual income 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: \$730 to 868 per month without meals

Financing: self-financing

Legal status: non-profit organization

MANOIR DES PRAIRIES

180 Legrand Avenue, Laval-des-Rapides, Laval, QC, H7N 5V9

450 668-1765 Fax: 450 668-9971

Email: manoirdesprairies@qc.aira.com

Services: Apartments for autonomous retirees.

Eligibility: autonomous retirees 55 years and over

Capacity: 105 apartments: 3 ½ and 4 ½

Coverage area: Laval-des-Rapides

Hours: Monday to Friday 8h00 to 16h00

Fees: 786 to \$910 per month, without meals, parking in addition

Financing: self-financing

Legal status: non-profit organization

MÉCANISME POUR AÎNÉS & 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.

Eligibility: active elderly, or with a loss of autonomy

Coverage area: Laval, Laurentides, Lanaudière, Ville Saint-Laurent

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/index.php/en

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. * Housing Search Assistance Service (SARL).

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: municipal agency

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 the Greater Montréal area 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

Intergenerational activities

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

Services: Services for seniors. * Listening and referral. * Recreational, sports and artistic workshops. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Computer classes. * Monthly and intercultural luncheons and collective kitchens. * Volunteers training. * Free conferences. * Intergenerational activities and meeting place Café Entre-Nous. * Bonhomme à lunettes service point. * Accompaniment-transportation to the grocery store.

Eligibility: people 50 years and over

Coverage area: East of Laval, ITMAV: Saint-Vincent-de-Paul, Duvernay, Saint-François

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

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

Website: coumbitelaval.net

Email: coumbite@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. * Activities and home visits for seniors. * Computers classes. * Community kitchen. * Intergenerational outings. * Tax clinic.

Eligibility: people from 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

111-25 Saint-Louis Street, Pont-Viau, Laval, QC, H7G 4W3

450 575-4443

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'oeur 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 to Thursday 9h00 to 15h00

Fees: none

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.paroissessaintmaxime.org

Email: partagestmmaxime@gmail.com

Services: Intercultural, intergenerational and interreligious centre. * Reception and listening. * Assistance with ex-inmates' social reintegration. * Food bank, emergency food assistance. * Clothing depot. * On-site recovery of clothing and food.

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 10h00 to 16h00, food distribution: by appointment, Monday to Friday 10h00 to 11h00

Fees: variable

Financing: donations

Legal status: non-profit organization

Intervention with seniors subjected to abuse**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

Services: Frontline services for routine health and social services. * Health insurance card authentication. * Bandage change and follow-up. * Nurse consultation. * Contraception. * Emergency oral contraception. * Breastfeeding room. * Help for abused seniors. * Help for victims of crime. * General vaccination. * Flu vaccination: www.lavalensante.com/vaccingrippelaval

Coverage area: Laval

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

Financing: provincial

Legal status: parapublic 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: info@dira-laval.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 Thursday 8h00 to 12h00 and 13h00 to 16h00, by appointment

Fees: none

Financing: provincial

Legal status: non-profit organization

HELLENIC SOCIAL SERVICES OF QUÉBEC - LAVAL

4865 du souvenir Street, Chomedey, Laval, QC, H7W 1E1

450 688-2091 Fax: 450 688-2084

Website: hcgm.org

Email: infosshq@hcgm.org

Services: Food * Food bank. * Home delivery. * Christmas baskets. Support * Information and referral. * Active 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 for people victim of abuse. * Friendly phone calls. * Programme intégré d'équilibre dynamique (PIED). * Support for caregivers: support groups, coffee meetings, information and referral, Info-mobile: booths in public events. * Recreational activities and bonding program. * Coffee meeting. * Exercise course. Education * Computer classes: tablet and cell phone. * French classes.

Eligibility: general public, mainly of Greek origin

Coverage area: Laval

Hours: Monday to Friday 9h00 to 17h00

Fees: annual membership: \$5, food bank: \$5 per box

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.

Eligibility: seniors, persons with a permanent or temporary loss of autonomy, meals on wheels services

Coverage area: Laval

Hours: Monday to Friday 8h30 to 16h30

Fees: hot meal delivered: \$8

Financing: provincial, regional, municipal, 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

Services: Home support services by a volunteer network. * Meals on wheels, frozen meals sale, drop-in meals, conference dinner, catering. * Friendly calls and visits. * 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 16h00, lunch everyday 11h30 to 13h00

Fees: annual membership: \$25, meals on wheels: \$8 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

Services: * Meals on wheels. * Daily security phone calls. * Friendly visits. * Café de la Concorde: hot and cold meals, possibility of take-out, frozen meals. * Catering services. * Accompaniment and transportation for medical appointments by volunteers.

Eligibility: home support services: seniors and people with a loss of autonomy or in a situation of vulnerability, school meals: children, Café de la Concorde and frozen meals: for 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 16h00

Fees: meals on wheels: \$8, 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: 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. * Meals on wheels. * Emergency food aid: once a month per family maximum. * Donation of furniture and clothes upon referral.

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 Thursday 12h00 to 17h00, Friday 12h00 to 19h00, Saturday 12h00 to 17h00, meals on wheels: 5 times a week, at lunchtime, emergency food assistance: Monday to Friday, in the afternoon

Fees: meals on wheels: \$8 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: Saint-François and Duvernay East

Hours: Tuesday to Thursday 9h00 to 12h00, delivery: Tuesday, Wednesday and Thursday

Fees: \$8 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/en

Email: info@centrescama.org

Services: Community centre for social and recreational activities. * Food Services: meals on wheels, emergency food assistance, on-site cafeteria, delivery of frozen meals. * Community centre: chair exercises, coffee chats, French conversation workshops, lectures, outings, bingo, yoga, 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 through phonecalls and at-home visits. * Zootherapy. * Medical accompaniment and transportation for occasional appointments.

Eligibility: seniors 50 years old and over

Coverage area: meals on wheels and food assistance: Chomedey, Amperâge, Allô Sam! and community centre: Laval, other services: Laval, Montréal Island

Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 13h00, food assistance: Friday 2 times a month

Fees: annual membership: \$20, meals on wheels: \$8 per meal, Amperâge and food assistance: free, frozen meals: variable prices from \$6.75 to \$7.75, Allô Sam!: \$30 per hour, minimum 2 hours and \$10 travel fee, canteen on site: meals at \$8, community centre and activities: free

Financing: provincial, subventions

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. * Grocery shopping assistance. * Security and friendly calls. * Friendly visits.

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: \$8.00, frozen meals: \$6.50 or \$7.00

Financing: grants, self-financing, donations

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: 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 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

1 877 767-2227 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: info@dira-laval.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 Thursday 8h00 to 12h00 and 13h00 to 16h00, by appointment

Fees: none

Financing: provincial

Legal status: non-profit organization

FADOQ - RÉGION DE LAVAL

2345 Michelin Street, Suite 230, Chomedey, Laval, QC, H7S 5B9

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 old 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 ext. 6199 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: tableaineslaval.ca/en

Email: info@tableaineslaval.ca

Services: Promotion of the needs and issues of seniors. * Exchanges, regional consultation and partnerships.

* Promotion of member organizations. * Promotion of active aging. * Representation and identification of seniors' issues. * Information, activity calendar, news and resources on the website.

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

Coverage area: Laval

Hours: Monday to Thursday 8h30 to 16h30

Fees: annual membership: \$70

Financing: provincial

Legal status: non-profit organization

Volunteer Transportation

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: Duvernay, Saint-François, Saint-Vincent-De-Paul

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

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, transportation in Laval and Montréal

Hours: Monday to Friday 8h00 to 16h00

Fees: \$0.59 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 medical appointments by volunteers.

Eligibility: people on a low income, without transport or support, undergoing intensive treatment with medium or long-term follow-up

Coverage area: Laval, accompaniment and transportation: Greater Montréal and surrounding areas

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: 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, dons, self-financing

Legal status: non-profit organization

SCAMA - ACCOMPANIMENT-TRANSPORTATION

3168 Cartier Boulevard West, Chomedey, Laval, QC, H7V 1J7

450 681-4240 ext. 239 Fax: 450 681-0264

Website: centrescama.org

Email: transport@centrescama.org

Services: * Accompaniment and transportation for occasional medical appointments by volunteers.

Eligibility: seniors 50 years old and over

Coverage area: Chomedey, appointments: Laval and Sacré-Coeur hospital only

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

Fees: annual membership: \$20, accompaniment-transportation: \$0.59 per kilometer

Financing: provincial, grants

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: \$0.55 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

AIRE OUVERTE DE LAVAL

308 Cartier Boulevard West, Door 4, Laval-des-Rapides, Laval, QC, H7N 2J2

450 978-8333

Website: lavalensante.com/en/aireouverte

Email: aire.ouverte.cissslav@ssss.gouv.qc.ca

Services: Various confidential services, with or without an appointment, for youth aged 12 to 25. * Individual psychosocial follow-up. * Sexual health clinic: contraception, pregnancy tests, STI screening, questions about gender and sexual orientation. * Financial aid and legal information. * Advice on studies, work, and housing.

Eligibility: youth aged 12 to 25

Coverage area: Laval

Hours: Wednesday to Friday 12h00 to 20h00, Saturday 12h00 to 17h00, Summer schedule: Wednesday to Friday 12h00 to 20h00

Fees: none

Financing: provincial

Legal status: provincial government agency

SPHÈRE - SANTÉ SEXUELLE GLOBALE

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

450 669-3099 **Fax:** 450 232-4094

Website: www.spheressg.org

Email: info@spheressg.org

Services: * Individual support. * Support groups. * ITSS and HIV information. * 2SLGBTQIA+ socialization space. * Distribution of prevention material: protection against STIs, hormone therapy material, sterile consumption material. * Free STBBI screening clinic. * Community health service centre. * Sexuality education workshop. * Training for professionals. * Project Plur-iels: individual support, support groups, accompaniment and education for gender-diverse or questioning people and their loved ones. * Fixed site. * Access to gender-affirming materials, the organization's thrift shop and private library.

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, variable

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

Services: Support to men in prevention of domestic violence and suicide. * Prevention of domestic violence. * Telephone and on-site, individual or group intervention. * Awareness workshop on distress and reaching out for help. * Authorized follow-up service: contacting men whose close ones or counsellors are worried about. * Welcoming and awareness program for men from cultural communities to prevent domestic violence.

Eligibility: men who have committed or are at risk of committing domestic violence, men at risk of suicide, their close ones

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 income for a 20-week cycle, 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

Services: * Place for meeting, listening and referral. * Vert l'écolo-partage thrift store: free clothing for the whole family. * Daycare. * Educational and recreational activities, training, dancing, committees, collective actions. * Confidential and open self-help groups, sharing group, discussion group on immigrant women's realities, thematic discussion evenings. * Advocacy of rights. * Computer equipment and documentation centre.

Eligibility: women

Coverage area: Laval

Hours: Tuesday and Wednesday 13h00 to 16h30, Friday 13h00 to 20h30

Fees: clothing: free

Financing: Centraide of Greater Montréal, provincial, 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 2C6

450 661-5409 Fax: 450 661-6584

Email: femmedynamique@live.ca

Services: Place for meeting, referral and support. * Community and educational activities. * Conferences. * Listening and information. * Physical activities. * Global health prevention workshops. * Community lunches. * Outings.

Eligibility: women 50 years old 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 102-103-104, Vimont, Laval, QC, H7M 2P4

450 490-4895

Website: en.femmesenemploi.org

Email: info@femmesenemploi.org

Services: Promoting the social, cultural and professional integration of women in precarious situations, particularly women from immigrant backgrounds. * Job search program and employment training. * Support for newly arrived immigrant women. * Computer workshops: Internet research, online banking, etc. * Information workshops on Canadian culture and laws and life in Canada, Quebec and Laval. * Translation services. * Consultation and referral services. * Object recovery: small appliances and furniture. * Seminars, workshops and other socio-educational activities on issues of discrimination and racial prejudice. * Events and environmental awareness. * Volunteer opportunities.

Eligibility: women in precarious situations, particularly women from immigrant backgrounds

Coverage area: Laval

Hours: Monday to Friday 9h00 to 17h00, computer workshops: Tuesdays and Wednesdays

Fees: none

Financing: municipal, provincial, federal, donations

Legal status: non-profit organization

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

Services: * Place for meeting, listening and referral. * Vert l'écolo-partage thrift store: free clothing for the whole family. * Daycare. * Educational and recreational activities, training, dancing, committees, collective actions. * Confidential and open self-help groups, sharing group, discussion group on immigrant women's realities, thematic discussion evenings. * Advocacy of rights. * Computer equipment and documentation centre.

Eligibility: women

Coverage area: Laval

Hours: Tuesday and Wednesday 13h00 to 16h30, Friday 13h00 to 20h30

Fees: clothing: free

Financing: Centraide of Greater Montréal, provincial, 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 2C6

450 661-5409 Fax: 450 661-6584

Email: femmedynamique@live.ca

Services: Place for meeting, referral and support. * Community and educational activities. * Conferences. * Listening and information. * Physical activities. * Global health prevention workshops. * Community lunches. * Outings.

Eligibility: women 50 years old 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 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: Prevention and safety * 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. Pay equity * Front-line telephone service to answer general questions on the application of the Loi sur l'équité salariale. * Specialized assistance to understand more complex or technical aspects of the law. * Pay equity audit program: investigations to ensure that companies are complying with their pay equity obligations. * Development of tools and training courses accessible free of charge in all regions of Québec. * Research activities. Labour standards * Information on labour standards and obligations under the law and regulations. * Registration of complaints. * Mediation for employees or employers concerned by a complaint of psychological harassment, wrongful dismissal or prohibited practice.

Eligibility: employers, workers

Coverage area: Laval

Hours: by appointment only

Financing: membership fees, self-financing

Legal status: provincial government agency

FEMMES EN EMPLOI

1688 des Laurentides Boulevard, Suite 102-103-104, Vimont, Laval, QC, H7M 2P4

450 490-4895

Website: en.femmesenemploi.org

Email: info@femmesenemploi.org

Services: Promoting the social, cultural and professional integration of women in precarious situations, particularly women from immigrant backgrounds. * Job search program and employment training. * Support for newly arrived immigrant women. * Computer workshops: Internet research, online banking, etc. * Information workshops on Canadian culture and laws and life in Canada, Quebec and Laval. * Translation services. * Consultation and referral services. * Object recovery: small appliances and furniture. * Seminars, workshops and other socio-educational activities on issues of discrimination and racial prejudice. * Events and environmental awareness. * Volunteer opportunities.

Eligibility: women in precarious situations, particularly women from immigrant backgrounds

Coverage area: Laval

Hours: Monday to Friday 9h00 to 17h00, computer workshops: Tuesdays and Wednesdays

Fees: none

Financing: municipal, provincial, federal, donations

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: 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/centredelanature/Pages/Fr/accueil.aspx

Email: centrenature@laval.ca

Services: Urban park. * Picnic areas, walking trails and playground. * Animal farm. * Gardens and green houses. * Outdoor equipment rental. * Seasonal outdoor family activities. * Sport activities for adults: yoga, essentrics and fitness.

Eligibility: general public

Coverage area: Laval

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

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

Services: * Loan and access to books and audio-visual 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, reading starter kits for children 5 years and under. * Home loan for people with reduced mobility. * Telescope loan.

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

Services: * Loan and access to books and audio-visual 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, reading starter kits for children 5 years and under. * 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 - 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

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, toolkit for caregivers, reading starter kits for children 5 years and under. * 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 - 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

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, early reading kits for children 5 years and under. * Home loan for people with reduced mobility. * Telescope loan.

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

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, reading starter kits for children 5 years and under. * Home loan for people with reduced mobility. * Telescope loan.

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

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, reading starter kits for children 5 years and under. * Home loan for people with reduced mobility. * Le Studio: digital space to learn, create and experiment. * Telescope loan.

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

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, reading starter kits for children 5 years and under. * 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

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, reading starter kits for children 5 years and under. * Home loan for people with reduced mobility. * Telescope loan.

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

Services: * Loan and access to books and audio-visual 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, reading starter kits for children 5 years and under. * Home loan for people with reduced mobility. * Telescope loan.

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: intervenants.mdjmarigot@hotmail.com

Services: Animated meeting place. * Listening, support and accompaniment. * Sports activities: fitness room, sport and dance classes. * Recreational activities: artistic expression, thematic conferences, Marigot teens newspaper, home theatre and billiards. * Internet and library. * Cooking classes.

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 Ouest Boulevard, Suite 240, Laval-des-Rapides, Laval, QC, H7N 2J2

450 972-2099 ext. 42002

Email: mpdalaval@hotmail.com

Services: * Promotion and advocacy. * Mutual help. * Welcome and referrals. * Accompaniment. * Coffee meeting. * Choir.

Eligibility: people living with an intellectual disability

Capacity: 55

Coverage area: Laval

Hours: Monday to Thursday, variable schedule

Fees: membership card: \$20 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: Seniors social club. * Social and recreational activities: bingo, cards, dance classes, pétanque, etc. * Community meals. * Occasional outings.

Eligibility: people 50 years old and over

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: \$10 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

Services: * Recreational activities: bingo, dance, cards games. * Theme suppers. * Outings.

Eligibility: people 18 years old and over, single or in a relationship

Coverage area: Saint-Vincent-de-Paul district

Hours: Thursday 19h00 to 22h00

Fees: membership card: \$15, Thursday admission: \$5, bingo: \$1 per card, half/half tickets (optional): \$2, 10 laps: \$10, full card: \$25

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

Services: Services for seniors. * Listening and referral. * Recreational, sports and artistic workshops. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Computer classes. * Monthly and intercultural luncheons and collective kitchens. * Volunteers training. * Free conferences. * Intergenerational activities and meeting place Café Entre-Nous. * Bonhomme à lunettes service point. * Accompaniment-transportation to the grocery store.

Eligibility: people 50 years and over

Coverage area: East of Laval, ITMAV: Saint-Vincent-de-Paul, Duvernay, Saint-François

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

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

Services: Development of a direct and privileged Franco-Québécoise relationship. * Dinner conferences. * Cultural activities: showcasing Quebec and French culture. * Shows.

Eligibility: francophiles and defenders of the French language

Coverage area: Laval

Fees: annual membership: variable, activities: variable

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

Services: Sociocultural and sports centre. * Fitness room, physical activities, team sports. * Arts. * English and Spanish classes. * Board games. * Special events, outings, outdoor activities. * Conferences. * Volunteering. * Room rental.

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

Website: coumbitelaval.net

Email: coumbite@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. * Activities and home visits for seniors. * Computers classes. * Community kitchen. * Intergenerational outings. * Tax clinic.

Eligibility: people from 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 ÂÎNÉS

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

Services: Food assistance * Emergency food assistance, once a week. * Sale of frozen meals. * Community meals. * Boit'Appétit box drop-off point. * Christmas meal. Material assistance * Thrift store: recovery and sale of used clothing and household items. Community * Friendly calls. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Identification to prevent isolation. * Sentinels: suicide prevention. * At-home visits to inform on the centre's activities. * Adapted recreational activities for people 35 years old and over with a mobility, visual or hearing impairment. * Respite for caregivers. * Classes and training workshops: computer, line dancing, gymnastics, yoga, zumba gold, etc. * Low-cost transportation to activities. * Outings, visits, walks, parties and special events. * Room rental. * Conferences. * Volunteering. * Tax clinic.

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: \$17 per year, meals: \$6.50 for members and \$8 for non-members, frozen meals: variable prices, fresh meal of the day: \$4.50, food assistance delivery: variable

Financing: Centraide de 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

Services: * Place for meeting, listening and referral. * Vert l'écolo-partage thrift store: free clothing for the whole family. * Daycare. * Educational and recreational activities, training, dancing, committees, collective actions. * Confidential and open self-help groups, sharing group, discussion group on immigrant women's realities, thematic discussion evenings. * Advocacy of rights. * Computer equipment and documentation centre.

Eligibility: women

Coverage area: Laval

Hours: Tuesday and Wednesday 13h00 to 16h30, Friday 13h00 to 20h30

Fees: clothing: free

Financing: Centraide of Greater Montréal, provincial, 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 2C6

450 661-5409 Fax: 450 661-6584

Email: femmedynamique@live.ca

Services: Place for meeting, referral and support. * Community and educational activities. * Conferences. * Listening and information. * Physical activities. * Global health prevention workshops. * Community lunches. * Outings.

Eligibility: women 50 years old 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

Services: Sports, community and cultural centre. * Exercises adapted for seniors. * Seniors club. * Special needs program for children: sports, cooking and social skills activities. * Preschool program. * Summer and winter day camps, spring break camp. * Varied activities for children. * Sociocultural activities. * Training in water rescue. * Tax clinic. * Ecological park. * Volunteering program. * Room rental. * Swimming pool, fitness room, gyms, etc.

Eligibility: general public, special needs program: children with 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 18h00

Fees: variable

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

Legal status: non-profit organization

CHOMEDEY SENIORS CLUB

Confidential Address

514 929-6639

Email: chomedeyseniorsclub@hotmail.com

Services: * Social, cultural and recreational activities for seniors.

Eligibility: seniors

Capacity: 100

Coverage area: Greater Montréal

Hours: meeting: Thursday 13h30 to 16h00, activities: variable

Fees: annual membership: \$59, activities: various

Financing: self-financing

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR BON PASTEUR DE LAVAL

387 des Prairies Boulevard, Suites 005, 105, 106, Laval-des-Rapides, Laval, QC, H7N 2W4

514 641-7802

Email: luckyluke2158@gmail.com

Services: Social and recreational activities for seniors. * Bingo. * Petanque: Paul-Marcel-Maheu park. * Snooker table. * Community meals. * Outings: méchoui, sugar shack, Christmas lunch at restaurant, other celebrations.

Eligibility: seniors

Coverage area: Greater Montréal

Hours: bingo: Wednesday 13h00 to 16h00, petanque: Monday and Wednesday 18h30 to 20h30 from the end of May to the end of August, pool table: Monday to Saturday 12h00 to 17h00

Fees: membership card: \$5 per year (from January 1st to December 31st), pool table: \$35 per year

Financing: membership, self-financing, grants

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR DE HAVRE-DES-ÎLES

2525A du Havre-des-Îles Avenue, Chomedey, Laval, QC, H7W 4C4

450 978-5528 Fax: 450 978-5528

Email: agedorhdi@videotron.ca

Services: * Social and recreational activities: bingo, cards, games, bridge, petanque, etc. * Physical activities: aquafitness. * Dancing dinners. * Outings. * Library. * Computer workshops. * Room rental.

Eligibility: seniors

Coverage area: Laval

Fees: membership: \$20

Financing: membership fees

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR DE VIMONT

1900 Bédard Street, Vimont, Laval, QC, H7M 2M7

450 490-9499

Services: Social and recreational activities for seniors. * Cards, bocce, military whist, etc. * Community lunches.

Eligibility: people 55 years old and over

Coverage area: Laval and the surroundings

Hours: Monday, Tuesday and Tuesday 13h00 to 17h00

Fees: annual membership: \$25

Financing: self-financing, contributions

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR SAINT-ÉDOUARD DE FABREVILLE

6600 29e Avenue, Laval-Ouest, Laval, QC, H7R 3N3

514 799-5644

Services: Social and recreational activities for seniors. * Bingo, card games. * Holiday suppers. * Monthly outings: casino, dinner theater, etc.

Eligibility: seniors 50 years old and over

Coverage area: Laval

Hours: Tuesday 9h00 to 15h00, 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

450 492-2263

Services: Social and recreational activities for seniors. * Active living: fitness, yoga on a chair. * Cooking together. * Bingo, cards, billiards, pétanque. * Community meals and dances.

Eligibility: people 50 years old and over

Coverage area: Saint-François

Hours: September to June, yoga: Monday afternoon, cooking together: Tuesday, active living: Wednesday 10h00 to 11h00, bingo: Friday 13h00

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

Services: * Various social and recreational activities: pétanque, travel, outings, games, bingo, dance lessons, dance nights. * Community meals and Christmas dinners. * Light exercise.

Eligibility: people 50 years old and over

Coverage area: Montréal Island, Laval, Terrebonne

Hours: pétanque and bingo: Thursday 18h30 to 22h00, dance class: Tuesday 10h00 to 14h00

Fees: membership card: \$15 per year

Financing: self-financing

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR SAINT-NOËL CHABANEL

1000, rue Marie-Uguay, Saint-François, Laval, QC, H7A 0K3

514 291-8705

Email: estellnadeau@gmail.com

Services: * Social and recreational activities: bingo, theme dinners, etc. * Casino outings.

Eligibility: people 50 years old and over

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

Hours: Monday 11h00 to 15h30

Fees: membership card: \$25

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: \$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. * Active lifestyle: gymnastics, healthy eating.

Eligibility: people 55 years old and over

Coverage area: Greater Montréal

Hours: Wednesday 10h30 to 16h00, Friday 12h00 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: reception@lecatal.ca

Services: * Respite for caregivers. * Information hub for seniors. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Animation day: social, cognitive and sports activities, games, discussions and outings. * Low-cost community meals. * Volunteer transportation to the organization only. * Free conferences. * Collective garden. * Tax clinic.

Eligibility: seniors 50 years old 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, grants

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

Website: www.entraidelaval.org

Email: coqlicorne@gmail.com

Services: * Children 0 to 5 years old: daycare, stimulation workshops, kindergarten preparation, parent workshops and parent-child workshops. * Youth 6 to 12 years old: extracurricular activities, homework help, day camps, cooking workshops, sports initiations, etc. * Immigration: reception, accompaniment, referral. * Citizen space: social events, social economy, room rental, community fridge, thrift shop, reception and guidance, public writer, commissioner for oaths. * Le Grand Cerf-Volant: socialising activities for seniors.

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

Coverage area: Laval

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

Fees: annual membership: \$25, services: variable

Financing: federal, provincial, foundations

Legal status: non-profit organization

FADOQ - RÉGION DE LAVAL

2345 Michelin Street, Suite 230, Chomedey, Laval, QC, H7S 5B9

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 old 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 102-103-104, Vimont, Laval, QC, H7M 2P4

450 490-4895

Website: en.femmesenemploi.org

Email: info@femmesenemploi.org

Services: Promoting the social, cultural and professional integration of women in precarious situations, particularly women from immigrant backgrounds. * Job search program and employment training. * Support for newly arrived immigrant women. * Computer workshops: Internet research, online banking, etc. * Information workshops on Canadian culture and laws and life in Canada, Quebec and Laval. * Translation services. * Consultation and referral services. * Object recovery: small appliances and furniture. * Seminars, workshops and other socio-educational activities on issues of discrimination and racial prejudice. * Events and environmental awareness. * Volunteer opportunities.

Eligibility: women in precarious situations, particularly women from immigrant backgrounds

Coverage area: Laval

Hours: Monday to Friday 9h00 to 17h00, computer workshops: Tuesdays and Wednesdays

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@loisirslarelance.org

Services: Sports, cultural and recreational activities for seniors. * Sports: dancing, aquafitness, line dancing, qigong, yoga. * Physical activities: fitness, adapted exercising, Viactive program. * Artistic activities: literary creation, painting, watercolor, stained glass. * Language classes: English, Spanish, Italian. * Computer classes. * Short trips and outings. * Community meals. * Christmas meal.

Eligibility: pre-retired and retired people

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: \$25

Financing: self-financing

Legal status: non-profit organization

LITTLE BROTHERS - LAVAL

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

450 934-8955

Website: littlebrothers.ca/about-us/regional-teams/laval

Email: laval@petitsfreres.ca

Services: Organization aimed at countering the isolation of seniors until their end of life. * Accompaniment and pairing with volunteers. * Visits in people's living environments: at-home, at the hospital or CHSLD, in their residence, etc. * Other End of the Line: phone pairing. * Activities and special outings to celebrate birthdays and traditional holidays. * Holidays stays at The Juliette Huot Home in Oka. * End-of-life accompaniment. * Coffee get-together. * Christmas and Easter reception. * Christmas gifts.

Eligibility: people 75 years old and over without a present family or significant social contact

Coverage area: Laval

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: fundraising campaigns, self-financing, donations

Legal status: non-profit organization

MAISON DES GRANDS-PARENTS DE LAVAL

111-25 Saint-Louis Street, Pont-Viau, Laval, QC, H7G 4W3

450 575-4443

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 to Thursday 9h00 to 15h00

Fees: none

Financing: membership fees

Legal status: non-profit organization

MARDIS DE L'AMITIÉ SAINTE-BÉATRICE (LES)

475 des Perron Avenue, Door 4, Auteuil, Laval, QC, H7H 1E2

514 506-4687

Services: * Recreational and social activities: dance, cards, scrabble, etc. * Outings. * Occasional meals.

Eligibility: adults and seniors

Coverage area: Laval

Hours: from September to mid-May: dance lessons: Tuesday 10h00 to 11h30, games: Tuesday 13h00 to 16h00

Fees: membership: \$15

Financing: membership fees, 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

Services: Integration of Spanish-speaking people. * Promotion of Hispanic culture and language. * Spanish courses and linguistic exchanges. * Dance courses and dancing nights. * Conferences. * Outdoor activities.

Eligibility: Spanish-speaking people, people interested in the culture

Coverage area: North Shore, Laval, Laurentians

Hours: Saturday 10h00 to 12h00

Fees: annual membership: \$30

Financing: contributions

Legal status: non-profit organization

UNIVERSITÉ DU TROISIÈME ÂGE - LAVAL

Confidential Address

1 800 267-8337 ext. 67630

Website: www.usherbrooke.ca/uta/prog/lvl

Email: uta.lvl@USherbrooke.ca

Services: Educational programme divided into 30 university branches for seniors. * Open-auditor type educational activities with no assignments or exams and no credits. * Various teaching formulas: courses, seminars, open discussions, workshops, etc. * Student associations that promote integration into cultural and social life. * In-person activities. * Online activities: [click here](#)

Eligibility: people 50 years and over, no prior degree is required

Coverage area: Laval

Hours: variable

Fees: compulsory student contribution: \$7, tuition fees: variable depending on the activity

Financing: donations, grants

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: ochampfleury.org

Email: info@ochampfleury.org

Services: Activities and services for residents. * Recreational and sports activities for children and adults. * Events and occasional activities: Halloween, Christmas, garage sale, etc. * Room rental. * Day camp.

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: \$30 for a family, \$20 for an adult, \$10 for a child, activities and room rentals: variable

Financing: self-financing, membership fees, 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

Services: Services for seniors. * Listening and referral. * Recreational, sports and artistic workshops. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Computer classes. * Monthly and intercultural luncheons and collective kitchens. * Volunteers training. * Free conferences. * Intergenerational activities and meeting place Café Entre-Nous. * Bonhomme à lunettes service point. * Accompaniment-transportation to the grocery store.

Eligibility: people 50 years and over

Coverage area: East of Laval, ITMAV: Saint-Vincent-de-Paul, Duvernay, Saint-François

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

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

Services: Sociocultural and sports centre. * Fitness room, physical activities, team sports. * Arts. * English and Spanish classes. * Board games. * Special events, outings, outdoor activities. * Conferences. * Volunteering. * Room rental.

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

1800 Dumouchel Avenue, Chomedey, Laval, QC, H7S 1J7

450 681-9979 Fax: 450 681-2835

Website: baaf.ca

Email: adjointe@baaf.ca

Services: Support to families. * Respite. * French learning program for children 3 to 5 years old and animated stories. * Avenir de Femmes program: 23-unit cooperative building for single mothers. * Project 10-19: organisation of activities and workshops for youth. * Secondaire à ma manière: workshops and activities for 6th graders. * Improvisation. * Workshops and activities. * Francization workshop. * Mutual aid group. * Collective kitchen. * Coffee chats. * Le Vestibule: free thrift store. * Toy library. * Community garden.

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 LE RENDEZ-VOUS DES ÂÎNÉS

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

Services: Food assistance * Emergency food assistance, once a week. * Sale of frozen meals. * Community meals. * Boit'Appétit box drop-off point. * Christmas meal. Material assistance * Thrift store: recovery and sale of used clothing and household items. Community * Friendly calls. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Identification to prevent isolation. * Sentinels: suicide prevention. * At-home visits to inform on the centre's activities. * Adapted recreational activities for people 35 years old and over with a mobility, visual or hearing impairment. * Respite for caregivers. * Classes and training workshops: computer, line dancing, gymnastics, yoga, zumba gold, etc. * Low-cost transportation to activities. * Outings, visits, walks, parties and special events. * Room rental. * Conferences. * Volunteering. * Tax clinic.

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: \$17 per year, meals: \$6.50 for members and \$8 for non-members, frozen meals: variable prices, fresh meal of the day: \$4.50, food assistance delivery: variable

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

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE PETIT ESPOIR

1235, Montée du Moulin, local 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, PowerPoint, 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 COMMUNAUTAIRE VAL-MARTIN - MAISON DES JEUNES

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

450 973-8787 poste 301

Website: www.ccvm.org

Email: intermdj@ccvm.org

Services: Living environment for youth 11 to 17 years old. * Activities to prevent drug addiction, harmful sexual behaviour, 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

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@laval.ca

Services: Urban park. * Picnic areas, walking trails and playground. * Animal farm. * Gardens and green houses. * Outdoor equipment rental. * Seasonal outdoor family activities. * Sport activities for adults: yoga, essentrics and fitness.

Eligibility: general public

Coverage area: Laval

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

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

Services: Place for meeting, services and referral. * Listening, accompaniment and counselling. * Sports and cultural activities, outings. * Homework assistance. * Prevention, awareness and education activities. * Food assistance, every 2 weeks. * Training on democratic life. * Music room. * Cultural and humanitarian trip.

Eligibility: people 11 to 17 years old

Coverage area: Saint-François

Hours: Tuesday to Thursday 17h00 to 21h00, Friday 17h00 to 22h00

Fees: none

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 2C6

450 661-5409 Fax: 450 661-6584

Email: femmedynamique@live.ca

Services: Place for meeting, referral and support. * Community and educational activities. * Conferences. * Listening and information. * Physical activities. * Global health prevention workshops. * Community lunches. * Outings.

Eligibility: women 50 years old 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

Services: Sports, community and cultural centre. * Exercises adapted for seniors. * Seniors club. * Special needs program for children: sports, cooking and social skills activities. * Preschool program. * Summer and winter day camps, spring break camp. * Varied activities for children. * Sociocultural activities. * Training in water rescue. * Tax clinic. * Ecological park. * Volunteering program. * Room rental. * Swimming pool, fitness room, gyms, etc.

Eligibility: general public, special needs program: children with 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 18h00

Fees: variable

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

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. * Parent and child program 1.2.3 Gym! for ages 2 and up. * Bébé-gym program for children 3 years old. * Bout d'chou program for girls 4 to 5 years old. * Recreational groups for girls 6 to 8 years old and 9 years old and up and boys 4 to 6 years old and 7 years old and up. * Mixed cheerleading teams for 5 to 14 years old.

Eligibility: children 2 years and over, teenagers

Coverage area: Laval

Hours: Monday to Friday 9h00 to 21h00, Saturday and Sunday 8h30 to 17h00

Financing: self-financing

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR BON PASTEUR DE LAVAL

387 des Prairies Boulevard, Suites 005, 105, 106, Laval-des-Rapides, Laval, QC, H7N 2W4

514 641-7802

Email: luckyluke2158@gmail.com

Services: Social and recreational activities for seniors. * Bingo. * Petanque: Paul-Marcel-Maheu park. * Snooker table. * Community meals. * Outings: méchoui, sugar shack, Christmas lunch at restaurant, other celebrations.

Eligibility: seniors

Coverage area: Greater Montréal

Hours: bingo: Wednesday 13h00 to 16h00, petanque: Monday and Wednesday 18h30 to 20h30 from the end of May to the end of August, pool table: Monday to Saturday 12h00 to 17h00

Fees: membership card: \$5 per year (from January 1st to December 31st), pool table: \$35 per year

Financing: membership, self-financing, grants

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR DE HAVRE-DES-ÎLES

2525A du Havre-des-Îles Avenue, Chomedey, Laval, QC, H7W 4C4

450 978-5528 Fax: 450 978-5528

Email: agedorhdi@videotron.ca

Services: * Social and recreational activities: bingo, cards, games, bridge, petanque, etc. * Physical activities: aquafitness. * Dancing dinners. * Outings. * Library. * Computer workshops. * Room rental.

Eligibility: seniors

Coverage area: Laval

Fees: membership: \$20

Financing: membership fees

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

450 492-2263

Services: Social and recreational activities for seniors. * Active living: fitness, yoga on a chair. * Cooking together. * Bingo, cards, billiards, pétanque. * Community meals and dances.

Eligibility: people 50 years old and over

Coverage area: Saint-François

Hours: September to June, yoga: Monday afternoon, cooking together: Tuesday, active living: Wednesday 10h00 to 11h00, bingo: Friday 13h00

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

Services: * Various social and recreational activities: pétanque, travel, outings, games, bingo, dance lessons, dance nights. * Community meals and Christmas dinners. * Light exercise.

Eligibility: people 50 years old and over

Coverage area: Montréal Island, Laval, Terrebonne

Hours: pétanque and bingo: Thursday 18h30 to 22h00, dance class: Tuesday 10h00 to 14h00

Fees: membership card: \$15 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: reception@lecatal.ca

Services: * Respite for caregivers. * Information hub for seniors. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Animation day: social, cognitive and sports activities, games, discussions and outings. * Low-cost community meals. * Volunteer transportation to the organization only. * Free conferences. * Collective garden. * Tax clinic.

Eligibility: seniors 50 years old 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, grants

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: administration@diapasonjeunesse.ca

Services: Organization promoting school retention or return to school through various programs. * Help with homework. * Workshops for the development of success skills. * Extracurricular sports, artistic and manual activities. * Coaching and individualized follow-up. * Steps for a return to school. * Educational and professional exploration workshops. * Support to parents. * Student café: space for 12 to 17 years old and for 16 to 21 years old.

Eligibility: youth 12 to 21 years old, their parents

Capacity: about 280 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

Website: www.entraidelaval.org

Email: coqlicorne@gmail.com

Services: * Children 0 to 5 years old: daycare, stimulation workshops, kindergarten preparation, parent workshops and parent-child workshops. * Youth 6 to 12 years old: extracurricular activities, homework help, day camps, cooking workshops, sports initiations, etc. * Immigration: reception, accompaniment, referral. * Citizen space: social events, social economy, room rental, community fridge, thrift shop, reception and guidance, public writer, commissioner for oaths. * Le Grand Cerf-Volant: socialising activities for seniors.

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

Coverage area: Laval

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

Fees: annual membership: \$25, services: variable

Financing: federal, provincial, foundations

Legal status: non-profit organization

FADOQ - RÉGION DE LAVAL

2345 Michelin Street, Suite 230, Chomedey, Laval, QC, H7S 5B9

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 old 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@loisirslarelance.org

Services: Sports, cultural and recreational activities for seniors. * Sports: dancing, aquafitness, line dancing, qigong, yoga. * Physical activities: fitness, adapted exercising, Viactive program. * Artistic activities: literary creation, painting, watercolor, stained glass. * Language classes: English, Spanish, Italian. * Computer classes. * Short trips and outings. * Community meals. * Christmas meal.

Eligibility: pre-retired and retired people

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: \$25

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

Services: Promotion of healthy lifestyles. * Assistance for starting physical activity groups (walking club, Viactive groups, etc.). * Conferences and training on healthy lifestyle habits, exercise and diet. * Nutritional education. * Kinesiology. * Info-Actif line: physical activity information line. * Bouffe-Nature day camp: activities on food and nature discovery. * Promo-Santé clinic. * Assistance for starting community kitchens for seniors.

Eligibility: general public, community organizations, schools, childcare centres, businesses

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

4865 du souvenir Street, Chomedey, Laval, QC, H7W 1E1

450 688-2091 Fax: 450 688-2084

Website: hcgm.org

Email: info@hcgshq@hcgm.org

Services: Food * Food bank. * Home delivery. * Christmas baskets. Support * Information and referral. * Active 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 for people victim of abuse. * Friendly phone calls. * Programme intégré d'équilibre dynamique (PIED). * Support for caregivers: support groups, coffee meetings, information and referral, Info-mobile: booths in public events. * Recreational activities and bonding program. * Coffee meeting. * Exercise course. Education * Computer classes: tablet and cell phone. * French classes.

Eligibility: general public, mainly of Greek origin

Coverage area: Laval

Hours: Monday to Friday 9h00 to 17h00

Fees: annual membership: \$5, food bank: \$5 per box

Financing: donations, grants, provincial

Legal status: non-profit organization

INTERACTION LOISIRS

435 Curé-Labelle Boulevard, Suite 219, Chomedey, Laval, QC, H7V 2S8

450 681-1536 Fax: 450 681-3484

Website: interactionloisirs.com

Email: infol@interactionloisirs.com

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

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 and aquajogging.

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: info.direction@mfl-o.org

Services: Food * Community garden. * Collective kitchens, cooking workshops. * Food assistance. Family *

Information and referral. * Daycare. * Educational workshops, communication and language workshops for

children 2 to 5 years. * Coffee meetings. * Conferences for parents, Y'APP program (parenting skills). * Walking

club. * Parent-child and family activities. * Bougeotte en famille: recreational activity.

Eligibility: families with children from 0 to 12 years old

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: \$20 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

Services: Living environment for parents, children and youth. * Food assistance. * Various workshops for parents. * Nobody's Perfect (YAPP): parenting skills workshops. * Bébé tendre bougeotte: stimulation workshop for children 0 to 12 months old. * Workshops for parents and children 2 to 5 years old. * Vers la maternelle: school readiness workshop for children 3 to 5 years old. * Daycare for structured activities and respite. * Yoga. * Various collective kitchens. * Cooking your own lunch box: cooking workshop for parents and children 6 to 12 years old. * Homework assistance for children 6 to 12 years old. * Various workshops for children 6 to 12 years old. * Youth sector for children 12 to 17 years old. * Music and cooking workshops for children 12 to 17 years old. * Various activities for families.

Eligibility: children, teenagers, adults, families

Capacity: 25

Coverage area: Fabreville, Sainte-Rose

Hours: Monday to Friday 9h00 to 16h00

Fees: voluntary contribution

Financing: Centraide of Greater Montréal, donations, provincial, federal, municipal, 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/ados

Email: info@mqfabreville.org

Services: Teenagers' room. * Workshops for youth. * Cooking workshops. * Community dinners. * 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 15h20 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

Services: Place for belonging and gathering. * Cultural, sports 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, summer 12h00 to 19h00

Fees: none

Financing: provincial, self-financing

Legal status: non-profit organization

MAISON DES JEUNES DE SAINTE-DOROTHÉE

625 Sylvie Street, Sainte-Dorothée, Laval, QC, H7X 2X2

450 689-8000

Website: mdjstedorothée.ca/english

Email: direction@mdjstedorothée.ca

Services: Place for meeting, entertainment, information and support. * Reception, listening. * Conferences and exchanges. * Recreational and sports activities. * Implementation of projects. * Homework assistance. * Cooking workshops. * Outings, trips.

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: intervenants.mdjmarigot@hotmail.com

Services: Animated meeting place. * Listening, support and accompaniment. * Sports activities: fitness room, sport and dance classes. * Recreational activities: artistic expression, thematic conferences, Marigot teens newspaper, home theatre and billiards. * Internet and library. * Cooking classes.

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, Door 4, Auteuil, Laval, QC, H7H 1E2

514 506-4687

Services: * Recreational and social activities: dance, cards, scrabble, etc. * Outings. * Occasional meals.

Eligibility: adults and seniors

Coverage area: Laval

Hours: from September to mid-May: dance lessons: Tuesday 10h00 to 11h30, games: Tuesday 13h00 to 16h00

Fees: membership: \$15

Financing: membership fees, self-financing

Legal status: non-profit organization

MÉCANISME POUR ÂÎNÉS & 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.

Eligibility: active elderly, or with a loss of autonomy

Coverage area: Laval, Laurentides, Lanaudière, Ville Saint-Laurent

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

Services: * Reception, referral and living environment. * Parent-child workshops: toddlers 0-24 months, stimulation 0-5 years and conferences. * Daycare. * YAPP group for parents. * School support. * Spring break and summer day camps. * Parent-child activities. * Collective activities and volunteering. * Kindergarten preparation workshops. * Tourbillons program: activities for 6-12 years old. * Premiers pas program: support and respite at home for parents.

Eligibility: families with children under 12 years old

Coverage area: Laval

Hours: Monday to Wednesday 9h00 to 16h30, Thursday 9h00 to 13h00 and 18h00 to 20h00, Friday 17h30 to 20h00

Fees: variable

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

Legal status: non-profit organization

SERVICE DES LOISIRS DU BON-PASTEUR

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

450 669-2151 Fax: 450 669-2902

Website: loisirsbonpasteur.com

Email: info@loisirsbonpasteur.com

Services: Leisure centre. * Social, sporting, cultural and leisure activities. * Full-time or part-time francization courses. * Collective kitchen. * Spring break and day camp. * Extracurricular activities.

Eligibility: youth, families, general population

Coverage area: Laval

Hours: leisure: Monday to Friday 9h00 to 21h00, Saturday 9h00 to 14h30, Sunday 9h00 to 12h30, francization: Tuesday to Thursday 9h00 to 21h00

Fees: variable

Financing: municipal

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: ochampfleury.org

Email: info@ochampfleury.org

Services: Activities and services for residents. * Recreational and sports activities for children and adults. * Events and occasional activities: Halloween, Christmas, garage sale, etc. * Room rental. * Day camp.

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: \$30 for a family, \$20 for an adult, \$10 for a child, activities and room rentals: variable

Financing: self-financing, membership fees, 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

Services: * Occasional community meals. * Assistance with procedures for newcomers. * Literacy program for seniors. * Annual camp for single-parent women. * Summer camp. * Follow-up with volunteer nurses for people with a loss of autonomy.

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

Services: Sports, community and cultural centre. * Exercises adapted for seniors. * Seniors club. * Special needs program for children: sports, cooking and social skills activities. * Preschool program. * Summer and winter day camps, spring break camp. * Varied activities for children. * Sociocultural activities. * Training in water rescue. * Tax clinic. * Ecological park. * Volunteering program. * Room rental. * Swimming pool, fitness room, gyms, etc.

Eligibility: general public, special needs program: children with 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 18h00

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, Suites 208-209, Duvernay, Laval, QC, H7E 5G8

450 664-3503

Website: www.credelaval.qc.ca/en/homepage

Email: credelaval@credelaval.qc.ca

Services: Group of individuals and organizations dedicated to protecting the environment and promoting the principles of socio-ecological transition. * Technical, material and scientific support for local authorities. * Public awareness and educational activities. * Consultation and publication of documents. * Environmental education. * Residual materials management, circular economy and mobility. * Complaints follow-up and environmental watch.

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, 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

Website: www.entraidelaval.org

Email: coqlicorne@gmail.com

Services: * Children 0 to 5 years old: daycare, stimulation workshops, kindergarten preparation, parent workshops and parent-child workshops. * Youth 6 to 12 years old: extracurricular activities, homework help, day camps, cooking workshops, sports initiations, etc. * Immigration: reception, accompaniment, referral. * Citizen space: social events, social economy, room rental, community fridge, thrift shop, reception and guidance, public writer, commissioner for oaths. * Le Grand Cerf-Volant: socialising activities for seniors.

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

Coverage area: Laval

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

Services: Promotion of healthy lifestyles. * Assistance for starting physical activity groups (walking club, Viactive groups, etc.). * Conferences and training on healthy lifestyle habits, exercise and diet. * Nutritional education. * Kinesiology. * Info-Actif line: physical activity information line. * Bouffe-Nature day camp: activities on food and nature discovery. * Promo-Santé clinic. * Assistance for starting community kitchens for seniors.

Eligibility: general public, community organizations, schools, childcare centres, businesses

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

Email: info@laval.ca

Services: Municipal administration. * Public safety: police department and fire department. * Permits for dogs and cats. * Information on garbage, recyclable material and bulky waste collection schedules. * Info-travaux: geolocation of infrastructure works. * Building permits and certificates of authorization. * Municipal tax bills and property assessment. * Parking licences. * Libraries. * Swearing-in. * Subsidies for the purchase of cloth diapers. * \$50 subsidy for the purchase of sustainable hygiene products: menstrual cups and disks, washable pads and pantyliners, washable absorbent underwear, and washable incontinence briefs.

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 culture, recreation, sports and social development. * Front-line proximity service addressing the needs of the population and organizations. * Outdoor sports activities, skating rinks, swimming pools, sports fields and facilities. * Summer day camp and spring break day camp. * Community and recreation centres. * Hall rentals.

Coverage area: Laval

Fees: variable

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

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 and aquajogging.

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

Services: Living environment, welcoming and listening place. * 0 to 5 years: drop-in daycare, various stimulation workshops, reading and writing initiation activities. * 6 to 12 years old: day camp, homework assistance, extracurricular activities. * 12 to 17 years old: room for teenagers, prevention and promotion of healthy habits workshops, helping relationship. * Fatherhood: self-help groups, father-child activities, support and accompaniment. * Family and community: reception, listening, referrals, parenting skills development workshops, group for young parents, conferences, meetings between parents.

Eligibility: families, teenagers

Capacity: 60 people

Coverage area: Vimont, Auteuil

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

Fees: annual fee: 5\$ per year

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 ext. 1

Website: maisondesenfants.qc.ca/en

Email: dauphin@maisondesenfants.qc.ca

Services: * Parent-child workshops followed by a coffee meeting. * Activities enabling a smooth and harmonious separation between parent and child. * Stimulation workshops. * Mini day camp. * School preparation workshop. * Flexible activities. * Homework assistance. * Confidences à un dauphin: confidential letter correspondence in schools.

Eligibility: most activities: children 0 to 5 years old, their parents, flexible activities 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

Fees: none

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: rqsvp.com

Email: froustan@rqsvp.com

Services: Food * Collective kitchens. * Food bank for families on a low income. * Community fridge. * Community gardens. Youth * Culinary workshops for children. * Field trips, storytelling and singing, stimulation activities for children. * Indoor park. * Summer day camp. * School readiness program. * Weekly activities for 6 to 12 year olds. Family * Early stimulation workshops for parents and children. * Parents-children outings. * Drop-in daycare. * Coffee-conferences.

Eligibility: families

Coverage area: Saint-Vincent-de-Paul, Duvernay and Saint-François neighbourhoods

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 20h00, 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

Services: * Reception, referral and living environment. * Parent-child workshops: toddlers 0-24 months, stimulation 0-5 years and conferences. * Daycare. * YAPP group for parents. * School support. * Spring break and summer day camps. * Parent-child activities. * Collective activities and volunteering. * Kindergarten preparation workshops. * Tourbillons program: activities for 6-12 years old. * Premiers pas program: support and respite at home for parents.

Eligibility: families with children under 12 years old

Coverage area: Laval

Hours: Monday to Wednesday 9h00 to 16h30, Thursday 9h00 to 13h00 and 18h00 to 20h00, Friday 17h30 to 20h00

Fees: variable

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

Legal status: non-profit organization

PERSPECTIVE FAMILLE

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

450 622-0524

Website: www.perspectivefamille.org

Email: info@perspectivefamille.org

Services: * Individual assistance for children, youth, parents, separated spouses and new spouses. * Group workshops for children, parents, in-laws and separated spouses. * Co-parenting support. * Self-esteem: day camp. * Conferences.

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

Capacity: 12 people per group

Coverage area: Laval, Lanaudière, Laurentians, Montréal Island

Hours: Monday to Thursday 9h00 to 20h00, Saturday and Sunday 9h00 to 17h00, by appointment

Fees: some paid services

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

Services: Support for children and their families. * Preparation for kindergarden for children 3 to 5 years old. * Food assistance for occasional needs. * Homework assistance. * Improvisation workshops. * Croque-livres. * Day camp. * Thematic cooking workshops. * Le Troc du Relais: children items swap 4 times per year. * Outings for youth and families. * Father-child workshops, coffee-creation and conferences. * Assistance and referral. * 15 low-cost housing units. * Garage sales.

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: subventions, dons

Legal status: non-profit organization

SERVICE DES LOISIRS DU BON-PASTEUR

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

450 669-2151 Fax: 450 669-2902

Website: loisirsbonpasteur.com

Email: info@loisirsbonpasteur.com

Services: Leisure centre. * Social, sporting, cultural and leisure activities. * Full-time or part-time francization courses. * Collective kitchen. * Spring break and day camp. * Extracurricular activities.

Eligibility: youth, families, general population

Coverage area: Laval

Hours: leisure: Monday to Friday 9h00 to 21h00, Saturday 9h00 to 14h30, Sunday 9h00 to 12h30, francization: Tuesday to Thursday 9h00 to 21h00

Fees: variable

Financing: municipal

Legal status: non-profit organization

SPORTS LAVAL

3235 Saint-Martin Boulevard East, Suite 221, Duvernay, Laval, QC, H7E 5G8

450 664-1917

Website: sportslaval.qc.ca

Email: info@sportslaval.qc.ca

Services: Promoting active living to contribute to well-being. * Partnership and mobilization. * Kino-Québec program. * Support for athletes. * Sport events. * Sports camps.

Eligibility: rising star or elite athletes, coaches, sports partners, physical education teachers, anyone else interested in sports

Coverage area: Laval

Hours: Monday to Friday 8h00 to 16h00

Fees: none

Financing: municipal, grants

Legal status: non-profit organization

Hobbies

ÂGE D'OR DE ST-FERDINAND

725 Montrougeau Road, Fabreville, Laval, QC, H7P 3M1

450 628-2698

Email: stferdinandagedor@gmail.com

Services: Seniors social club. * Social and recreational activities: bingo, cards, dance classes, pétanque, etc. * Community meals. * Occasional outings.

Eligibility: people 50 years old and over

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: \$10 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

Services: * Recreational activities: bingo, dance, cards games. * Theme suppers. * Outings.

Eligibility: people 18 years old and over, single or in a relationship

Coverage area: Saint-Vincent-de-Paul district

Hours: Thursday 19h00 to 22h00

Fees: membership card: \$15, Thursday admission: \$5, bingo: \$1 per card, half/half tickets (optional): \$2, 10 laps: \$10, full card: \$25

Financing: fundraising campaigns, membership

Legal status: non-profit organization

ASSOCIATION DU DIABÈTE LAVAL

3030 Le Carrefour Boulevard, Suite 203, Chomedey, Laval, QC, H7T 2P5

450 686-0330

Website: diabetelaval.qc.ca

Email: info@diabetelaval.qc.ca

Services: * Prevention, awareness and information on diabetes and its effects. * Support for people with diabetes and their families. * Maintenance of adapted services. * Meetings with dieticians. * Cooking workshop with a nutritionist. * Healthy habits workshop. * Gentle fitness and yoga training. * Conferences.

Eligibility: people with diabetes, general public

Coverage area: Laval

Hours: Monday to Friday 9h30 to 16h00

Fees: \$20 per year

Financing: fundraising campaigns, contributions, donations, provincial

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

Services: Services for seniors. * Listening and referral. * Recreational, sports and artistic workshops. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Computer classes. * Monthly and intercultural luncheons and collective kitchens. * Volunteers training. * Free conferences. * Intergenerational activities and meeting place Café Entre-Nous. * Bonhomme à lunettes service point. * Accompaniment-transportation to the grocery store.

Eligibility: people 50 years and over

Coverage area: East of Laval, ITMAV: Saint-Vincent-de-Paul, Duvernay, Saint-François

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

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: administration@avcaphasielaval.ca

Services: * Workshops: language stimulation, carpentry, creativity, computer, GYM-AVC, theatre, cognitive stimulation. * Mutual aid groups: monthly open group for caregivers, group for people who have had a stroke and their close ones. * Psychosocial support for people with aphasia and caregivers. * Group outings. * Bonhomme à lunettes service point.

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

Coverage area: Laval

Hours: Monday to Friday 8h30 to 15h30

Fees: annual membership: \$25, activities: 25 to \$35 per semester

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

Services: Sociocultural and sports centre. * Fitness room, physical activities, team sports. * Arts. * English and Spanish classes. * Board games. * Special events, outings, outdoor activities. * Conferences. * Volunteering. * Room rental.

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

Website: coumbitelaval.net

Email: coumbite@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. * Activities and home visits for seniors. * Computers classes. * Community kitchen. * Intergenerational outings. * Tax clinic.

Eligibility: people from 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

Services: Food assistance * Emergency food assistance, once a week. * Sale of frozen meals. * Community meals. * Boit'Appétit box drop-off point. * Christmas meal. Material assistance * Thrift store: recovery and sale of used clothing and household items. Community * Friendly calls. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Identification to prevent isolation. * Sentinels: suicide prevention. * At-home visits to inform on the centre's activities. * Adapted recreational activities for people 35 years old and over with a mobility, visual or hearing impairment. * Respite for caregivers. * Classes and training workshops: computer, line dancing, gymnastics, yoga, zumba gold, etc. * Low-cost transportation to activities. * Outings, visits, walks, parties and special events. * Room rental. * Conferences. * Volunteering. * Tax clinic.

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: \$17 per year, meals: \$6.50 for members and \$8 for non-members, frozen meals: variable prices, fresh meal of the day: \$4.50, food assistance delivery: variable

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

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE PETIT ESPOIR

1235, Montée du Moulin, local 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, PowerPoint, 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: cill.qc.ca

Email: info@cill.qc.ca

Services: * Drop-in centres. * Pre-employability and work units: kitchen, office, household maintenance. * Trainings: French-literacy, English conversation, computers, organization committee for community life, music therapy, art and crafts. * Social and sports activities. * Social insertion measures. * Community follow-up: housing assistance, social integration, accompaniment, listening and moral support. * Integration in the work place: internship and accompaniment.

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 9h00 to 17h00

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@laval.ca

Services: Urban park. * Picnic areas, walking trails and playground. * Animal farm. * Gardens and green houses. * Outdoor equipment rental. * Seasonal outdoor family activities. * Sport activities for adults: yoga, essentrics and fitness.

Eligibility: general public

Coverage area: Laval

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

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

Services: Place for meeting, services and referral. * Listening, accompaniment and counselling. * Sports and cultural activities, outings. * Homework assistance. * Prevention, awareness and education activities. * Food assistance, every 2 weeks. * Training on democratic life. * Music room. * Cultural and humanitarian trip.

Eligibility: people 11 to 17 years old

Coverage area: Saint-François

Hours: Tuesday to Thursday 17h00 to 21h00, Friday 17h00 to 22h00

Fees: none

Financing: provincial

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR DE HAVRE-DES-ÎLES

2525A du Havre-des-Îles Avenue, Chomedey, Laval, QC, H7W 4C4

450 978-5528 Fax: 450 978-5528

Email: agedorhdi@videotron.ca

Services: * Social and recreational activities: bingo, cards, games, bridge, petanque, etc. * Physical activities: aquafitness. * Dancing dinners. * Outings. * Library. * Computer workshops. * Room rental.

Eligibility: seniors

Coverage area: Laval

Fees: membership: \$20

Financing: membership fees

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

450 492-2263

Services: Social and recreational activities for seniors. * Active living: fitness, yoga on a chair. * Cooking together. * Bingo, cards, billiards, pétanque. * Community meals and dances.

Eligibility: people 50 years old and over

Coverage area: Saint-François

Hours: September to June, yoga: Monday afternoon, cooking together: Tuesday, active living: Wednesday 10h00 to 11h00, bingo: Friday 13h00

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

Services: * Various social and recreational activities: pétanque, travel, outings, games, bingo, dance lessons, dance nights. * Community meals and Christmas dinners. * Light exercise.

Eligibility: people 50 years old and over

Coverage area: Montréal Island, Laval, Terrebonne

Hours: pétanque and bingo: Thursday 18h30 to 22h00, dance class: Tuesday 10h00 to 14h00

Fees: membership card: \$15 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 9h00 to 16h00

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: reception@lecatal.ca

Services: * Respite for caregivers. * Information hub for seniors. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Animation day: social, cognitive and sports activities, games, discussions and outings. * Low-cost community meals. * Volunteer transportation to the organization only. * Free conferences. * Collective garden. * Tax clinic.

Eligibility: seniors 50 years old 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, grants

Legal status: non-profit organization

CONSEIL RÉGIONAL DE L'ENVIRONNEMENT DE LAVAL

3235 Saint-Martin Boulevard East, Suites 208-209, Duvernay, Laval, QC, H7E 5G8

450 664-3503

Website: www.credelaval.qc.ca/en/homepage

Email: credelaval@credelaval.qc.ca

Services: Group of individuals and organizations dedicated to protecting the environment and promoting the principles of socio-ecological transition. * Technical, material and scientific support for local authorities. * Public awareness and educational activities. * Consultation and publication of documents. * Environmental education. * Residual materials management, circular economy and mobility. * Complaints follow-up and environmental watch.

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, municipal, donations

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

Services: Protection, conservation and improvement of the Rivière des Milles Îles and its tributaries. * Environmental education programs and ecotourism activities. * Management of the Rivière-des-Milles-Îles' Park. * Social rehabilitation program: subsidized jobs. * Advisory services, professional and scientific expertise.

Eligibility: general public

Coverage area: Laval, Rive-Nord

Hours: Monday to Sunday 10h00 to 17h00

Fees: none

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

Legal status: non-profit organization

ENFANT D'ABORD

3781 Lévesque West Boulevard, Suite 209, Chomedey, Laval, QC, H7V 1G5

450 681-1154

Website: www.enfantdabord.org

Email: info@enfantdabord.org

Services: * Food bank. * Distribution of hygiene products. * Support for collective and community gardens. * Food deliveries to elementary school and organizations. * Urban agriculture education workshops in elementary school and with Laval families and citizens: vegetable garden planning, seedling preparation, potting and plant maintenance. * Social reintegration for teenagers. * Compensatory work.

Eligibility: people in need, food bank: people on a low-income, social reintegration: teenagers 14 to 17 years old

Coverage area: Laval, emergency food assistance: Chomedey

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, emergency food assistance: Tuesday, Thursday and Friday 9h30 to 15h00

Fees: food bank: \$5 to \$10, depending on family composition

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

Website: www.entraidelaval.org

Email: coqlicorne@gmail.com

Services: * Children 0 to 5 years old: daycare, stimulation workshops, kindergarten preparation, parent workshops and parent-child workshops. * Youth 6 to 12 years old: extracurricular activities, homework help, day camps, cooking workshops, sports initiations, etc. * Immigration: reception, accompaniment, referral. * Citizen space: social events, social economy, room rental, community fridge, thrift shop, reception and guidance, public writer, commissioner for oaths. * Le Grand Cerf-Volant: socialising activities for seniors.

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

Coverage area: Laval

Hours: Monday and Thursday 9h00 to 16h00, Tuesday, Wednesday and Friday 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 102-103-104, Vimont, Laval, QC, H7M 2P4

450 490-4895

Website: en.femmesenemploi.org

Email: info@femmesenemploi.org

Services: Promoting the social, cultural and professional integration of women in precarious situations, particularly women from immigrant backgrounds. * Job search program and employment training. * Support for newly arrived immigrant women. * Computer workshops: Internet research, online banking, etc. * Information workshops on Canadian culture and laws and life in Canada, Quebec and Laval. * Translation services. * Consultation and referral services. * Object recovery: small appliances and furniture. * Seminars, workshops and other socio-educational activities on issues of discrimination and racial prejudice. * Events and environmental awareness. * Volunteer opportunities.

Eligibility: women in precarious situations, particularly women from immigrant backgrounds

Coverage area: Laval

Hours: Monday to Friday 9h00 to 17h00, computer workshops: Tuesdays and Wednesdays

Fees: none

Financing: municipal, provincial, federal, donations

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

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

1 866 443-4363

Website: www.groupegeme.com

Email: info@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 old 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 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

Services: Sports, cultural and recreational activities for seniors. * Sports: dancing, aquafitness, line dancing, qigong, yoga. * Physical activities: fitness, adapted exercising, Viactive program. * Artistic activities: literary creation, painting, watercolor, stained glass. * Language classes: English, Spanish, Italian. * Computer classes. * Short trips and outings. * Community meals. * Christmas meal.

Eligibility: pre-retired and retired people

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: \$25

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

Services: Promotion of healthy lifestyles. * Assistance for starting physical activity groups (walking club, Viactive groups, etc.). * Conferences and training on healthy lifestyle habits, exercise and diet. * Nutritional education. * Kinesiology. * Info-Actif line: physical activity information line. * Bouffe-Nature day camp: activities on food and nature discovery. * Promo-Santé clinic. * Assistance for starting community kitchens for seniors.

Eligibility: general public, community organizations, schools, childcare centres, businesses

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

4865 du souvenir Street, Chomedey, Laval, QC, H7W 1E1

450 688-2091 Fax: 450 688-2084

Website: hcgm.org

Email: info@hcgm.org

Services: Food * Food bank. * Home delivery. * Christmas baskets. Support * Information and referral. * Active 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 for people victim of abuse. * Friendly phone calls. * Programme intégré d'équilibre dynamique (PIED). * Support for caregivers: support groups, coffee meetings, information and referral, Info-mobile: booths in public events. * Recreational activities and bonding program. * Coffee meeting. * Exercise course. Education * Computer classes: tablet and cell phone. * French classes.

Eligibility: general public, mainly of Greek origin

Coverage area: Laval

Hours: Monday to Friday 9h00 to 17h00

Fees: annual membership: \$5, food bank: \$5 per box

Financing: donations, grants, provincial

Legal status: non-profit organization

LAVAL - PUBLIC PIANOS

Confidential Address

311

Website: www.laval.ca/Pages/En/Culture/public-pianos.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

Services: * Loan and access to books and audio-visual 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, reading starter kits for children 5 years and under. * Home loan for people with reduced mobility. * Telescope loan.

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

Services: * Loan and access to books and audio-visual 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, reading starter kits for children 5 years and under. * 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 - 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

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, early reading kits for children 5 years and under. * Home loan for people with reduced mobility. * Telescope loan.

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

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, reading starter kits for children 5 years and under. * Home loan for people with reduced mobility. * Telescope loan.

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

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, reading starter kits for children 5 years and under. * Home loan for people with reduced mobility. * Le Studio: digital space to learn, create and experiment. * Telescope loan.

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

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, reading starter kits for children 5 years and under. * 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

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, reading starter kits for children 5 years and under. * Home loan for people with reduced mobility. * Telescope loan.

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

Services: * Loan and access to books and audio-visual 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, reading starter kits for children 5 years and under. * Home loan for people with reduced mobility. * Telescope loan.

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

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 and aquajogging.

Coverage area: Laval

Hours: variable

Fees: variable

Financing: self-financing, municipal, 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

Services: Living environment for parents, children and youth. * Food assistance. * Various workshops for parents. * Nobody's Perfect (YAPP): parenting skills workshops. * Bébé tendre bougeotte: stimulation workshop for children 0 to 12 months old. * Workshops for parents and children 2 to 5 years old. * Vers la maternelle: school readiness workshop for children 3 to 5 years old. * Daycare for structured activities and respite. * Yoga. * Various collective kitchens. * Cooking your own lunch box: cooking workshop for parents and children 6 to 12 years old. * Homework assistance for children 6 to 12 years old. * Various workshops for children 6 to 12 years old. * Youth sector for children 12 to 17 years old. * Music and cooking workshops for children 12 to 17 years old. * Various activities for families.

Eligibility: children, teenagers, adults, families

Capacity: 25

Coverage area: Fabreville, Sainte-Rose

Hours: Monday to Friday 9h00 to 16h00

Fees: voluntary contribution

Financing: Centraide of Greater Montréal, donations, provincial, federal, municipal, 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/ados

Email: info@mqfabreville.org

Services: Teenagers' room. * Workshops for youth. * Cooking workshops. * Community dinners. * 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 15h20 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 FAMILLES DE SAINT-VINCENT-DE-PAUL

4899 Saint-Joseph Street, Saint-Vincent-de-Paul, Laval, QC, H7C 1H6

450 664-4711

Website: rqsvp.com

Email: froustan@rqsvp.com

Services: Food * Collective kitchens. * Food bank for families on a low income. * Community fridge. * Community gardens. Youth * Culinary workshops for children. * Field trips, storytelling and singing, stimulation activities for children. * Indoor park. * Summer day camp. * School readiness program. * Weekly activities for 6 to 12 year olds. Family * Early stimulation workshops for parents and children. * Parents-children outings. * Drop-in daycare. * Coffee-conferences.

Eligibility: families

Coverage area: Saint-Vincent-de-Paul, Duvernay and Saint-François neighbourhoods

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 20h00, 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

MAISON DES GRANDS-PARENTS DE LAVAL

111-25 Saint-Louis Street, Pont-Viau, Laval, QC, H7G 4W3

450 575-4443

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'oeur 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 to Thursday 9h00 to 15h00

Fees: none

Financing: membership fees

Legal status: non-profit organization

MAISON DES JEUNES DE SAINTE-DOROTHÉE

625 Sylvie Street, Sainte-Dorothée, Laval, QC, H7X 2X2

450 689-8000

Website: mdjstedorothee.ca/english

Email: direction@mdjstedorothee.ca

Services: Place for meeting, entertainment, information and support. * Reception, listening. * Conferences and exchanges. * Recreational and sports activities. * Implementation of projects. * Homework assistance. *

Cooking workshops. * Outings, trips.

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: intervenants.mdjmarigot@hotmail.com

Services: Animated meeting place. * Listening, support and accompaniment. * Sports activities: fitness room, sport and dance classes. * Recreational activities: artistic expression, thematic conferences, Marigot teens newspaper, home theatre and billiards. * Internet and library. * Cooking classes.

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, Door 4, Auteuil, Laval, QC, H7H 1E2

514 506-4687

Services: * Recreational and social activities: dance, cards, scrabble, etc. * Outings. * Occasional meals.

Eligibility: adults and seniors

Coverage area: Laval

Hours: from September to mid-May: dance lessons: Tuesday 10h00 to 11h30, games: Tuesday 13h00 to 16h00

Fees: membership: \$15

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 ext. 100 Fax: 450 668-9615

Website: relais-communautaire.org

Email: info@relais-communautaire.org

Services: Food assistance * Community meals: lunches. * Food distribution. * Emergency food assistance. * Distribution of soup and sandwiches to vulnerable people. Material assistance * Carrefour des Aubaines: sale of used clothing and household items. * Bonhomme à lunettes service point. Community * Welcoming, information and referrals to resources and services. * Individualized follow-up and accompaniment. * Active listening. * Crisis management. * Day centre. * Relais santé beauté: 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 with meal preparation. * Article: painting workshops. * Knitting. * Popular education workshops. * Special events. Immigration * Welcoming, information and referral. * Integration and intercultural bridge-building. * Thematic meals. Employment * Subsidized internships and jobs. * Professional reintegration program. * Volunteering. * Community and compensatory work. Christmas activities * Christmas baskets for members. * Animation and gifts for children.

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

Services: Support for children and their families. * Preparation for kindergarden for children 3 to 5 years old. * Food assistance for occasional needs. * Homework assistance. * Improvisation workshops. * Croque-livres. * Day camp. * Thematic cooking workshops. * Le Troc du Relais: children items swap 4 times per year. * Outings for youth and families. * Father-child workshops, coffee-creation and conferences. * Assistance and referral. * 15 low-cost housing units. * Garage sales.

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: subventions, dons

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

Services: Company-school. * Social and professional integration. * Individual employability accompaniment. * Paid work-training program in the textile sector. * French integration for newcomers. * Recovery of cotton and fleece t-shirts.

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: 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 for their assistance food recipients. Family and community * 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

Coverage area: Laval

Hours: Monday to Friday 8h30 to 17h00

Fees: none

Financing: donations, provincial, federal

Legal status: non-profit organization

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

Services: * Loan and access to books and audio-visual 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, reading starter kits for children 5 years and under. * Home loan for people with reduced mobility. * Telescope loan.

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

Services: * Loan and access to books and audio-visual 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, reading starter kits for children 5 years and under. * 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 - 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

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, toolkit for caregivers, reading starter kits for children 5 years and under. * 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 - 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

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, early reading kits for children 5 years and under. * Home loan for people with reduced mobility. * Telescope loan.

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

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, reading starter kits for children 5 years and under. * Home loan for people with reduced mobility. * Telescope loan.

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

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, reading starter kits for children 5 years and under. * Home loan for people with reduced mobility. * Le Studio: digital space to learn, create and experiment. * Telescope loan.

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

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, reading starter kits for children 5 years and under. * 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

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, reading starter kits for children 5 years and under. * Home loan for people with reduced mobility. * Telescope loan.

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

Services: * Loan and access to books and audio-visual 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, reading starter kits for children 5 years and under. * Home loan for people with reduced mobility. * Telescope loan.

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 - 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 culture, recreation, sports and social development. * Front-line proximity service addressing the needs of the population and organizations. * Outdoor sports activities, skating rinks, swimming pools, sports fields and facilities. * Summer day camp and spring break day camp. * Community and recreation centres. * Hall rentals.

Coverage area: Laval

Fees: variable

Financing: municipal

Legal status: municipal agency

Sport

CENTRE COMMUNAUTAIRE LE RENDEZ-VOUS DES ÂÎNÉS

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

Services: Food assistance * Emergency food assistance, once a week. * Sale of frozen meals. * Community meals. * Boit'Appétit box drop-off point. * Christmas meal. Material assistance * Thrift store: recovery and sale of used clothing and household items. Community * Friendly calls. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Identification to prevent isolation. * Sentinels: suicide prevention. * At-home visits to inform on the centre's activities. * Adapted recreational activities for people 35 years old and over with a mobility, visual or hearing impairment. * Respite for caregivers. * Classes and training workshops: computer, line dancing, gymnastics, yoga, zumba gold, etc. * Low-cost transportation to activities. * Outings, visits, walks, parties and special events. * Room rental. * Conferences. * Volunteering. * Tax clinic.

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: \$17 per year, meals: \$6.50 for members and \$8 for non-members, frozen meals: variable prices, fresh meal of the day: \$4.50, food assistance delivery: variable

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

450 492-2263

Services: Social and recreational activities for seniors. * Active living: fitness, yoga on a chair. * Cooking together. * Bingo, cards, billiards, pétanque. * Community meals and dances.

Eligibility: people 50 years old and over

Coverage area: Saint-François

Hours: September to June, yoga: Monday afternoon, cooking together: Tuesday, active living: Wednesday 10h00 to 11h00, bingo: Friday 13h00

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

Services: Sports, cultural and recreational activities for seniors. * Sports: dancing, aquafitness, line dancing, qigong, yoga. * Physical activities: fitness, adapted exercising, Viactive program. * Artistic activities: literary creation, painting, watercolor, stained glass. * Language classes: English, Spanish, Italian. * Computer classes. * Short trips and outings. * Community meals. * Christmas meal.

Eligibility: pre-retired and retired people

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: \$25

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

Services: Promotion of healthy lifestyles. * Assistance for starting physical activity groups (walking club, Viactive groups, etc.). * Conferences and training on healthy lifestyle habits, exercise and diet. * Nutritional education. * Kinesiology. * Info-Actif line: physical activity information line. * Bouffe-Nature day camp: activities on food and nature discovery. * Promo-Santé clinic. * Assistance for starting community kitchens for seniors.

Eligibility: general public, community organizations, schools, childcare centres, businesses

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

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 and aquajogging.

Coverage area: Laval

Hours: variable

Fees: variable

Financing: self-financing, municipal, 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

Services: Living environment for parents, children and youth. * Food assistance. * Various workshops for parents. * Nobody's Perfect (YAPP): parenting skills workshops. * Bébé tendre bougeotte: stimulation workshop for children 0 to 12 months old. * Workshops for parents and children 2 to 5 years old. * Vers la maternelle: school readiness workshop for children 3 to 5 years old. * Daycare for structured activities and respite. * Yoga. * Various collective kitchens. * Cooking your own lunch box: cooking workshop for parents and children 6 to 12 years old. * Homework assistance for children 6 to 12 years old. * Various workshops for children 6 to 12 years old. * Youth sector for children 12 to 17 years old. * Music and cooking workshops for children 12 to 17 years old. * Various activities for families.

Eligibility: children, teenagers, adults, families

Capacity: 25

Coverage area: Fabreville, Sainte-Rose

Hours: Monday to Friday 9h00 to 16h00

Fees: voluntary contribution

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

Legal status: non-profit organization

MÉCANISME POUR AÎNÉS & 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.

Eligibility: active elderly, or with a loss of autonomy

Coverage area: Laval, Laurentides, Lanaudière, Ville Saint-Laurent

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 East Boulevard, Duvernay, Laval, QC, H7E 2C5

438 830-4323

Website: mieuxnaitre.org

Email: info@mieuxnaitre.org

Services: Perinatal resources centre. * Support for parents and pregnant people, before, during and after the birth. * Listening and referrals. * Prenatal meetings (prenatal classes) * Prenatal and postnatal yoga. *

Relevailles: at-home respite. * Prenatal and postnatal physical activities. * Care to newborns, babywearing workshops and baby massage classes. * Breastfeeding consultation. * Sign language for babies. * Child-led dietary diversification workshop (DME). * Community and intercultural environment dedicated to women and their families during the perinatal period: access to a book lending service, coffee chats and a play area for toddlers. * Reception of donations of baby clothes (size 0-24 months) and maternity clothes. * Thrift shop.

Eligibility: future and new parents

Coverage area: Laval

Hours: Monday to Thursday 9h00 to 16h00

Fees: free or variable depending on family income

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

Legal status: non-profit organization

SCAMA

3168 Cartier Boulevard West, Chomedey, Laval, QC, H7V 1J7

450 681-4240 Fax: 450 681-0264

Website: centrescam.org/en

Email: info@centrescam.org

Services: Community centre for social and recreational activities. * Food Services: meals on wheels, emergency food assistance, on-site cafeteria, delivery of frozen meals. * Community centre: chair exercises, coffee chats, French conversation workshops, lectures, outings, bingo, yoga, 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 through phonecalls and at-home visits. * Zootherapy. * Medical accompaniment and transportation for occasional appointments.

Eligibility: seniors 50 years old and over

Coverage area: meals on wheels and food assistance: Chomedey, Amperâge, Allô Sam! and community centre: Laval, other services: Laval, Montréal Island

Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 13h00, food assistance: Friday 2 times a month

Fees: annual membership: \$20, meals on wheels: \$8 per meal, Amperâge and food assistance: free, frozen meals: variable prices from \$6.75 to \$7.75, Allô Sam!: \$30 per hour, minimum 2 hours and \$10 travel fee, canteen on site: meals at \$8, community centre and activities: free

Financing: provincial, subventions

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: mscanada.ca/ms-canada-laval

Email: info.laval@scleroseenplaques.ca

Services: * Active listening on the phone. * Information and referrals. * Documentation centre. * Vacation camp 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, thematic 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: none

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: Monday to Friday 9h00 to 17h00, leave a message for an appointment

Fees: free, thrift store: variable

Financing: 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: sportslaval.qc.ca

Email: info@sportslaval.qc.ca

Services: Promoting active living to contribute to well-being. * Partnership and mobilization. * Kino-Québec program. * Support for athletes. * Sport events. * Sports camps.

Eligibility: rising star or elite athletes, coaches, sports partners, physical education teachers, anyone else interested in sports

Coverage area: Laval

Hours: Monday to Friday 8h00 to 16h00

Fees: none

Financing: municipal, grants

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 18 years and over living with a physical or intellectual disability

Coverage area: Laval

Hours: administration: variable, activities: 18h30 to 20h00 at the Centre de la Nature

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 a mental health issue. * 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, membership fees, fédéral, provincial, municipal

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

450 231-0799

Email: coordonnateur@apvsl.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

Coverage area: Laval

Hours: Monday to Friday 9h00 to 16h30

Fees: activities: variable

Financing: donations, grants, self-financing

Legal status: non-profit organization

ASSOCIATION DYSPHASIE +

3235 Saint-Martin Boulevard East, Suite 216, Duvernay, Laval, QC, H7E 5G8

450 937-3670

Website: 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. * Stimulation workshops for 3 to 5 year olds and 6 to 12 year olds. * Socialisation and autonomy development activities for 13 to 16 year olds. * Recreation groups for people 17 years and over.

Eligibility: children, teenagers and adults with DLD (dysphasia), their parents or close ones

Capacity: 30

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 SOUTIEN À LA VIE EN LOGEMENT - LAVAL

3542 de la Concorde Boulevard East, Duvernay, Laval, QC, H7E 3A4

450 936-9963

Website: assoiris.ca

Email: local.laval@associationiris.ca

Services: Independent living support program. * Day centre and community space. * Activities that promote autonomy. * Listening and guidance. * Individual follow-up. * Home visits. * Group outings. * Information sessions. * Thematic activities in small groups. * Learning, information, creative, socialization, recovery activities, etc.

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

Fees: none

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

Email: secretariat@aledia1959.com

Services: Promote the maintenance, improvement and development of support measures for people living with an intellectual disability or autistic people. * Supervised activity for members 12 years and over. * Summer camp, recreational and sports activities. * Food assistance.

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

Coverage area: Laval

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

Fees: participating member: \$20, food box user member: \$30, half-days: \$20, full days: 25 to \$33, assessment: \$20

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

Services: * Social integration. * Recreational activities. * Psychosocial intervention: individual or family meetings, workshops. * Support groups. * Support for relatives: respite, meetings, workshops. * Awareness. * Information, conferences.

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: none

Financing: provincial, subventions

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

Services: * Information, referral. * Consultation. * Promotion of the importance of being physically active and practicing stimulating recreational activities in an effort to improve wellbeing and healthy lifestyles. * Companion Leisure Card (CAL).

Eligibility: anyone living 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: administration@avcaphasielaval.ca

Services: * Workshops: language stimulation, carpentry, creativity, computer, GYM-AVC, theatre, cognitive stimulation. * Mutual aid groups: monthly open group for caregivers, group for people who have had a stroke and their close ones. * Psychosocial support for people with aphasia and caregivers. * Group outings. * Bonhomme à lunettes service point.

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

Coverage area: Laval

Hours: Monday to Friday 8h30 to 15h30

Fees: annual membership: \$25, activities: 25 to \$35 per semester

Financing: provincial, municipal, donations

Legal status: non-profit organization

CAFGRAP (GROUPE D'ENTRAIDE EN SANTÉ MENTALE DE LAVAL)

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

450 490-4224

Website: www.lecafgraf.org

Email: info@lecafgraf.org

Services: * Support and mutual aid to break the isolation. * Psychosocial support and referral. * Recreational, social, cultural and sports activities. * Thematic and art workshops. * Free access to computers and Wi-Fi.

Eligibility: people 16 years and over who have lived or are living with mental health

Capacity: 40 people

Coverage area: Laval

Hours: administration: Tuesday to Friday 9h00 to 17h00, day center: Tuesday to Friday 13h00 to 16h00

Fees: none

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

Services: Food assistance * Emergency food assistance, once a week. * Sale of frozen meals. * Community meals. * Boit'Appétit box drop-off point. * Christmas meal. Material assistance * Thrift store: recovery and sale of used clothing and household items. Community * Friendly calls. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Identification to prevent isolation. * Sentinels: suicide prevention. * At-home visits to inform on the centre's activities. * Adapted recreational activities for people 35 years old and over with a mobility, visual or hearing impairment. * Respite for caregivers. * Classes and training workshops: computer, line dancing, gymnastics, yoga, zumba gold, etc. * Low-cost transportation to activities. * Outings, visits, walks, parties and special events. * Room rental. * Conferences. * Volunteering. * Tax clinic.

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: \$17 per year, meals: \$6.50 for members and \$8 for non-members, frozen meals: variable prices, fresh meal of the day: \$4.50, food assistance delivery: variable

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: cill.qc.ca

Email: info@cill.qc.ca

Services: * Drop-in centres. * Pre-employability and work units: kitchen, office, household maintenance. * Trainings: French-literacy, English conversation, computers, organization committee for community life, music therapy, art and crafts. * Social and sports activities. * Social insertion measures. * Community follow-up: housing assistance, social integration, accompaniment, listening and moral support. * Integration in the work place: internship and accompaniment.

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 9h00 to 17h00

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: cill.qc.ca

Email: info@cill.qc.ca

Services: * Drop-in centre: trainings and workshops, sociocultural 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 9h00 to 17h00

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

Services: Sports, community and cultural centre. * Exercises adapted for seniors. * Seniors club. * Special needs program for children: sports, cooking and social skills activities. * Preschool program. * Summer and winter day camps, spring break camp. * Varied activities for children. * Sociocultural activities. * Training in water rescue. * Tax clinic. * Ecological park. * Volunteering program. * Room rental. * Swimming pool, fitness room, gyms, etc.

Eligibility: general public, special needs program: children with 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 18h00

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

Website: halte-orchidbleue.ca

Email: info@halte-orchidbleue.ca

Services: * Extracurricular activities for teenagers. * 7-week summer day camp. * Activities during spring break. * Daytime activities for adults.

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 Ouest Boulevard, Suite 240, Laval-des-Rapides, Laval, QC, H7N 2J2

450 972-2099 ext. 42002

Email: mpdalaval@hotmail.com

Services: * Promotion and advocacy. * Mutual help. * Welcome and referrals. * Accompaniment. * Coffee meeting. * Choir.

Eligibility: people living with an intellectual disability

Capacity: 55

Coverage area: Laval

Hours: Monday to Thursday, variable schedule

Fees: membership card: \$20 per year

Financing: provincial

Legal status: non-profit organization

SERVICES DU CHAT BOTTÉ (LES)

155 Je-Me-Souviens Boulevard, Sainte-Rose, Laval, QC, H7L 1V6

450 663-5551 ext. 2 Fax: 450 663-0694

Website: autismelaval.org

Email: info@autismelaval.org

Services: * Weekend respite with accommodation and emergency respite. * Summer, spring break and Christmas week day camps. * Leisure activities: karate, dance, curling, cinema, cooking, etc. * Social and recreational activities for people living with Asperger's syndrome. * Socioprofessional activities for adults at the Bioferme located 573 Rang Saint-Antoine, H7R 6E8. * Day activities.

Eligibility: autistic people, day activities: semi-autonomous people 21 years with autism, behavioural problem or an intellectual disability

Capacity: respite: 24

Coverage area: Laval

Hours: Monday to Friday 8h30 to 15h00

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: mscanada.ca/ms-canada-laval

Email: info.laval@scleroseenplaques.ca

Services: * Active listening on the phone. * Information and referrals. * Documentation centre. * Vacation camp 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, thematic 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: none

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

1800 Dumouchel Avenue, Chomedey, Laval, QC, H7S 1J7

450 681-9979 Fax: 450 681-2835

Website: baaf.ca

Email: adjointe@baaf.ca

Services: Support to families. * Respite. * French learning program for children 3 to 5 years old and animated stories. * Avenir de Femmes program: 23-unit cooperative building for single mothers. * Project 10-19: organisation of activities and workshops for youth. * Secondaire à ma manière: workshops and activities for 6th graders. * Improvisation. * Workshops and activities. * Francization workshop. * Mutual aid group. * Collective kitchen. * Coffee chats. * Le Vestibule: free thrift store. * Toy library. * Community garden.

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

Services: * Place for meeting, listening and referral. * Vert l'écolo-partage thrift store: free clothing for the whole family. * Daycare. * Educational and recreational activities, training, dancing, committees, collective actions. * Confidential and open self-help groups, sharing group, discussion group on immigrant women's realities, thematic discussion evenings. * Advocacy of rights. * Computer equipment and documentation centre.

Eligibility: women

Coverage area: Laval

Hours: Tuesday and Wednesday 13h00 to 16h30, Friday 13h00 to 20h30

Fees: clothing: free

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

Legal status: non-profit organization

DIVISION URGENCE SOCIALE DU SERVICE DE POLICE DE LAVAL

2785 Francis-Hughes Avenue, Chomedey, Laval, QC, H7L 3J6

450 662-4595 Fax: 450 662-8534

Website: www.laval.ca/police/Pages/En/home.aspx

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 old and over in a crisis situation

Coverage area: Laval

Hours: Monday to Friday 8h15 to 12h00 and 13h00 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: 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. * Meals on wheels. * Emergency food aid: once a month per family maximum. * Donation of furniture and clothes upon referral.

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 Thursday 12h00 to 17h00, Friday 12h00 to 19h00, Saturday 12h00 to 17h00, meals on wheels: 5 times a week, at lunchtime, emergency food assistance: Monday to Friday, in the afternoon

Fees: meals on wheels: \$8 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.paroissessaintmaxime.org

Email: partagestmaxime@gmail.com

Services: Intercultural, intergenerational and interreligious centre. * Reception and listening. * Assistance with ex-inmates' social reintegration. * Food bank, emergency food assistance. * Clothing depot. * On-site recovery of clothing and food.

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 10h00 to 16h00, food distribution: by appointment, Monday to Friday 10h00 to 11h00

Fees: variable

Financing: donations

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINTE-DOROTHÉ

996 Gravel Montée, Sainte-Dorothée, Laval, QC, H7X 1E3

438 395-8219

Email: saintedorothee-ssvp@outlook.fr

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, newcomers

Coverage area: Sainte-Dorothée

Hours: thrift store: Wednesday 13h00 to 15h00, food assistance: by appointment, closed: January and July

Fees: thrift store: variable, other services: free

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

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: Monday to Friday 9h00 to 17h00, leave a message for an appointment

Fees: free, thrift store: variable

Financing: donations, self-financing

Legal status: non-profit organization

UN HABIT POUR UN AMI

111 des Laurentides Boulevard, suite 101, Pont-Viau, Laval, QC, H7G 2T2

450 668-8727 ext. 170

Website: relais-communautaire.org/page/un-habit-pour-un-ami

Email: ligia@relais-communautaire.org

Services: Collection and redistribution of winter clothing. * Items accepted: snowsuits, coats, winter boots and accessories (mittens, gloves, hats, neck warmers and scarves). * Find a collection point: map

Eligibility: individuals and families in need living in Laval

Coverage area: Laval

Financing: municipal

Legal status: non-profit organization

Donation pick-ups

RELAIS COMMUNAUTAIRE DE LAVAL - USED ITEMS RECOVERY

111 des Laurentides Boulevard, Suite 101, Pont-Viau, Laval, QC, H7G 2T2

450 668-8727 Fax: 450 668-9615

Website: relais-communautaire.org/page/carrefour-des-aubaines/dons-et-ramassage-darticles

Email: info@relais-communautaire.org

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: Monday, Wednesday and Friday 8h00 to 16h00, Tuesday and Thursday 8h00 to 16h30

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

Legal status: None or unknown

School supplies

CENTRE D'AIDE PORTAIL

560 Justin Street, Fabreville, Laval, QC, H7P 5R2

450 622-7315

Website: www.centreaideportail.com

Email: info@centreaideportail.com

Services: Food bank. * Weekly food baskets. * Christmas baskets. * School supplies distribution.

Eligibility: people in need

Capacity: food baskets: 160 per week

Coverage area: Laval

Hours: Monday to Thursday from 9h00 to 16h00, distribution of baskets: Thursday 14h00 to 17h15

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

Services: * Recruitment, training and referral of volunteers to Laval organisations: jebenevole.ca * Home support: SécuriCAB (automated call service to ensure the safety of seniors), medical transportation, school support, friendly visits, assistance with light chores, social calls, etc. * Moisson Laval: regional food bank supplying Laval organizations. * Comptoir alimentaire alternatif: emergency food aid. * Déjeuners et collations scolaires program (school lunches and snacks). * Christmas baskets. * Collection and distribution of school supplies. * Year-round tax clinic.

Eligibility: residents, people and families on a low income, organizations helping people on a low income, newcomers, refugees

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

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

Services: * Distribution of food vouchers and food bags. * Distribution of vouchers for school supplies. * Christmas baskets.

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

Fees: none

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

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: Wednesday 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

Services: * Distribution of food vouchers and food bags. * Christmas baskets. * Distribution of school supplies.

Eligibility: people on a low income

Coverage area: Saint-François-de-Sales Parish

Hours: by appointment

Fees: none

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

Services: * Food assistance: distribution of food vouchers and non-perishable food. * Christmas baskets. *

Bonne Mine operation: assistance with school supplies.

Eligibility: people on a low income

Capacity: 15 requests per week

Coverage area: Saint-Martin, Saint-Pie-X and Saint-Urbain parishes

Hours: Thursday afternoon: by appointment only

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

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

996 Gravel Montée, Sainte-Dorothée, Laval, QC, H7X 1E3

438 395-8219

Email: saintedorothee-ssvp@outlook.fr

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, newcomers

Coverage area: Sainte-Dorothée

Hours: thrift store: Wednesday 13h00 to 15h00, food assistance: by appointment, closed: January and July

Fees: thrift store: variable, other services: free

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

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: Monday to Friday 9h00 to 17h00, leave a message for an appointment

Fees: free, thrift store: variable

Financing: donations, self-financing

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINT-ELZÉAR

Saint-Elzéar Boulevard East, Vimont, Laval, QC, H7M 1C2

514 506-7512 Fax: 450 629-3415

Email: paroissesaintelzear@videotron.ca

Services: * Food vouchers. * Christmas baskets and gift certificates. * Opération Bonne Mine: school supply vouchers. * Thrift store: sale and recovery of clothing donations on site.

Eligibility: people on a low income

Coverage area: Saint-Elzéar Parish: postal code starting by H7M

Hours: thrift store: Monday 12h00 to 15h00, 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

Email: st-theophile@outlook.com

Services: * Distribution of 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 8h30 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

Services: * Distribution of food vouchers and food baskets. * Emergency food assistance. * Soupière Sainte-Rose: community meals. * Christmas baskets. * School supplies.

Eligibility: people on a low income

Coverage area: Sainte-Rose-de-Lima Parish

Hours: Wednesday 8h30 to 10h00

Financing: donations, fundraising campaigns

Legal status: non-profit organization

Thrift Stores

AU JARDIN DE LA FAMILLE DE FABREVILLE INC.

3867 Sainte-Rose Boulevard, Fabreville, Laval, QC, H7P 1C8

450 622-9456 Fax: 450 622-0312

Website: jardindela famille.org

Email: ajff@jardindela famille.org

Services: * Francization. * Literacy workshops: reading, writing, calculating, communication. * Thrift store. * Homework assistance. * Storage: treatment and recuperation workshop for paper, cardboard, glass and metal. * Socioprofessional integration through workshops, training, coaching, mentoring. * Distribution of basic necessities.

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

Coverage area: Laval

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: none

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

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE LE RENDEZ-VOUS DES ÂÎNÉS

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

Services: Food assistance * Emergency food assistance, once a week. * Sale of frozen meals. * Community meals. * Boit'Appétit box drop-off point. * Christmas meal. Material assistance * Thrift store: recovery and sale of used clothing and household items. Community * Friendly calls. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Identification to prevent isolation. * Sentinels: suicide prevention. * At-home visits to inform on the centre's activities. * Adapted recreational activities for people 35 years old and over with a mobility, visual or hearing impairment. * Respite for caregivers. * Classes and training workshops: computer, line dancing, gymnastics, yoga, zumba gold, etc. * Low-cost transportation to activities. * Outings, visits, walks, parties and special events. * Room rental. * Conferences. * Volunteering. * Tax clinic.

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: \$17 per year, meals: \$6.50 for members and \$8 for non-members, frozen meals: variable prices, fresh meal of the day: \$4.50, food assistance delivery: variable

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

Legal status: non-profit organization

COMPASSION LAVAL

1645 des Laurentides Boulevard, Vimont, Laval, QC, H7M 2P2

450 669-7072 Fax: 450 662-7152

Email: compassionlaval450@gmail.com

Services: Assistance to individuals and families in need. * Food bank. * Thrift shop: new and used clothing for adults and children at low cost. * Collection point for donations: non-perishable or long-lasting food, clothing, personal hygiene items, kitchenware, baby items, etc.

Eligibility: people and families on a low income

Coverage area: Laval

Hours: thrift shop: Thursday 11h00 to 16h30, food bank: Saturday 8h30 to 11h00, on-site donations: Tuesday to Thursday, summer: closed from the end of June to September, winter: closed in December and on New Year's Day

Fees: food bank: \$5

Financing: 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

Website: www.entraidelaval.org

Email: coqlicorne@gmail.com

Services: * Children 0 to 5 years old: daycare, stimulation workshops, kindergarten preparation, parent workshops and parent-child workshops. * Youth 6 to 12 years old: extracurricular activities, homework help, day camps, cooking workshops, sports initiations, etc. * Immigration: reception, accompaniment, referral. * Citizen space: social events, social economy, room rental, community fridge, thrift shop, reception and guidance, public writer, commissioner for oaths. * Le Grand Cerf-Volant: socialising activities for seniors.

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

Coverage area: Laval

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

Fees: annual membership: \$25, services: variable

Financing: federal, provincial, foundations

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: 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. * Meals on wheels. * Emergency food aid: once a month per family maximum. * Donation of furniture and clothes upon referral.

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 Thursday 12h00 to 17h00, Friday 12h00 to 19h00, Saturday 12h00 to 17h00, meals on wheels: 5 times a week, at lunchtime, emergency food assistance: Monday to Friday, in the afternoon

Fees: meals on wheels: \$8 per meal

Financing: donations, self-financing, provincial

Legal status: non-profit organization

MAISON DE LA FAMILLE DE ST-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

Services: Family support. * Family activities. * Workshops for adults and children. * Monthly collective kitchens. * Food assistance. * Daycare. * Bonhomme à lunettes: optician service. * Clothing counter. * Book sharing. * Internet access and photocopy service. * Support and listening by appointment, on site or by phone.

Eligibility: families

Capacity: 75 people

Coverage area: Laval East

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

Fees: member: \$10, 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

MIEUX-NAÎTRE À LAVAL

3534 de la Concorde East Boulevard, Duvernay, Laval, QC, H7E 2C5

438 830-4323

Website: mieuxnaitre.org

Email: info@mieuxnaitre.org

Services: Perinatal resources centre. * Support for parents and pregnant people, before, during and after the birth. * Listening and referrals. * Prenatal meetings (prenatal classes) * Prenatal and postnatal yoga. * Relevailles: at-home respite. * Prenatal and postnatal physical activities. * Care to newborns, babywearing workshops and baby massage classes. * Breastfeeding consultation. * Sign language for babies. * Child-led dietary diversification workshop (DME). * Community and intercultural environment dedicated to women and their families during the perinatal period: access to a book lending service, coffee chats and a play area for toddlers. * Reception of donations of baby clothes (size 0-24 months) and maternity clothes. * Thrift shop.

Eligibility: future and new parents

Coverage area: Laval

Hours: Monday to Thursday 9h00 to 16h00

Fees: free or variable depending on family income

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

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@gmail.com

Services: Intercultural, intergenerational and interreligious centre. * Reception and listening. * Assistance with ex-inmates' social reintegration. * Food bank, emergency food assistance. * Clothing depot. * On-site recovery of clothing and food.

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 10h00 to 16h00, food distribution: by appointment, Monday to Friday 10h00 to 11h00

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: provisionlaval.ca

Email: info@provisionlaval.ca

Services: * Weekly distribution of baked goods and food baskets. * Thrift store: sale of second-hand items. * Community activities.

Eligibility: people in need or experiencing homelessness

Capacity: 50

Coverage area: Laval: postal codes starting by H7N or H7G

Hours: food bank: Tuesday 8h30 to 10h30, registration to the food bank: the last Friday of the month from 14h00 to 15h00

Fees: variable

Financing: donations, foundations, fundraising campaigns

Legal status: non-profit organization

RELAIS COMMUNAUTAIRE DE LAVAL

111 des Laurentides Boulevard, Suite 101, Pont-Viau, Laval, QC, H7G 2T2

450 668-8727 ext. 100 Fax: 450 668-9615

Website: relais-communautaire.org

Email: info@relais-communautaire.org

Services: Food assistance * Community meals: lunches. * Food distribution. * Emergency food assistance. * Distribution of soup and sandwiches to vulnerable people. Material assistance * Carrefour des Aubaines: sale of used clothing and household items. * Bonhomme à lunettes service point. Community * Welcoming, information and referrals to resources and services. * Individualized follow-up and accompaniment. * Active listening. * Crisis management. * Day centre. * Relais santé beauté: 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 with meal preparation. * Articul: painting workshops. * Knitting. * Popular education workshops. * Special events. Immigration * Welcoming, information and referral. * Integration and intercultural bridge-building. * Thematic meals. Employment * Subsidized internships and jobs. * Professional reintegration program. * Volunteering. * Community and compensatory work. Christmas activities * Christmas baskets for members. * Animation and gifts for children.

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

RENAISSANCE QUÉBEC - DES LAURENTIDES THRIFT

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: thrift store: Monday to Friday 9h00 to 21h00, Saturday and Sunday 9h00 to 17h00, donation centre: Monday to Friday 8h00 to 21h00, Saturday and Sunday 8h00 to 17h00

Financing: self-financing

Legal status: non-profit organization

RENAISSANCE QUÉBEC - SAINT-MARTIN CENTER THRIFT

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: thrift store: Monday to Friday 9h00 to 21h00, Saturday and Sunday 9h00 to 17h00, donation centre: Monday to Friday 8h00 to 21h00, Saturday and Sunday 8h00 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

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. * Grocery shopping assistance. * Security and friendly calls. * Friendly visits.

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: \$8.00, frozen meals: \$6.50 or \$7.00

Financing: grants, self-financing, donations

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINTE-DOROTHÉ

996 Gravel Montée, Sainte-Dorothée, Laval, QC, H7X 1E3

438 395-8219

Email: saintedorothée-ssvp@outlook.fr

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, newcomers

Coverage area: Sainte-Dorothée

Hours: thrift store: Wednesday 13h00 to 15h00, food assistance: by appointment, closed: January and July

Fees: thrift store: variable, other services: free

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

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: Monday to Friday 9h00 to 17h00, leave a message for an appointment

Fees: free, thrift store: variable

Financing: donations, self-financing

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINT-ELZÉAR

Saint-Elzéar Boulevard East, Vimont, Laval, QC, H7M 1C2

514 506-7512 Fax: 450 629-3415

Email: paroissesaintelzear@videotron.ca

Services: * Food vouchers. * Christmas baskets and gift certificates. * Opération Bonne Mine: school supply vouchers. * Thrift store: sale and recovery of clothing donations on site.

Eligibility: people on a low income

Coverage area: Saint-Elzéar Parish: postal code starting by H7M

Hours: thrift store: Monday 12h00 to 15h00, 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: Duvernay, Saint-François, Saint-Vincent-De-Paul

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

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, transportation in Laval and Montréal

Hours: Monday to Friday 8h00 to 16h00

Fees: \$0.59 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 medical appointments by volunteers.

Eligibility: people on a low income, without transport or support, undergoing intensive treatment with medium or long-term follow-up

Coverage area: Laval, accompaniment and transportation: Greater Montréal and surrounding areas

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: 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, dons, self-financing

Legal status: non-profit organization

SCAMA - ACCOMPANIMENT-TRANSPORTATION

3168 Cartier Boulevard West, Chomedey, Laval, QC, H7V 1J7

450 681-4240 ext. 239 Fax: 450 681-0264

Website: centrescama.org

Email: transport@centrescama.org

Services: * Accompaniment and transportation for occasional medical appointments by volunteers.

Eligibility: seniors 50 years old and over

Coverage area: Chomedey, appointments: Laval and Sacré-Coeur hospital only

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

Fees: annual membership: \$20, accompaniment-transportation: \$0.59 per kilometer

Financing: provincial, grants

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: \$0.55 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: 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

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, transportation in Laval and Montréal

Hours: Monday to Friday 8h00 to 16h00

Fees: \$0.59 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 medical appointments by volunteers.

Eligibility: people on a low income, without transport or support, undergoing intensive treatment with medium or long-term follow-up

Coverage area: Laval, accompaniment and transportation: Greater Montréal and surrounding areas

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: 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, dons, self-financing

Legal status: non-profit organization

SCAMA - ACCOMPANIMENT-TRANSPORTATION

3168 Cartier Boulevard West, Chomedey, Laval, QC, H7V 1J7

450 681-4240 ext. 239 Fax: 450 681-0264

Website: centrescam.org

Email: transport@centrescam.org

Services: * Accompaniment and transportation for occasional medical appointments by volunteers.

Eligibility: seniors 50 years old and over

Coverage area: Chomedey, appointments: Laval and Sacré-Coeur hospital only

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

Fees: annual membership: \$20, accompaniment-transportation: \$0.59 per kilometer

Financing: provincial, grants

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: \$0.55 per km from the volunteer's residence

Financing: grants, self-financing, donations

Legal status: non-profit organization

Paratransit**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.ca

Email: alta@altalaval.ca

Services: * Information on paratransit and accessible transportation services. * Representation and advocacy of rights. * Assistance with lodging complaints. * Assistance with application procedures for paratransit. * Information conferences at seniors' residences and community organizations. * Activities for members.

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

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

RESIDENTIAL RESOURCES - TRANSPORTATION PROGRAM OF LAVAL

1755 René-Laennec Boulevard, Vimont, Laval, QC, H7M 3L9

450 668-1010

Website: www.lavalensante.com/en

Email: informations.cissslav@ssss.gouv.qc.ca

Services: * Financial assistance for travel to the nearest facility in the Department of Health and Social Services network.

Eligibility: persons with an intellectual, psychological, organic or physical disability

Coverage area: Laval

Hours: public information service: Monday to Friday 8h30 to 16h30, except on holidays

Fees: none

Financing: provincial

Legal status: parapublic organization

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

CHILD 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 abuse

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

Services: Place for meeting, services and referral. * Listening, accompaniment and counselling. * Sports and cultural activities, outings. * Homework assistance. * Prevention, awareness and education activities. * Food assistance, every 2 weeks. * Training on democratic life. * Music room. * Cultural and humanitarian trip.

Eligibility: people 11 to 17 years old

Coverage area: Saint-François

Hours: Tuesday to Thursday 17h00 to 21h00, Friday 17h00 to 22h00

Fees: none

Financing: provincial

Legal status: non-profit organization

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@organisme choc.com

Services: Support to men in prevention of domestic violence and suicide. * Prevention of domestic violence. * Telephone and on-site, individual or group intervention. * Awareness workshop on distress and reaching out for help. * Authorized follow-up service: contacting men whose close ones or counsellors are worried about. * Welcoming and awareness program for men from cultural communities to prevent domestic violence.

Eligibility: men who have committed or are at risk of committing domestic violence, men at risk of suicide, their close ones

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 income for a 20-week cycle, 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-Hughes Avenue, Chomedey, Laval, QC, H7L 3J6

450 662-4595 Fax: 450 662-8534

Website: www.laval.ca/police/Pages/En/home.aspx

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 old and over in a crisis situation

Coverage area: Laval

Hours: Monday to Friday 8h15 to 12h00 and 13h00 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 ext. 6199 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

MAISON LE PRÉLUDE (LA)

Confidential Address

450 682-3050 Fax: 450 682-1674

Website: www.maisonleprelude.com/index_en.html

Email: info@maisonleprelude.com

Services: Shelter for women victims of domestic violence. * Reception. * Housing. * Individual follow-up, support and accompaniment. * Youth counselling. * Information and referrals. * Post-housing follow-up and outpatient consultation. * Group counselling. * Prevention and awareness activities. * External follow-up for children.

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: info@maisonleprelude.com

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

MAISON MARIE-MARGUERITE

Confidential Address

450 232-4060**Website:** maisonmm.ca**Email:** info@maisonmm.ca

Services: Shelter for abused women with multiple problems. * Emergency housing: duration of 3 months or less. * Outpatient follow-up: in-person or remote listening, help in defining needs, accompaniment with procedures (medical, administrative, legal, etc.), referrals, etc. * Group workshops: forms of violence, consent, healthy versus unhealthy relationships, etc. * 24/7 crisis line. * Resources and tools.

Eligibility: women experiencing violence and multiple difficulties, their children

Capacity: emergency accommodation: 10 rooms, medium and long-term accommodation: 10 rooms

Coverage area: Laval

Financing: provincial, municipal, donations

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. * 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

Elder abuse**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

Services: Frontline services for routine health and social services. * Health insurance card authentication. * Bandage change and follow-up. * Nurse consultation. * Contraception. * Emergency oral contraception. * Breastfeeding room. * Help for abused seniors. * Help for victims of crime. * General vaccination. * Flu vaccination: www.lavalensante.com/vaccingrippelaval

Coverage area: Laval

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

Financing: provincial

Legal status: parapublic 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:** info@dira-laval.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 Thursday 8h00 to 12h00 and 13h00 to 16h00, by appointment

Fees: none

Financing: provincial

Legal status: non-profit organization

HELLENIC SOCIAL SERVICES OF QUÉBEC - LAVAL

4865 du souvenir Street, Chomedey, Laval, QC, H7W 1E1

450 688-2091 Fax: 450 688-2084

Website: hcgm.org

Email: info@hcgm.org

Services: Food * Food bank. * Home delivery. * Christmas baskets. Support * Information and referral. * Active 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 for people victim of abuse. * Friendly phone calls. * Programme intégré d'équilibre dynamique (PIED). * Support for caregivers: support groups, coffee meetings, information and referral, Info-mobile: booths in public events. * Recreational activities and bonding program. * Coffee meeting. * Exercise course. Education * Computer classes: tablet and cell phone. * French classes.

Eligibility: general public, mainly of Greek origin

Coverage area: Laval

Hours: Monday to Friday 9h00 to 17h00

Fees: annual membership: \$5, food bank: \$5 per box

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-Hughes Avenue, Chomedey, Laval, QC, H7L 3J6

450 662-4595 Fax: 450 662-8534

Website: www.laval.ca/police/Pages/En/home.aspx

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 old and over in a crisis situation

Coverage area: Laval

Hours: Monday to Friday 8h15 to 12h00 and 13h00 to 17h30

Fees: none

Financing: municipal

Legal status: municipal agency

MAISON MARIE-MARGUERITE

Confidential Address

450 232-4060**Website:** maisonmm.ca**Email:** info@maisonmm.ca

Services: Shelter for abused women with multiple problems. * Emergency housing: duration of 3 months or less. * Outpatient follow-up: in-person or remote listening, help in defining needs, accompaniment with procedures (medical, administrative, legal, etc.), referrals, etc. * Group workshops: forms of violence, consent, healthy versus unhealthy relationships, etc. * 24/7 crisis line. * Resources and tools.

Eligibility: women experiencing violence and multiple difficulties, their children

Capacity: emergency accommodation: 10 rooms, medium and long-term accommodation: 10 rooms

Coverage area: Laval

Financing: provincial, municipal, 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

Services: Support to men in prevention of domestic violence and suicide. * Prevention of domestic violence. * Telephone and on-site, individual or group intervention. * Awareness workshop on distress and reaching out for help. * Authorized follow-up service: contacting men whose close ones or counsellors are worried about. * Welcoming and awareness program for men from cultural communities to prevent domestic violence.

Eligibility: men who have committed or are at risk of committing domestic violence, men at risk of suicide, their close ones

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 income for a 20-week cycle, 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

Services: * Helpline. * Post-traumatic intervention. * Individual therapy for victims and their close ones. * 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

Financing: provincial, grants, donations

Legal status: non-profit organization

MAISON LE PRÉLUDE (LA)

Confidential Address

450 682-3050 Fax: 450 682-1674**Website:** www.maisonleprelude.com/index_en.html**Email:** info@maisonleprelude.com

Services: Shelter for women victims of domestic violence. * Reception. * Housing. * Individual follow-up, support and accompaniment. * Youth counselling. * Information and referrals. * Post-housing follow-up and outpatient consultation. * Group counselling. * Prevention and awareness activities. * External follow-up for children.

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 MARIE-MARGUERITE

Confidential Address

450 232-4060**Website:** maisonmm.ca**Email:** info@maisonmm.ca

Services: Shelter for abused women with multiple problems. * Emergency housing: duration of 3 months or less. * Outpatient follow-up: in-person or remote listening, help in defining needs, accompaniment with procedures (medical, administrative, legal, etc.), referrals, etc. * Group workshops: forms of violence, consent, healthy versus unhealthy relationships, etc. * 24/7 crisis line. * Resources and tools.

Eligibility: women experiencing violence and multiple difficulties, their children

Capacity: emergency accommodation: 10 rooms, medium and long-term accommodation: 10 rooms

Coverage area: Laval

Financing: provincial, municipal, 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

Services: Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offences. * Sociocommunity sector, specialized units and awareness-raising. * Criminal record check-up. * Verification of child safety seats. * In charge of Laval's office of integrity and ethics. * Outil Profil: data sheet for people with cognitive impairments www.laval.ca/Documents/Pages/Fr/Citoyens/police-securite-civile-et-urgences-sociales/urgences-sociales/formulaire-personne-ayant-maladie-cognitive.pdf

Coverage area: Laval

Hours: Monday to Friday 8h15 à 17h30

Financing: municipal

Legal status: municipal agency

SERVICE DE POLICE DE LAVAL - SURVIVANTES (LES)

Confidential Address

514 894-4593**Email:** spl.prevention@laval.ca

Services: Awareness and prevention of sexual exploitation and prostitution. * Intervention with vulnerable persons. * Support to institutions and counsellors.

Eligibility: vulnerable persons, their relatives

Coverage area: Laval

Hours: variable
Fees: none
Financing: municipal
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. * 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

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

Services: * Helpline. * Post-traumatic intervention. * Individual therapy for victims and their close ones. *

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

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

450 668-1444 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 aged 12 years and over

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/en

Services: Hospital centre offering general and specialized care. * Emergency. * Test centre. * Family planning services: abortion, contraception, etc. * Medical care and examination for victims of sexual assault. * Medical imagery. * Detoxification. * General and influenza vaccinations.

Coverage area: Province of Québec

Hours: 24 hours / 7 days, test centre: Monday to Friday 7h00 to 14h00, by appointment

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

Services: Sexual delinquency treatment. * Specialized therapeutic help for people with a problem of sexual offending and their close ones. * Research, promotion, prevention and training projects.

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

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

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

Services: Emotional support for people with sexual fantasies towards minors. * Confidential and anonymous active helpline. * Chat. * Anonymous online self-help platform: casuffit.info/en/self-help

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

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

Services: Support to men in prevention of domestic violence and suicide. * Prevention of domestic violence. * Telephone and on-site, individual or group intervention. * Awareness workshop on distress and reaching out for help. * Authorized follow-up service: contacting men whose close ones or counsellors are worried about. * Welcoming and awareness program for men from cultural communities to prevent domestic violence.

Eligibility: men who have committed or are at risk of committing domestic violence, men at risk of suicide, their close ones

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 income for a 20-week cycle, 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

Services: Sexual delinquency treatment. * Specialized therapeutic help for people with a problem of sexual offending and their close ones. * Research, promotion, prevention and training projects.

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

Website: www.majl.org

Email: info@majl.org

Services: Enforcement of the measures established by the Youth Criminal Justice Act. * Reparation to victims: mediation, apology, compensation. * Reparation to community: volunteer work, donation to the community. * Development of social skills: training, individual or group meetings. * Crime prevention workshops in schools.

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

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

Services: * Psychosocial and post-traumatic intervention. * Information on legal processes. * Judicial follow-up and information. * Accompaniment to court in need. * Information on rights and recourses of victims of criminal acts. * Technical assistance.

Eligibility: victims of criminal acts towards a person or property, their relatives, witnesses of criminal acts

Coverage area: Laval

Hours: Monday and Wednesday 8h30 to 21h00, Tuesday, Thursday and Friday 8h30 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

Services: * Helpline. * Post-traumatic intervention. * Individual therapy for victims and their close ones. * 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

Financing: provincial, grants, donations

Legal status: non-profit 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

Services: Frontline services for routine health and social services. * Health insurance card authentication. * Bandage change and follow-up. * Nurse consultation. * Contraception. * Emergency oral contraception. * Breastfeeding room. * Help for abused seniors. * Help for victims of crime. * General vaccination. * Flu vaccination: www.lavalensante.com/vaccingrippelaval

Coverage area: Laval

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

Financing: provincial

Legal status: parapublic organization

CORRECTIONAL SERVICE CANADA - VICTIM SERVICES

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: QUEvictimes@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: info@dira-laval.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 Thursday 8h00 to 12h00 and 13h00 to 16h00, 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

Website: www.majl.org

Email: info@majl.org

Services: Enforcement of the measures established by the Youth Criminal Justice Act. * Reparation to victims: mediation, apology, compensation. * Reparation to community: volunteer work, donation to the community. * Development of social skills: training, individual or group meetings. * Crime prevention workshops in schools.

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 CANADA CENTRE - LAVAL

1041 des Laurentides Boulevard, 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: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Laval

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE DE POLICE DE LAVAL - SURVIVANTES (LES)

Confidential Address

514 894-4593

Email: spl.prevention@laval.ca

Services: Awareness and prevention of sexual exploitation and prostitution. * Intervention with vulnerable persons. * Support to institutions and counsellors.

Eligibility: vulnerable persons, their relatives

Coverage area: Laval

Hours: variable

Fees: none

Financing: municipal

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. * 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

Therapy and counselling

AIRE OUVERTE DE LAVAL

308 Cartier Boulevard West, Door 4, Laval-des-Rapides, Laval, QC, H7N 2J2

450 978-8333

Website: lavalensante.com/en/aireouverte

Email: aire.ouverte.cissslav@ssss.gouv.qc.ca

Services: Various confidential services, with or without an appointment, for youth aged 12 to 25. * Individual psychosocial follow-up. * Sexual health clinic: contraception, pregnancy tests, STI screening, questions about gender and sexual orientation. * Financial aid and legal information. * Advice on studies, work, and housing.

Eligibility: youth aged 12 to 25

Coverage area: Laval

Hours: Wednesday to Friday 12h00 to 20h00, Saturday 12h00 to 17h00, Summer schedule: Wednesday to Friday 12h00 to 20h00

Fees: none

Financing: provincial

Legal status: provincial government agency

AVC-APHASIE LAVAL

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

450 937-3666

Website: www.avcaphasielaval.ca

Email: administration@avcaphasielaval.ca

Services: * Workshops: language stimulation, carpentry, creativity, computer, GYM-AVC, theatre, cognitive stimulation. * Mutual aid groups: monthly open group for caregivers, group for people who have had a stroke and their close ones. * Psychosocial support for people with aphasia and caregivers. * Group outings. * Bonhomme à lunettes service point.

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

Coverage area: Laval

Hours: Monday to Friday 8h30 to 15h30

Fees: annual membership: \$25, activities: 25 to \$35 per semester

Financing: provincial, municipal, donations

Legal status: non-profit organization

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

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

450 490-4224

Website: www.lecafgraf.org

Email: info@lecafgraf.org

Services: * Support and mutual aid to break the isolation. * Psychosocial support and referral. * Recreational, social, cultural and sports activities. * Thematic and art workshops. * Free access to computers and Wi-Fi.

Eligibility: people 16 years and over who have lived or are living with mental health

Capacity: 40 people

Coverage area: Laval

Hours: administration: Tuesday to Friday 9h00 to 17h00, day center: Tuesday to Friday 13h00 to 16h00

Fees: none

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

Legal status: non-profit organization

CARREFOUR D'INTERCULTURES DE LAVAL

800 Chomedey Boulevard, Tower C, Suite 510, Chomedey, Laval, QC, H7V 3Y4

450 686-0554

Website: www.carrefourintercultures.com

Email: info@carrefourintercultures.com

Services: Welcoming of newcomers. * Information and guidance. * Accompaniment, support, settlement and integration assistance. * Assistance with forms. * Individual and group psychosocial support. * Part-time French courses. * Training to integrate the work force. * Administration of oath. * Family activities. * Espace parents: parenting skills workshops in the context of immigration. * Intercultural pairing. * Tax clinic.

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.carrefourespoir.org

Email: carrefourespoir2000@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 14 years old and over, families living with a dependency or codependency problem

Coverage area: Province of Québec

Hours: Monday to Thursday 8h00 to 18h00

Fees: external service: \$70 per hour, 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: cill.qc.ca

Email: info@cill.qc.ca

Services: * Drop-in centres. * Pre-employability and work units: kitchen, office, household maintenance. * Trainings: French-literacy, English conversation, computers, organization committee for community life, music therapy, art and crafts. * Social and sports activities. * Social insertion measures. * Community follow-up: housing assistance, social integration, accompaniment, listening and moral support. * Integration in the work place: internship and accompaniment.

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 9h00 to 17h00

Financing: self-financing, grants

Legal status: non-profit organization

CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DE LAVAL - SERVICES EN DÉFICIENCE INTELLECTUELLE, TROUBLE DU SPECTRE DE L'AUTISME ET DÉFICIENCE PHYSIQUE

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

811 option 2 Fax: 450 972-2041

Website: www.lavalensante.com/en/professionals-and-doctors/acces-aux-services-en-di-tsa-et-dp

Services: * Pediatric services and programs: motor, language and autonomy development, support and accompaniment, diagnostic evaluation, transition to adulthood, mobility assistance. * Services for adults.

Eligibility: people living with a physical or an intellectual disability, autistic people

Coverage area: Laval

Financing: provincial

Legal status: parapublic 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 health check-up. * 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

450 668-1444 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 aged 12 years and over

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

Services: Frontline services for routine health and social services. * Food assistance. * Household assistance.

* Anticoagulation therapy - Prescription adjustment. * Health insurance card authentication. * Crutches and wheelchair rental. * Nurse consultation. * Contraception, screening, and abortion pills. * Distribution of new injection material to drug users and recovery of used needles and syringes. * Breastfeeding room. * Streptococcus screening service. * Psychosocial services including reception, analysis, orientation and referral.

* Cholesterol testing. * Blood sugar testing * Pap test. * Flu vaccination.

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

Services: * Light and heavy housekeeping. * Clothing and bedding care. * Meal preparation without special diet. * Groceries and other errands. * Respite. * Personal assistance, personal care. * Social geriatrics: accompaniment of seniors and their caregivers to address social or clinical issues.

Eligibility: people 50 years 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: \$34 per hour, heavy housekeeping: \$37.50 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 \$100 000. * 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-Hughes Avenue, Chomedey, Laval, QC, H7L 3J6

450 662-4595 Fax: 450 662-8534

Website: www.laval.ca/police/Pages/En/home.aspx

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 old and over in a crisis situation

Coverage area: Laval

Hours: Monday to Friday 8h15 to 12h00 and 13h00 to 17h30

Fees: none

Financing: municipal

Legal status: municipal agency

FIBROMYALGIE 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

Services: * Monthly mutual aid groups. * Therapeutic listening and support. * Information and conferences. * Pain management. * Physical activities: aqua-fitness, pilates, etc. * Massage therapy. * Hypnosis.

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

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: none

Financing: provincial

Legal status: non-profit organization

INSTITUT RAYMOND-DEWAR - PSYCHOSOCIAL SERVICES FOR DEAF CLIENTS WHO SPEAK SIGN LANGUAGE

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

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 adult 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: lumivie.com/en

Email: info@lumivie.com

Services: * Information and referral. * Accompaniment and support for the bereaved and 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. * Workshop on grief and how to support a bereaved person. * 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 9h00 to 17h00, summer schedule: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 12h00

Fees: variable

Financing: provincial

Legal status: non-profit organization

PERSPECTIVE FAMILLE

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

450 622-0524

Website: www.perspectivefamille.org

Email: info@perspectivefamille.org

Services: * Individual assistance for children, youth, parents, separated spouses and new spouses. * Group workshops for children, parents, in-laws and separated spouses. * Co-parenting support. * Self-esteem: day camp. * Conferences.

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

Capacity: 12 people per group

Coverage area: Laval, Lanaudière, Laurentians, Montréal Island

Hours: Monday to Thursday 9h00 to 20h00, Saturday and Sunday 9h00 to 17h00, by appointment

Fees: some paid services

Financing: provincial

Legal status: non-profit organization

SCAMA

3168 Cartier Boulevard West, Chomedey, Laval, QC, H7V 1J7

450 681-4240 Fax: 450 681-0264

Website: centrescam.org/en

Email: info@centrescam.org

Services: Community centre for social and recreational activities. * Food Services: meals on wheels, emergency food assistance, on-site cafeteria, delivery of frozen meals. * Community centre: chair exercises, coffee chats, French conversation workshops, lectures, outings, bingo, yoga, 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 through phonecalls and at-home visits. * Zootherapy. * Medical accompaniment and transportation for occasional appointments.

Eligibility: seniors 50 years old and over

Coverage area: meals on wheels and food assistance: Chomedey, Amperâge, Allô Sam! and community centre: Laval, other services: Laval, Montréal Island

Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 13h00, food assistance: Friday 2 times a month

Fees: annual membership: \$20, meals on wheels: \$8 per meal, Amperâge and food assistance: free, frozen meals: variable prices from \$6.75 to \$7.75, Allô Sam!: \$30 per hour, minimum 2 hours and \$10 travel fee, canteen on site: meals at \$8, community centre and activities: free

Financing: provincial, subventions

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

Services: * Individual psychotherapy. * Self-development groups.

Eligibility: people on a low income

Coverage area: Laval

Hours: reception: Monday and Friday 9h00 to 12h00, Tuesday to Thursday 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: 450 232-4094

Website: www.spheressg.org

Email: info@spheressg.org

Services: * Individual support. * Support groups. * ITSS and HIV information. * 2SLGBTQIA+ socialization space. * Distribution of prevention material: protection against STIs, hormone therapy material, sterile consumption material. * Free STBBI screening clinic. * Community health service centre. * Sexuality education workshop. * Training for professionals. * Project Plur-iels: individual support, support groups, accompaniment and education for gender-diverse or questioning people and their loved ones. * Fixed site. * Access to gender-affirming materials, the organization's thrift shop and private library.

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, variable

Fees: none

Financing: grants, self-financing, donations

Legal status: non-profit organization

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