



Summary  
**Summary**

<b>Child, Youth and Family</b>	1
Daycare and respite	2
Family Support	3
Juvenile Delinquency	4
Maternity support and adoption	5
Parenting Education	5
Recreational Activities	7
Youth Centres and Support	7
Youth Employment	9
Youth Shelters and Support	9
<b>Community Action</b>	10
Advisory and citizen action organizations	11
Community centres	12
Community development	13
Volunteering and volunteer centres	13
<b>Disability</b>	16
Adapted work and employability support	17
Autism, PDD, ADHD	17
Deaf and hearing impaired	18
Language disorders	18
Mobility aids	19
Recreation and camps	19
Respite services and housing	20
Respite, child care and housing	20
Support Associations	22
Support and integration organizations	22
The Blind	23
Therapy and rehabilitation centres	23
<b>Education and Literacy</b>	24
Academic and vocational guidance	25
Computer workshops	25
Homework assistance and tutoring	26
Language courses	26
Literacy	27
Public education	27
School perseverance	28
<b>Employment and Income Support</b>	29
Budget management and consumption	30
Business development	31
Employment support and training	31
Employment support for immigrants	33
Employment support for youth	33
Vocational rehabilitation and disability-related employment	34
<b>Food</b>	36
Christmas basket	37
Collective kitchens and cooking workshops	38
Community gardens and markets	39
Food Assistance	41
Food aid for pregnant women and children	42
Food assistance in schools	43
Low cost or free meals	43

Prepared meals and Meals-on-wheels	44
<b>Government services</b>	46
Municipal services	47
Provincial services	47
<b>Health</b>	49
Family planning	50
Home care	50
Hospitals, CLSC and community clinics	50
Palliative care	51
Patient support associations	51
Public Health	52
<b>Homelessness</b>	54
Day and evening centres	55
Health care	55
Mobile units and street work	56
<b>Housing</b>	57
Advocacy for housing	58
Emergency	58
Housing cooperatives and corporations	59
<b>Immigration and cultural communities</b>	60
Multicultural organizations	61
Refugee support	61
Settlement services for newcomers	62
<b>Indigenous Peoples</b>	63
Government services	64
<b>Justice and Advocacy</b>	65
Advocacy groups	66
Consumer protection and complaints	68
Legal assistance and information	68
Support for offenders	69
<b>Mental Health and addictions</b>	70
Addiction prevention	71
Addiction treatment	72
Community support in mental health	74
Crisis centres and suicide prevention	75
Mental health advocacy groups	75
Mental health housing	76
Self-help groups for mental health issues	76
<b>Seniors</b>	77
Caregivers	78
Community and Recreation Centres	78
Day centres and respite	79
Friendly visits and safety calls	80
Home support	80
Housing for seniors	82
Seniors' Advocacy and Assistance Associations	83
Volunteer Transportation	83
<b>Sex and gender</b>	85
LGBTQ associations	86
<b>Sports, Recreation and Culture</b>	87
Arts and culture	88
Clubs and social events	88

Community recreation centres	89
Hobbies	90
Libraries	91
Sport	92
Sports and recreation for people with a disability	92
<b>Thrift store and material aid</b>	93
Clothing	94
Donation pick-ups	94
School supplies	95
Thrift Stores	95
Used item donation recovery programs	97
<b>Transportation</b>	99
Accompanied transport	100
Accompanied transport for medical reasons	100
<b>Violence and abuse</b>	101
Child abuse	102
Domestic violence: shelters and support	102
Help lines related to violence and abuse	103
Prevention of violence and crime	103
Sexual assault and incest	104
Therapy and counselling	105

## **Child, Youth and Family**

**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**

## Daycare and respite

### CENTRE MULTI-RESSOURCES DE LACHINE

514 19th Avenue, Suite 309, Lachine, Montréal, QC, H8S 3S5

**514 634-3658 ext. 200** Fax: 514 634-8938

**Website:** [cmrl.ca/?lang=en](http://cmrl.ca/?lang=en)

**Email:** [accueil@cmrl.ca](mailto:accueil@cmrl.ca)

**Services:** \* Reception, referral and documentation. \* Social, educational, recreational and personal development activities for children, families and seniors. \* In-home support, safety calls, phone calls and friendly visits for seniors. \* Sentinelles en veille program: volunteers network trained to identify, approach and refer seniors in vulnerable situations. \* Parent-child workshops. \* Parenting skills workshops. \* Drop-in respite. \* Christmas baskets.

**Eligibility:** seniors 50 years and over, families with preschoolers, in-home support and safety calls: seniors with a loss of autonomy living alone

**Coverage area:** Lachine

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

**Fees:** membership: \$10 per person, \$15 per family, drop-in respite: \$2.50 for 3h15, \$7 for a day

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

**Legal status:** non-profit organization

### COMITÉ DE VIE DE QUARTIER DUFF-COURT

1830 Duff-Court Street, Suite 103, Lachine, Montréal, QC, H8S 1C8

**514 634-5055** Fax: 514 634-8354

**Website:** [www.coviq.org](http://www.coviq.org)

**Email:** [accueil@coviq.org](mailto:accueil@coviq.org)

**Services:** \* Food assistance. \* Collective kitchens. \* Cooking workshops for adults and youth. \* Youth house. \* Homework assistance. \* Recreational activities for youth. \* Daycare. \* Stimulation workshops for families with children 0 to 4 years old. \* Accompaniment in advocacy of tenants' rights and in housing sanitation. \* Urban farm. \* Farmer's market. \* Citizen committees.

**Eligibility:** residents of the Duff-Court neighbourhood

**Coverage area:** Duff-Court neighbourhood: Duff Court Street and Roy Crescent

**Hours:** Monday, Tuesday, Thursday and Friday 10h00 to 16h00, Wednesday 13h00 to 16h00, farmer's market: Thursday 14h00 to 17h00

**Fees:** variable

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

**Legal status:** non-profit organization

### P'TITE MAISON DE SAINT-PIERRE (LA)

41 Ouellette Avenue, Lachine, Montréal, QC, H8R 1L4

**514 544-1319**

**Website:** [www.laptitemaisonsaintpierre.org](http://www.laptitemaisonsaintpierre.org)

**Email:** [laptitemaisonsaintpierre@gmail.com](mailto:laptitemaisonsaintpierre@gmail.com)

**Services:** Community and family meeting place. \* Referral, accompaniment. \* Soupe à partager, free weekly meal. \* Coffee-chats, thematic workshops. \* Drop-in respite. \* Thrift store. \* Family activities.

**Eligibility:** families in need

**Coverage area:** Lachine

**Hours:** reception: Monday and Tuesday 8h00 to 16h00, Wednesday and Thursday 8h00 to 20h00, free meal: Wednesday 11h30 to 12h30, respite: Monday and Tuesday 8h30 to 12h30, Wednesday 12h30 to 16h30, Thursday 8h30 to 16h30, thrift store: Tuesday 9h00 to 16h00, Wednesday 9h00 to 19h00, Thursday 12h00 to 19h30

**Fees:** free

**Financing:** Centraide of Greater Montréal, grants, fundraising campaigns

**Legal status:** non-profit organization

## Family Support

### CENTRE DE PÉDIATRIE SOCIALE COMMUNAUTAIRE DE LACHINE

183 des Érables Street, Suite 103, Lachine, Montréal, QC, H8R 1B1

**514 364-1414 Fax:** 514 366-4241

**Website:** en.cpscodelachine.ca

**Email:** cpscodelachine@hotmail.com

**Services:** \* Evaluation and orientation meetings with a multidisciplinary team. \* Medical, psychosocial and nursing follow-up. \* Accompaniment focused on the children's needs and their development. \* Support for vulnerable families.

**Eligibility:** children, teenagers, families

**Coverage area:** Lachine

**Hours:** Monday to Friday 9h00 to 16h00, by appointment only

**Fees:** free

**Financing:** provincial, municipal, grants

**Legal status:** non-profit organization

### CENTRE MULTI-RESSOURCES DE LACHINE

514 19th Avenue, Suite 309, Lachine, Montréal, QC, H8S 3S5

**514 634-3658 ext. 200 Fax:** 514 634-8938

**Website:** cmrl.ca/?lang=en

**Email:** accueil@cmrl.ca

**Services:** \* Reception, referral and documentation. \* Social, educational, recreational and personal development activities for children, families and seniors. \* In-home support, safety calls, phone calls and friendly visits for seniors. \* Sentinelles en veille program: volunteers network trained to identify, approach and refer seniors in vulnerable situations. \* Parent-child workshops. \* Parenting skills workshops. \* Drop-in respite. \* Christmas baskets.

**Eligibility:** seniors 50 years and over, families with preschoolers, in-home support and safety calls: seniors with a loss of autonomy living alone

**Coverage area:** Lachine

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

**Fees:** membership: \$10 per person, \$15 per family, drop-in respite: \$2.50 for 3h15, \$7 for a day

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

**Legal status:** non-profit organization

### COMITÉ DE VIE DE QUARTIER DUFF-COURT

1830 Duff-Court Street, Suite 103, Lachine, Montréal, QC, H8S 1C8

**514 634-5055 Fax:** 514 634-8354

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**Services:** \* Food assistance. \* Collective kitchens. \* Cooking workshops for adults and youth. \* Youth house. \* Homework assistance. \* Recreational activities for youth. \* Daycare. \* Stimulation workshops for families with children 0 to 4 years old. \* Accompaniment in advocacy of tenants' rights and in housing sanitation. \* Urban farm. \* Farmer's market. \* Citizen committees.

**Eligibility:** residents of the Duff-Court neighbourhood

**Coverage area:** Duff-Court neighbourhood: Duff Court Street and Roy Crescent

**Hours:** Monday, Tuesday, Thursday and Friday 10h00 to 16h00, Wednesday 13h00 to 16h00, farmer's market: Thursday 14h00 to 17h00

**Fees:** variable

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

**Legal status:** non-profit organization

**P'TITE MAISON DE SAINT-PIERRE (LA)**

41 Ouellette Avenue, Lachine, Montréal, QC, H8R 1L4

**514 544-1319**

**Website:** [www.laptitemaisonsaintpierre.org](http://www.laptitemaisonsaintpierre.org)

**Email:** [laptitemaisonsaintpierre@gmail.com](mailto:laptitemaisonsaintpierre@gmail.com)

**Services:** Community and family meeting place. \* Referral, accompaniment. \* Soupe à partager, free weekly meal. \* Coffee-chats, thematic workshops. \* Drop-in respite. \* Thrift store. \* Family activities.

**Eligibility:** families in need

**Coverage area:** Lachine

**Hours:** reception: Monday and Tuesday 8h00 to 16h00, Wednesday and Thursday 8h00 to 20h00, free meal: Wednesday 11h30 to 12h30, respite: Monday and Tuesday 8h30 to 12h30, Wednesday 12h30 to 16h30, Thursday 8h30 to 16h30, thrift store: Tuesday 9h00 to 16h00, Wednesday 9h00 to 19h00, Thursday 12h00 to 19h30

**Fees:** free

**Financing:** Centraide of Greater Montréal, grants, fundraising campaigns

**Legal status:** non-profit organization

**Juvenile Delinquency****CENTRE OPTION-PRÉVENTION TVDS (LE)**

615 Provost Street, Suite 1, Lachine, Montréal, QC, H8S 1M5

**514 898-9805**

**Website:** [www.centretvds.org](http://www.centretvds.org)

**Email:** [centretvds@videotron.ca](mailto:centretvds@videotron.ca)

**Services:** \* Accompaniment, support and mutual aid services in groups and individually, virtual or face-to-face, in the following fields: addictions, violence, criminality, anxiety, stress, depressive symptoms, suicidal ideation and post-traumatic stress disorder. \* Prevention programs, projects and tools development for youth and adults on gambling, drugs, violence, crime and suicide. \* Prevention and intervention tools creation.

**Eligibility:** children, teens and adults

**Capacity:** 25 persons

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00 and Saturday and Sunday 10h00 to 15h00

**Fees:** free

**Financing:** provincial, fundraising campaigns, foundations, donations

**Legal status:** non-profit organization

**SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 8 - LACHINE, SAINT-PIERRE**

170 15th Avenue, Lachine, Montréal, QC, H8S 3L9

**514 280-0108** Fax: 514 280-0608

**Website:** [spvm.qc.ca/en/PDQ8](http://spvm.qc.ca/en/PDQ8)

**Email:** [pdq8@spvm.qc.ca](mailto:pdq8@spvm.qc.ca)

**Services:** Peacekeeping, law enforcement and public security. \* Prevention and repression of crime and offences. \* Criminal record check-up. \* Loan of engravers to identify valuables. \* Sociocommunity sector, specialized units and awareness-raising.

**Eligibility:** citizens and residents of the neighbourhood

**Coverage area:** Lachine, Saint-Pierre

**Hours:** Monday to Sunday 9h00 to 19h00

**Financing:** municipal, provincial

**Legal status:** municipal agency



## Maternity support and adoption

### CLSC DE DORVAL-LACHINE

1900 Notre-Dame Street, Lachine, Montréal, QC, H8S 2G2

**514 639-0650**

**Website:** [ciusss-ouestmtl.gouv.qc.ca/en/contact-location/local-community-services-centres/clsc-de-dorval-lachine](http://ciusss-ouestmtl.gouv.qc.ca/en/contact-location/local-community-services-centres/clsc-de-dorval-lachine)

**Services:** Frontline services for routine health and social services. \* Support to pregnant women and new parents. \* Sexual health clinic. \* Youth clinic: sexual health and psychosocial intervention. \* Mental health care. \* SIDEPE: HIV/AIDS and STBBI screening and prevention integrated services. \* Disposal of used syringes and needles. \* Distribution of injection equipment to people who use drugs. \* Alcochoix+ program. \* Quit smoking centre. \* Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). \* Support to people with a loss of autonomy and their caregivers. \* Loan of mobility aids to people with a loss of autonomy. \* Palliative and end-of-life care.

**Coverage area:** Lachine, LaSalle

**Hours:** Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 12h00 and 13h00 to 16h00, psychosocial intake: Monday to Wednesday 9h00 to 17h00, Thursday and Friday 8h00 to 20h00

**Financing:** provincial

**Legal status:** parapublic organization

### ÉCO-QUARTIER LACHINE

735 Notre-Dame Street, Lachine, Montréal, QC, H8S 2B5

**514 634-7205**

**Website:** [game.org/eco-quartier-lachine](http://game.org/eco-quartier-lachine)

**Email:** [ecolachine@game.org](mailto:ecolachine@game.org)

**Services:** Educate and inform residents on environmental issues, improve cleanliness, beautify and green environments, help residents reduce their daily ecological footprint and encourage active participation. \* Drop-off point for garbage that does not go in any of the municipal collection bins. \* Cleaning operations. \* Sale and planting of trees. \* Sewing with recovered materials. \* Eco-boutique: ecological products. \* Green and blue patrols: go to the direct contact of people to help them adopt better eco-responsible practices. \* Advice, workshops and conferences. \* Collective gardens. \* Drop point for baskets of fruits and vegetables ugly of Second Life. \* Subsidy for washable diapers. \* Volunteer opportunities.

**Eligibility:** general public

**Coverage area:** Lachine, Dorval

**Hours:** Monday, Tuesday and Thursday 10h00 to 17h00, Wednesday 10h00 to 20h00, Friday and Saturday 9h00 to 13h00

**Fees:** free

**Financing:** municipal, self-financing

**Legal status:** non-profit organization

## Parenting Education

### CENTRE MULTI-RESSOURCES DE LACHINE

514 19th Avenue, Suite 309, Lachine, Montréal, QC, H8S 3S5

**514 634-3658 ext. 200** Fax: 514 634-8938

**Website:** [cmrl.ca/?lang=en](http://cmrl.ca/?lang=en)

**Email:** [accueil@cmrl.ca](mailto:accueil@cmrl.ca)

**Services:** \* Reception, referral and documentation. \* Social, educational, recreational and personal development activities for children, families and seniors. \* In-home support, safety calls, phone calls and friendly visits for seniors. \* Sentinelles en veille program: volunteers network trained to identify, approach and refer seniors in vulnerable situations. \* Parent-child workshops. \* Parenting skills workshops. \* Drop-in respite. \* Christmas baskets.

**Eligibility:** seniors 50 years and over, families with preschoolers, in-home support and safety calls: seniors with a loss of autonomy living alone

**Coverage area:** Lachine

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

**Fees:** membership: \$10 per person, \$15 per family, drop-in respite: \$2.50 for 3h15, \$7 for a day

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

**Legal status:** non-profit organization

### CLSC DE DORVAL-LACHINE

1900 Notre-Dame Street, Lachine, Montréal, QC, H8S 2G2

**514 639-0650**

**Website:** [ciusss-ouestmtl.gouv.qc.ca/en/contact-location/local-community-services-centres/clsc-de-dorval-lachine](http://ciusss-ouestmtl.gouv.qc.ca/en/contact-location/local-community-services-centres/clsc-de-dorval-lachine)

**Services:** Frontline services for routine health and social services. \* Support to pregnant women and new parents. \* Sexual health clinic. \* Youth clinic: sexual health and psychosocial intervention. \* Mental health care. \* SIDEPE: HIV/AIDS and STBBI screening and prevention integrated services. \* Disposal of used syringes and needles. \* Distribution of injection equipment to people who use drugs. \* Alcochoix+ program. \* Quit smoking centre. \* Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). \* Support to people with a loss of autonomy and their caregivers. \* Loan of mobility aids to people with a loss of autonomy. \* Palliative and end-of-life care.

**Coverage area:** Lachine, LaSalle

**Hours:** Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 12h00 and 13h00 to 16h00, psychosocial intake: Monday to Wednesday 9h00 to 17h00, Thursday and Friday 8h00 to 20h00

**Financing:** provincial

**Legal status:** parapublic organization

### COMITÉ D'ACTION EN SÉCURITÉ URBAINE DE LACHINE

735 Notre-Dame Street, Lachine, Montréal, QC, H8S 2B3

**438 389-8079**

**Email:** [coordination.casual@gmail.com](mailto:coordination.casual@gmail.com)

**Services:** Grouping of organizations working to improve the sense of safety. \* Information and awareness-raising. \* Prevention. \* Triple P program: positive parenting practices program to improve parent-child relationships (conferences, individual or group meetings).

**Eligibility:** community and institutional organizations

**Coverage area:** Lachine

**Fees:** free

**Financing:** municipal

**Legal status:** non-profit organization

### COMITÉ DE VIE DE QUARTIER DUFF-COURT

1830 Duff-Court Street, Suite 103, Lachine, Montréal, QC, H8S 1C8

**514 634-5055** Fax: 514 634-8354

**Website:** [www.coviq.org](http://www.coviq.org)

**Email:** [accueil@coviq.org](mailto:accueil@coviq.org)

**Services:** \* Food assistance. \* Collective kitchens. \* Cooking workshops for adults and youth. \* Youth house. \* Homework assistance. \* Recreational activities for youth. \* Daycare. \* Stimulation workshops for families with children 0 to 4 years old. \* Accompaniment in advocacy of tenants' rights and in housing sanitation. \* Urban farm. \* Farmer's market. \* Citizen committees.

**Eligibility:** residents of the Duff-Court neighbourhood

**Coverage area:** Duff-Court neighbourhood: Duff Court Street and Roy Crescent

**Hours:** Monday, Tuesday, Thursday and Friday 10h00 to 16h00, Wednesday 13h00 to 16h00, farmer's market: Thursday 14h00 to 17h00

**Fees:** variable

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

**Legal status:** non-profit organization

## Recreational Activities

### CENTRE MULTI-RESSOURCES DE LACHINE

514 19th Avenue, Suite 309, Lachine, Montréal, QC, H8S 3S5

**514 634-3658 ext. 200 Fax:** 514 634-8938

**Website:** cmrl.ca/?lang=en

**Email:** accueil@cmrl.ca

**Services:** \* Reception, referral and documentation. \* Social, educational, recreational and personal development activities for children, families and seniors. \* In-home support, safety calls, phone calls and friendly visits for seniors. \* Sentinelles en veille program: volunteers network trained to identify, approach and refer seniors in vulnerable situations. \* Parent-child workshops. \* Parenting skills workshops. \* Drop-in respite. \* Christmas baskets.

**Eligibility:** seniors 50 years and over, families with preschoolers, in-home support and safety calls: seniors with a loss of autonomy living alone

**Coverage area:** Lachine

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

**Fees:** membership: \$10 per person, \$15 per family, drop-in respite: \$2.50 for 3h15, \$7 for a day

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

**Legal status:** non-profit organization

### COMITÉ DE VIE DE QUARTIER DUFF-COURT

1830 Duff-Court Street, Suite 103, Lachine, Montréal, QC, H8S 1C8

**514 634-5055 Fax:** 514 634-8354

**Website:** www.coviq.org

**Email:** accueil@coviq.org

**Services:** \* Food assistance. \* Collective kitchens. \* Cooking workshops for adults and youth. \* Youth house. \* Homework assistance. \* Recreational activities for youth. \* Daycare. \* Stimulation workshops for families with children 0 to 4 years old. \* Accompaniment in advocacy of tenants' rights and in housing sanitation. \* Urban farm. \* Farmer's market. \* Citizen committees.

**Eligibility:** residents of the Duff-Court neighbourhood

**Coverage area:** Duff-Court neighbourhood: Duff Court Street and Roy Crescent

**Hours:** Monday, Tuesday, Thursday and Friday 10h00 to 16h00, Wednesday 13h00 to 16h00, farmer's market: Thursday 14h00 to 17h00

**Fees:** variable

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

**Legal status:** non-profit organization

## Youth Centres and Support

### CLUB ZONE DE LACHINE

5050 Sherbrooke Street, Lachine, Montréal, QC, H8T 1H8

**438 926-5558**

**Email:** clubzonedelachine@gmail.com

**Services:** Social club for youth. \* Sports activities: basketball, soccer, dodgeball, football, martial arts, etc. \* Dance classes, yoga and exercise. \* Artistic activities. \* Help with homework. \* Computer equipment accessible. \* Community meals. \* Online discussion and activities on the Discord platform. \* Outings, video evenings and board games. \* LGBTQ2+ : support group, informations, discussions and outings for queer youth and allies. \* Let's Talk About It: awareness program about mental health and deconstruction of associated stereotypes. \* Various workshops: conflict resolution, sex education, consent, substance abuse prevention, healthy relationships, etc.

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

**Capacity:** 80 youth

**Coverage area:** Montréal

**Hours:** September to May: Monday to Friday 15h30 to 20h00, June to August: Monday to Friday 12h00 to 18h00

**Fees:** free

**Financing:** donations, provincial

**Legal status:** non-profit organization

### COMITÉ DE VIE DE QUARTIER DUFF-COURT

1830 Duff-Court Street, Suite 103, Lachine, Montréal, QC, H8S 1C8

**514 634-5055 Fax:** 514 634-8354

**Website:** [www.coviq.org](http://www.coviq.org)

**Email:** [accueil@coviq.org](mailto:accueil@coviq.org)

**Services:** \* Food assistance. \* Collective kitchens. \* Cooking workshops for adults and youth. \* Youth house. \* Homework assistance. \* Recreational activities for youth. \* Daycare. \* Stimulation workshops for families with children 0 to 4 years old. \* Accompaniment in advocacy of tenants' rights and in housing sanitation. \* Urban farm. \* Farmer's market. \* Citizen committees.

**Eligibility:** residents of the Duff-Court neighbourhood

**Coverage area:** Duff-Court neighbourhood: Duff Court Street and Roy Crescent

**Hours:** Monday, Tuesday, Thursday and Friday 10h00 to 16h00, Wednesday 13h00 to 16h00, farmer's market: Thursday 14h00 to 17h00

**Fees:** variable

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

**Legal status:** non-profit organization

### GÉNÉRATION ELLES

615 Provost Street, Suite 1, Lachine, Montréal, QC, H8S 1M5

**514 898-9805**

**Website:** [www.generationelles.ca](http://www.generationelles.ca)

**Email:** [info@generationelles.ca](mailto:info@generationelles.ca)

**Services:** Educational, mentoring and networking program for girls and teens aiming to reinforce personal, emotional and social skills. \* Workshops about prevention of conflicts, violence, bullying, addiction and mental health: anxiety, stress disorder, sadness, etc. \* Self-defense strategies.

**Eligibility:** girls and women 6 to 17 years old

**Coverage area:** Province of Québec

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

**Fees:** free

**Financing:** provincial, fundraising campaigns, foundation

**Legal status:** non-profit organization

### MAISON DES JEUNES L'ESCALIER DE LACHINE

560 5th Avenue, Lachine, Montréal, QC, H8S 2V9

**514 637-0934 Fax:** 514 637-5312

**Website:** [mdjescalier.com](http://mdjescalier.com)

**Email:** [mdjescalier@videotron.ca](mailto:mdjescalier@videotron.ca)

**Services:** Meeting place. \* Sociocultural activities. \* Information and referral.

**Eligibility:** youth 9 to 17 years old  
**Coverage area:** Lachine  
**Hours:** Monday to Thursday, variable  
**Financing:** provincial  
**Legal status:** non-profit organization

## Youth Employment

### CARREFOUR JEUNESSE-EMPLOI DE MARQUETTE

735 Notre-Dame Street, Suite 101, Lachine, Montréal, QC, H8S 2B5

**514 634-0450** Fax: 514 634-0978

**Website:** [www.cjelachine.ca](http://www.cjelachine.ca)

**Email:** [info@cjelachine.ca](mailto:info@cjelachine.ca)

**Services:** Employability assistance. \* Job search assistance. \* Entrepreneurship. \* School and professional information. \* School drop-out prevention. \* Passeport pour ma réussite program. \* Welcoming service for asylum seekers: employment integration, educational and professional information and personal recovery. \* Residential snow removal.

**Eligibility:** people 13 to 35 years old

**Coverage area:** Lachine

**Hours:** Monday, Tuesday and Thursday 9h00 to 12h00 and 13h00 to 16h00, Wednesday 9h00 to 12h00 and 13h00 to 17h00

**Financing:** provincial

**Legal status:** non-profit organization

## Youth Shelters and Support

### CLSC DE DORVAL-LACHINE

1900 Notre-Dame Street, Lachine, Montréal, QC, H8S 2G2

**514 639-0650**

**Website:** [ciusss-ouestmtl.gouv.qc.ca/en/contact-location/local-community-services-centres/clsc-de-dorval-lachine](http://ciusss-ouestmtl.gouv.qc.ca/en/contact-location/local-community-services-centres/clsc-de-dorval-lachine)

**Services:** Frontline services for routine health and social services. \* Support to pregnant women and new parents. \* Sexual health clinic. \* Youth clinic: sexual health and psychosocial intervention. \* Mental health care. \* SIDEPE: HIV/AIDS and STBBI screening and prevention integrated services. \* Disposal of used syringes and needles. \* Distribution of injection equipment to people who use drugs. \* Alcochoix+ program. \* Quit smoking centre. \* Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). \* Support to people with a loss of autonomy and their caregivers. \* Loan of mobility aids to people with a loss of autonomy. \* Palliative and end-of-life care.

**Coverage area:** Lachine, LaSalle

**Hours:** Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 12h00 and 13h00 to 16h00, psychosocial intake: Monday to Wednesday 9h00 to 17h00, Thursday and Friday 8h00 to 20h00

**Financing:** provincial

**Legal status:** parapublic organization

## **Community Action**

**ADVISORY AND CITIZEN ACTION ORGANIZATIONS**

**COMMUNITY CENTRES**

**COMMUNITY DEVELOPMENT**

**VOLUNTEERING AND VOLUNTEER CENTRES**

## Advisory and citizen action organizations

### COMITÉ D'ACTION EN SÉCURITÉ URBAINE DE LACHINE

735 Notre-Dame Street, Lachine, Montréal, QC, H8S 2B3

**438 389-8079**

**Email:** coordination.casual@gmail.com

**Services:** Grouping of organizations working to improve the sense of safety. \* Information and awareness-raising. \* Prevention. \* Triple P program: positive parenting practices program to improve parent-child relationships (conferences, individual or group meetings).

**Eligibility:** community and institutional organizations

**Coverage area:** Lachine

**Fees:** free

**Financing:** municipal

**Legal status:** non-profit organization

### COMITÉ DE REVITALISATION URBAINE INTÉGRÉE DU QUARTIER SAINT-PIERRE

183 des Érables Street, Lachine, Montréal, QC, H8R 1B1

**514 365-7000**

**Website:** www.revitalisationsaintpierre.ca

**Email:** revitalisationsaintpierre@gmail.com

**Services:** \* Coordination and consultation with citizens and organizations. \* Citizen mobilization and work committees: main street, leisure and urban safety. \* Jardin du triangle-fleuri: collective garden. \* Urban agriculture projects. \* Strategic urbanism projects: urban greening, sharing of public space. \* Neighbourhood parties. \* Intercultural events. \* Newsletter, activity calendar.

**Eligibility:** citizens, organizations

**Coverage area:** Saint-Pierre neighbourhood

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

**Legal status:** non-profit organization

### CONCERT'ACTION LACHINE

735 Notre-Dame Street, Suite 201, Lachine, Montréal, QC, H8S 2B5

**514 300-2045** Fax: 514 300-2046

**Website:** www.concertactionlachine.com

**Email:** info@concertactionlachine.com

**Services:** Round table promoting social, intersectoral and multinetwork development. \* Identification of local concerns. \* Mobilization around social development. \* Support for sharing information and carrying out projects.

**Eligibility:** individuals and institutions involved in social development: community groups, business people, citizens, elected officials, public institutions, etc.

**Coverage area:** Lachine

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

**Fees:** membership: residents: free, NPOs: \$25, public and financial institutions, elected officials and private businesses: \$50

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

**Legal status:** non-profit organization

### ÉCO-QUARTIER LACHINE

735 Notre-Dame Street, Lachine, Montréal, QC, H8S 2B5

**514 634-7205**

**Website:** game.org/eco-quartier-lachine

**Email:** ecolachine@game.org

**Services:** Educate and inform residents on environmental issues, improve cleanliness, beautify and green environments, help residents reduce their daily ecological footprint and encourage active participation. \* Drop-off point for garbage that does not go in any of the municipal collection bins. \* Cleaning operations. \* Sale and planting of trees. \* Sewing with recovered materials. \* Eco-boutique: ecological products. \* Green and blue patrols: go to the direct contact of people to help them adopt better eco-responsible practices. \* Advice, workshops and conferences. \* Collective gardens. \* Drop point for baskets of fruits and vegetables ugly of Second Life. \* Subsidy for washable diapers. \* Volunteer opportunities.

**Eligibility:** general public

**Coverage area:** Lachine, Dorval

**Hours:** Monday, Tuesday and Thursday 10h00 to 17h00, Wednesday 10h00 to 20h00, Friday and Saturday 9h00 to 13h00

**Fees:** free

**Financing:** municipal, self-financing

**Legal status:** non-profit organization

## GRAMME

735 Notre-Dame Street, Suite 202, Lachine, Montréal, QC, H8S 2B5

**514 634-7205**

**Website:** [www.gramme.org](http://www.gramme.org)

**Email:** [info@gramme.org](mailto:info@gramme.org)

**Services:** Promote sustainable development and environmental protection. \* Influencing decision-makers to adopt public policies in line with the principles of sustainable development. \* Raising environmental awareness and education among the population. \* Direct intervention on the field.

**Coverage area:** Province of Québec

**Financing:** grants, donations

**Legal status:** non-profit organization

## TABLE DE CONCERTATION PETITE ENFANCE ET JEUNESSE DE LACHINE

Confidential Address

**514 631-5723**

**Website:** [www.tcpe-dl.com](http://www.tcpe-dl.com)

**Email:** [concertationjeunesselachine@gmail.com](mailto:concertationjeunesselachine@gmail.com)

**Services:** Consultation, promotion and improvement of the quality of life of youth 0 to 17 years old and their families. \* Support towards neighborhood resources. \* Various projects.

**Eligibility:** youth from 0 to 17 years old and their families

**Coverage area:** Dorval, Lachine

**Financing:** municipal

**Legal status:** non-profit organization

## Community centres

### CARREFOUR D'ENTRAIDE LACHINE

1176 Provost Street, Lachine, Montréal, QC, H8S 1N5

**514 634-3686** Fax: 514 634-2554

**Website:** [www.carrefourentraide.org](http://www.carrefourentraide.org)

**Email:** [info@carrefourentraide.org](mailto:info@carrefourentraide.org)

**Services:** Food \* Collective kitchens, Halal kitchens, youth cooking workshops. \* Food aid. \* Community grocery store. \* Purchasing group Education \* Popular education. \* Literacy program. \* English classes. Community action \* Community thrift store: used clothing, furniture and items, possibility of delivery. \* Christmas gifts at a third of the price. \* Donations for fire victims. \* Tax clinic. Sports and recreation \* Knitting and polymer workshops. \* Recreational activities and outings. \* Summer day camp.

**Eligibility:** people on a low income, store: open to all, cooking workshops: youth 7 to 11 years old

**Coverage area:** Lachine



**Hours:** food aid and community grocery store: Monday to Friday, thrift store: Monday to Wednesday 8h30 to 12h00 and 13h00 to 15h45, Thursday and Friday 8h30 to 12h00 and 13h00 to 21h00, Saturday 10h00 to 12h00 and 13h00 to 17h00

**Fees:** membership: \$5 per year, collective kitchens: \$10, youth cooking workshops: \$5, grocery store membership: \$10 per year

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

**Legal status:** non-profit organization

### **CENTRE MULTI-RESSOURCES DE LACHINE**

514 19th Avenue, Suite 309, Lachine, Montréal, QC, H8S 3S5

**514 634-3658 ext. 200 Fax:** 514 634-8938

**Website:** cmrl.ca/?lang=en

**Email:** accueil@cmrl.ca

**Services:** \* Reception, referral and documentation. \* Social, educational, recreational and personal development activities for children, families and seniors. \* In-home support, safety calls, phone calls and friendly visits for seniors. \* Sentinelles en veille program: volunteers network trained to identify, approach and refer seniors in vulnerable situations. \* Parent-child workshops. \* Parenting skills workshops. \* Drop-in respite. \* Christmas baskets.

**Eligibility:** seniors 50 years and over, families with preschoolers, in-home support and safety calls: seniors with a loss of autonomy living alone

**Coverage area:** Lachine

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

**Fees:** membership: \$10 per person, \$15 per family, drop-in respite: \$2.50 for 3h15, \$7 for a day

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

**Legal status:** non-profit organization

## **Community development**

### **CORPORATION DE DÉVELOPPEMENT ÉCONOMIQUE COMMUNAUTAIRE LASALLE-LACHINE**

735 Notre-Dame Street, Lachine, Montréal, QC, H8S 2B5

**514 469-0288**

**Website:** www.cdec-lasallelachine.ca

**Email:** info@cdec-lasallelachine.ca

**Services:** \* Information and referral. \* Local economic development service. \* Support for job seekers. \* Placement service for employers.

**Eligibility:** immigrant and non-immigrant job seekers, businesses

**Coverage area:** Montréal Island

**Hours:** Monday to Thursday 8h00 to 15h00

**Fees:** free

**Financing:** federal, provincial, municipal

**Legal status:** non-profit organization

## **Volunteering and volunteer centres**

### **CARREFOUR JEUNESSE-EMPLOI DE MARQUETTE - BRIGADE NEIGE**

735 Notre-Dame Street, Suite 101, Lachine, Montréal, QC, H8S 2B5

**514 634-0450 Fax:** 514 634-0978

**Website:** www.cjelachine.ca

**Email:** brigadelachine@cjelachine.ca

**Services:** Snow removal for private residences by young volunteers.

**Eligibility:** seniors 70 years and over, people with limited mobility, volunteering: people 16 to 35 years old

**Coverage area:** Duff-Court neighbourhood, Lachine-Est neighbourhood

**Hours:** Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

### **CENTRE MULTI-RESSOURCES DE LACHINE**

514 19th Avenue, Suite 309, Lachine, Montréal, QC, H8S 3S5

**514 634-3658 ext. 200 Fax:** 514 634-8938

**Website:** [cmrl.ca/?lang=en](http://cmrl.ca/?lang=en)

**Email:** [accueil@cmrl.ca](mailto:accueil@cmrl.ca)

**Services:** \* Reception, referral and documentation. \* Social, educational, recreational and personal development activities for children, families and seniors. \* In-home support, safety calls, phone calls and friendly visits for seniors. \* Sentinelles en veille program: volunteers network trained to identify, approach and refer seniors in vulnerable situations. \* Parent-child workshops. \* Parenting skills workshops. \* Drop-in respite. \* Christmas baskets.

**Eligibility:** seniors 50 years and over, families with preschoolers, in-home support and safety calls: seniors with a loss of autonomy living alone

**Coverage area:** Lachine

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

**Fees:** membership: \$10 per person, \$15 per family, drop-in respite: \$2.50 for 3h15, \$7 for a day

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

**Legal status:** non-profit organization

### **CENTRE SOCIAL D'AIDE AUX IMMIGRANTS - LACHINE**

735 Notre-Dame Street, Lachine, Montréal, QC, H8S 2B3

**438 520-5160**

**Website:** [www.centrecsai.org](http://www.centrecsai.org)

**Email:** [csailachine@centrecsai.org](mailto:csailachine@centrecsai.org)

**Services:** \* Reception and integration. \* Information and guidance. \* Consultation and individual support. \* Assistance and support in administrative steps. \* Tax clinic.

**Eligibility:** permanent residents, foreign students, temporary workers, refugees, asylum seekers

**Coverage area:** Greater Montréal

**Hours:** Monday to Thursday 9h00 to 16h30

**Fees:** certification: \$5, certified copies: \$2, other services: free

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

**Legal status:** non-profit organization

### **ÉCO-QUARTIER LACHINE**

735 Notre-Dame Street, Lachine, Montréal, QC, H8S 2B5

**514 634-7205**

**Website:** [grame.org/eco-quartier-lachine](http://grame.org/eco-quartier-lachine)

**Email:** [ecolachine@grame.org](mailto:ecolachine@grame.org)

**Services:** Educate and inform residents on environmental issues, improve cleanliness, beautify and green environments, help residents reduce their daily ecological footprint and encourage active participation. \* Drop-off point for garbage that does not go in any of the municipal collection bins. \* Cleaning operations. \* Sale and planting of trees. \* Sewing with recovered materials. \* Eco-boutique: ecological products. \* Green and blue patrols: go to the direct contact of people to help them adopt better eco-responsible practices. \* Advice, workshops and conferences. \* Collective gardens. \* Drop point for baskets of fruits and vegetables ugly of Second Life. \* Subsidy for washable diapers. \* Volunteer opportunities.

**Eligibility:** general public

**Coverage area:** Lachine, Dorval

**Hours:** Monday, Tuesday and Thursday 10h00 to 17h00, Wednesday 10h00 to 20h00, Friday and Saturday 9h00 to 13h00

**Fees:** free

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

**Disability****ADAPTED WORK AND EMPLOYABILITY SUPPORT****AUTISM, PDD, ADHD****DEAF AND HEARING IMPAIRED****LANGUAGE DISORDERS****MOBILITY AIDS****RECREATION AND CAMPS****RESPIRE SERVICES AND HOUSING****RESPIRE, CHILD CARE AND HOUSING****SUPPORT ASSOCIATIONS****SUPPORT AND INTEGRATION ORGANIZATIONS****THE BLIND****THERAPY AND REHABILITATION CENTRES**

## Adapted work and employability support

### EXTENDED HANDS

1810 Saint-Antoine Street, Lachine, Montréal, QC, H8S 1V4

**514-469-2408 ext. 4** Fax: 514 469-9953

**Website:** [www.extendedhands.net](http://www.extendedhands.net)

**Email:** [info@extendedhands.net](mailto:info@extendedhands.net)

**Services:** \* Food bank. \* Hot meals. \* Distribution of clothing, school supplies and other items. \* Thrift shop. \* Christmas baskets. \* Dress for Success program: career counselling for job reintegration. \* Scholarship program. \* Community work program.

**Eligibility:** people on a low income

**Capacity:** 500 families per week

**Coverage area:** Lachine and surroundings

**Hours:** food bank: Wednesday 11h30 to 13h30, hot meals: Thursday 11h30 to 13h00

**Fees:** food bank: \$4 per visit, hot meals: free

**Financing:** donations

**Legal status:** non-profit organization

### WEST MONTRÉAL READAPTATION CENTRE

8000 Notre-Dame Street West, Lachine, Montréal, QC, H8R 1H2

**514 363-3025** Fax: 514 363-3905

**Website:** [www.crom.ca](http://www.crom.ca)

**Email:** [infocrom@ssss.gouv.qc.ca](mailto:infocrom@ssss.gouv.qc.ca)

**Services:** Specialized services for children and adults with an autism spectrum disorder or an intellectual disability. \* Access, assessment and orientation. \* Support for the person. \* Residential, work integration and community integration. \* Specialized services for families and significant others. \* Adapted workplace: dismantling and sorting of computers in collaboration of Envirotree. \* Internship StandardLife: partnership for the hiring of WMRC users, workplace integration and information to company's users. \* Specialized day program Benny: specialized community integration services, improvement of working skills through product packaging, multi-sensory room, gym, audiovisual aids to optimize communication skills of non-verbal users.

**Eligibility:** adults and children with an intellectual disability or autism spectrum disorder

**Coverage area:** West Island

**Financing:** provincial

**Legal status:** parapublic organization

## Autism, PDD, ADHD

### CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DE L'OUEST-DE-L'ÎLE-DE-MONTRÉAL - GUICHET D'ACCÈS DI-TSA-DP

8000 Notre-Dame Street West, Lachine, Montréal, QC, H8R 1H2

**514 363-3025 ext. 2257** Fax: 514 363-3905

**Website:** [santemontreal.qc.ca/professionnels/services-et-outils/di-tsa-dp/coordonnees-des-guichets](http://santemontreal.qc.ca/professionnels/services-et-outils/di-tsa-dp/coordonnees-des-guichets)

**Email:** [guichet-acces-di-tsa-dp.comtl@ssss.gouv.qc.ca](mailto:guichet-acces-di-tsa-dp.comtl@ssss.gouv.qc.ca)

**Services:** Receipt and processing of rehabilitation requests for the entire territory.

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

**Coverage area:** Baie-D'Urfé, Beaconsfield, Dollard-des-Ormeaux, Kirkland, Île-Bizard-Sainte-Genève, Pierrefonds, Pointe-Claire, Roxboro, Sainte-Anne-de-Bellevue, Senneville, Dorval, Lachine and LaSalle

**Financing:** provincial

**Legal status:** parapublic organization

**WEST MONTRÉAL READAPTATION CENTRE**

8000 Notre-Dame Street West, Lachine, Montréal, QC, H8R 1H2

**514 363-3025 Fax: 514 363-3905**

**Website:** [www.crom.ca](http://www.crom.ca)

**Email:** [infocrom@ssss.gouv.qc.ca](mailto:infocrom@ssss.gouv.qc.ca)

**Services:** Specialized services for children and adults with an autism spectrum disorder or an intellectual disability. \* Access, assessment and orientation. \* Support for the person. \* Residential, work integration and community integration. \* Specialized services for families and significant others. \* Adapted workplace: dismantling and sorting of computers in collaboration of Envirotree. \* Internship StandardLife: partnership for the hiring of WMRC users, workplace integration and information to company's users. \* Specialized day program Benny: specialized community integration services, improvement of working skills through product packaging, multi-sensory room, gym, audiovisual aids to optimize communication skills of non-verbal users.

**Eligibility:** adults and children with an intellectual disability or autism spectrum disorder

**Coverage area:** West Island

**Financing:** provincial

**Legal status:** parapublic organization

**Deaf and hearing impaired****CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DE L'OUEST-DE-L'ÎLE-DE-MONTRÉAL - GUICHET D'ACCÈS DI-TSA-DP**

8000 Notre-Dame Street West, Lachine, Montréal, QC, H8R 1H2

**514 363-3025 ext. 2257 Fax: 514 363-3905**

**Website:** [santemontreal.qc.ca/professionnels/services-et-outils/di-tsa-dp/coordonnees-des-guichets](http://santemontreal.qc.ca/professionnels/services-et-outils/di-tsa-dp/coordonnees-des-guichets)

**Email:** [guichet-acces-di-tsa-dp.comtl@ssss.gouv.qc.ca](mailto:guichet-acces-di-tsa-dp.comtl@ssss.gouv.qc.ca)

**Services:** Receipt and processing of rehabilitation requests for the entire territory.

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

**Coverage area:** Baie-D'Urfé, Beaconsfield, Dollard-des-Ormeaux, Kirkland, Île-Bizard-Sainte-Genève, Pierrefonds, Pointe-Claire, Roxboro, Sainte-Anne-de-Bellevue, Senneville, Dorval, Lachine and LaSalle

**Financing:** provincial

**Legal status:** parapublic organization

**Language disorders****CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DE L'OUEST-DE-L'ÎLE-DE-MONTRÉAL - GUICHET D'ACCÈS DI-TSA-DP**

8000 Notre-Dame Street West, Lachine, Montréal, QC, H8R 1H2

**514 363-3025 ext. 2257 Fax: 514 363-3905**

**Website:** [santemontreal.qc.ca/professionnels/services-et-outils/di-tsa-dp/coordonnees-des-guichets](http://santemontreal.qc.ca/professionnels/services-et-outils/di-tsa-dp/coordonnees-des-guichets)

**Email:** [guichet-acces-di-tsa-dp.comtl@ssss.gouv.qc.ca](mailto:guichet-acces-di-tsa-dp.comtl@ssss.gouv.qc.ca)

**Services:** Receipt and processing of rehabilitation requests for the entire territory.

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

**Coverage area:** Baie-D'Urfé, Beaconsfield, Dollard-des-Ormeaux, Kirkland, Île-Bizard-Sainte-Genève, Pierrefonds, Pointe-Claire, Roxboro, Sainte-Anne-de-Bellevue, Senneville, Dorval, Lachine and LaSalle

**Financing:** provincial

**Legal status:** parapublic organization

## Mobility aids

### CLSC DE DORVAL-LACHINE

1900 Notre-Dame Street, Lachine, Montréal, QC, H8S 2G2

**514 639-0650**

**Website:** [ciusss-ouestmtl.gouv.qc.ca/en/contact-location/local-community-services-centres/clsc-de-dorval-lachine](http://ciusss-ouestmtl.gouv.qc.ca/en/contact-location/local-community-services-centres/clsc-de-dorval-lachine)

**Services:** Frontline services for routine health and social services. \* Support to pregnant women and new parents. \* Sexual health clinic. \* Youth clinic: sexual health and psychosocial intervention. \* Mental health care. \* SIDEPE: HIV/AIDS and STBBI screening and prevention integrated services. \* Disposal of used syringes and needles. \* Distribution of injection equipment to people who use drugs. \* Alcochoix+ program. \* Quit smoking centre. \* Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). \* Support to people with a loss of autonomy and their caregivers. \* Loan of mobility aids to people with a loss of autonomy. \* Palliative and end-of-life care.

**Coverage area:** Lachine, LaSalle

**Hours:** Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 12h00 and 13h00 to 16h00, psychosocial intake: Monday to Wednesday 9h00 to 17h00, Thursday and Friday 8h00 to 20h00

**Financing:** provincial

**Legal status:** parapublic organization

## Recreation and camps

### CLUB DES PERSONNES HANDICAPÉES DU LAC SAINT-LOUIS

3195 Remembrance Street, Lachine, Montréal, QC, H8S 1X9

**514 634-0447 Fax:** 514 634-7632

**Website:** [www.cphlsl.ca](http://www.cphlsl.ca)

**Email:** [info.cphlsl@gmail.com](mailto:info.cphlsl@gmail.com)

**Services:** \* Day centre: recreational activities, outings, physical activities, expression and creative activities, intellectual and sociocultural activities, animation. \* Christmas baskets in partnership with the municipality. \* Tax clinic.

**Eligibility:** adults with a physical or mild intellectual disability, their families

**Coverage area:** Lachine, Dorval

**Hours:** Monday to Friday 8h15 to 16h15

**Fees:** annual membership: \$10, activities: variable

**Financing:** contributions, self-financing

**Legal status:** non-profit organization

### GROUPE D'ENTRAIDE LACHINE

1310 Notre-Dame Street, Lachine, Montréal, QC, H8S 2C8

**514 639-4941 Fax:** 514 639-4962

**Website:** [www.grentraidelachine.ca](http://www.grentraidelachine.ca)

**Email:** [info@grentraidelachine.ca](mailto:info@grentraidelachine.ca)

**Services:** \* Day centre. \* Individual counselling. \* Community dinners. \* Collective kitchens. \* Personal development workshops. \* Recreational activities, outings. \* Les Habitations Normand Bergeron: supervised apartments. \* Support groups. \* Summer camp.

**Eligibility:** people with mental health disorders on a low income

**Capacity:** day centre: about 25 people, supervised apartments: 24 people, support groups: 6 to 10 people

**Coverage area:** Lachine

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

**Fees:** membership: \$10 per year

**Financing:** provincial, municipal, grants, donations

**Legal status:** non-profit organization

## Respite services and housing

### AVATIL

387 40th Avenue, Lachine, Montréal, QC, H8T 2E7

**514 634-8944** Fax: 514 634-2033

**Website:** [www.avatil.org/en](http://www.avatil.org/en)

**Email:** [info@avatil.org](mailto:info@avatil.org)

**Services:** Integrated services for people with mild intellectual disabilities. \* Learning about an autonomous life.

\* Social integration. \* Practical assistance. \* Transitional housing program.

**Eligibility:** people with a mild intellectual disability

**Coverage area:** West Island

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

**Financing:** grants, donations

**Legal status:** non-profit organization

### CLUB DES PERSONNES HANDICAPÉES DU LAC SAINT-LOUIS

3195 Remembrance Street, Lachine, Montréal, QC, H8S 1X9

**514 634-0447** Fax: 514 634-7632

**Website:** [www.cphlsl.ca](http://www.cphlsl.ca)

**Email:** [info.cphlsl@gmail.com](mailto:info.cphlsl@gmail.com)

**Services:** \* Day centre: recreational activities, outings, physical activities, expression and creative activities, intellectual and sociocultural activities, animation. \* Christmas baskets in partnership with the municipality. \* Tax clinic.

**Eligibility:** adults with a physical or mild intellectual disability, their families

**Coverage area:** Lachine, Dorval

**Hours:** Monday to Friday 8h15 to 16h15

**Fees:** annual membership: \$10, activities: variable

**Financing:** contributions, self-financing

**Legal status:** non-profit organization

## Respite, child care and housing

### AVATIL

387 40th Avenue, Lachine, Montréal, QC, H8T 2E7

**514 634-8944** Fax: 514 634-2033

**Website:** [www.avatil.org/en](http://www.avatil.org/en)

**Email:** [info@avatil.org](mailto:info@avatil.org)

**Services:** Integrated services for people with mild intellectual disabilities. \* Learning about an autonomous life.

\* Social integration. \* Practical assistance. \* Transitional housing program.

**Eligibility:** people with a mild intellectual disability

**Coverage area:** West Island

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

**Financing:** grants, donations

**Legal status:** non-profit organization

### CENTRE D'HÉBERGEMENT DE LACHINE

650 d'Accueil Place, Lachine, Montréal, QC, H8S 3Z5

**514 634-7161**

**Website:** [ciusss-ouestmtl.gouv.qc.ca/en/contact-location/long-term-care-centres-chsld/centre-d-hebergement-de-lachine](http://ciusss-ouestmtl.gouv.qc.ca/en/contact-location/long-term-care-centres-chsld/centre-d-hebergement-de-lachine)



**Services:** Public housing centre for seniors and people with a loss of autonomy. \* Housing and long term care.

\* Day centre with therapeutic services for seniors living at home.

**Eligibility:** seniors and people with a loss of autonomy

**Coverage area:** West Island, Lachine

**Financing:** provincial

**Legal status:** parapublic organization

### **CENTRE MULTI-RESSOURCES DE LACHINE**

514 19th Avenue, Suite 309, Lachine, Montréal, QC, H8S 3S5

**514 634-3658 ext. 200 Fax:** 514 634-8938

**Website:** [cmrl.ca/?lang=en](http://cmrl.ca/?lang=en)

**Email:** [accueil@cmrl.ca](mailto:accueil@cmrl.ca)

**Services:** \* Reception, referral and documentation. \* Social, educational, recreational and personal development activities for children, families and seniors. \* In-home support, safety calls, phone calls and friendly visits for seniors. \* Sentinelles en veille program: volunteers network trained to identify, approach and refer seniors in vulnerable situations. \* Parent-child workshops. \* Parenting skills workshops. \* Drop-in respite. \* Christmas baskets.

**Eligibility:** seniors 50 years and over, families with preschoolers, in-home support and safety calls: seniors with a loss of autonomy living alone

**Coverage area:** Lachine

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

**Fees:** membership: \$10 per person, \$15 per family, drop-in respite: \$2.50 for 3h15, \$7 for a day

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

**Legal status:** non-profit organization

### **CLSC DE DORVAL-LACHINE**

1900 Notre-Dame Street, Lachine, Montréal, QC, H8S 2G2

**514 639-0650**

**Website:** [ciusss-ouestmtl.gouv.qc.ca/en/contact-location/local-community-services-centres/clsc-de-dorval-lachine](http://ciusss-ouestmtl.gouv.qc.ca/en/contact-location/local-community-services-centres/clsc-de-dorval-lachine)

**Services:** Frontline services for routine health and social services. \* Support to pregnant women and new parents. \* Sexual health clinic. \* Youth clinic: sexual health and psychosocial intervention. \* Mental health care. \* SIDEPE: HIV/AIDS and STBBI screening and prevention integrated services. \* Disposal of used syringes and needles. \* Distribution of injection equipment to people who use drugs. \* Alcochoix+ program. \* Quit smoking centre. \* Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). \* Support to people with a loss of autonomy and their caregivers. \* Loan of mobility aids to people with a loss of autonomy. \* Palliative and end-of-life care.

**Coverage area:** Lachine, LaSalle

**Hours:** Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 12h00 and 13h00 to 16h00,

psychosocial intake: Monday to Wednesday 9h00 to 17h00, Thursday and Friday 8h00 to 20h00

**Financing:** provincial

**Legal status:** parapublic organization

### **CLUB DES PERSONNES HANDICAPÉES DU LAC SAINT-LOUIS**

3195 Remembrance Street, Lachine, Montréal, QC, H8S 1X9

**514 634-0447 Fax:** 514 634-7632

**Website:** [www.cphlsl.ca](http://www.cphlsl.ca)

**Email:** [info.cphlsl@gmail.com](mailto:info.cphlsl@gmail.com)

**Services:** \* Day centre: recreational activities, outings, physical activities, expression and creative activities, intellectual and sociocultural activities, animation. \* Christmas baskets in partnership with the municipality. \* Tax clinic.

**Eligibility:** adults with a physical or mild intellectual disability, their families

**Coverage area:** Lachine, Dorval

**Hours:** Monday to Friday 8h15 to 16h15

**Fees:** annual membership: \$10, activities: variable

**Financing:** contributions, self-financing

**Legal status:** non-profit organization

## Support Associations

### CLSC DE DORVAL-LACHINE

1900 Notre-Dame Street, Lachine, Montréal, QC, H8S 2G2

**514 639-0650**

**Website:** [ciusss-ouestmtl.gouv.qc.ca/en/contact-location/local-community-services-centres/clsc-de-dorval-lachine](http://ciusss-ouestmtl.gouv.qc.ca/en/contact-location/local-community-services-centres/clsc-de-dorval-lachine)

**Services:** Frontline services for routine health and social services. \* Support to pregnant women and new parents. \* Sexual health clinic. \* Youth clinic: sexual health and psychosocial intervention. \* Mental health care. \* SIDEPE: HIV/AIDS and STBBI screening and prevention integrated services. \* Disposal of used syringes and needles. \* Distribution of injection equipment to people who use drugs. \* Alcochoix+ program. \* Quit smoking centre. \* Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). \* Support to people with a loss of autonomy and their caregivers. \* Loan of mobility aids to people with a loss of autonomy. \* Palliative and end-of-life care.

**Coverage area:** Lachine, LaSalle

**Hours:** Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 12h00 and 13h00 to 16h00, psychosocial intake: Monday to Wednesday 9h00 to 17h00, Thursday and Friday 8h00 to 20h00

**Financing:** provincial

**Legal status:** parapublic organization

## Support and integration organizations

### AVATIL

387 40th Avenue, Lachine, Montréal, QC, H8T 2E7

**514 634-8944** Fax: 514 634-2033

**Website:** [www.avatil.org/en](http://www.avatil.org/en)

**Email:** [info@avatil.org](mailto:info@avatil.org)

**Services:** Integrated services for people with mild intellectual disabilities. \* Learning about an autonomous life. \* Social integration. \* Practical assistance. \* Transitional housing program.

**Eligibility:** people with a mild intellectual disability

**Coverage area:** West Island

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

**Financing:** grants, donations

**Legal status:** non-profit organization

### WEST MONTRÉAL READAPTATION CENTRE

8000 Notre-Dame Street West, Lachine, Montréal, QC, H8R 1H2

**514 363-3025** Fax: 514 363-3905

**Website:** [www.crom.ca](http://www.crom.ca)

**Email:** [infocrom@ssss.gouv.qc.ca](mailto:infocrom@ssss.gouv.qc.ca)

**Services:** Specialized services for children and adults with an autism spectrum disorder or an intellectual disability. \* Access, assessment and orientation. \* Support for the person. \* Residential, work integration and community integration. \* Specialized services for families and significant others. \* Adapted workplace: dismantling and sorting of computers in collaboration of Envirotree. \* Internship StandardLife: partnership for the hiring of WMRC users, workplace integration and information to company's users. \* Specialized day program Benny: specialized community integration services, improvement of working skills through product packaging, multi-sensory room, gym, audiovisual aids to optimize communication skills of non-verbal users.

**Eligibility:** adults and children with an intellectual disability or autism spectrum disorder

**Coverage area:** West Island  
**Financing:** provincial  
**Legal status:** parapublic organization

## The Blind

### **CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DE L'OUEST-DE-L'ÎLE-DE-MONTRÉAL - GUICHET D'ACCÈS DI-TSA-DP**

8000 Notre-Dame Street West, Lachine, Montréal, QC, H8R 1H2

**514 363-3025 ext. 2257 Fax:** 514 363-3905

**Website:** [santemontreal.qc.ca/professionnels/services-et-outils/di-tsa-dp/coordonnees-des-guichets](http://santemontreal.qc.ca/professionnels/services-et-outils/di-tsa-dp/coordonnees-des-guichets)

**Email:** [guichet-acces-di-tsa-dp.comtl@ssss.gouv.qc.ca](mailto:guichet-acces-di-tsa-dp.comtl@ssss.gouv.qc.ca)

**Services:** Receipt and processing of rehabilitation requests for the entire territory.

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

**Coverage area:** Baie-D'Urfé, Beaconsfield, Dollard-des-Ormeaux, Kirkland, Île-Bizard-Sainte-Genève, Pierrefonds, Pointe-Claire, Roxboro, Sainte-Anne-de-Bellevue, Senneville, Dorval, Lachine and LaSalle

**Financing:** provincial

**Legal status:** parapublic organization

## Therapy and rehabilitation centres

### **CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DE L'OUEST-DE-L'ÎLE-DE-MONTRÉAL - GUICHET D'ACCÈS DI-TSA-DP**

8000 Notre-Dame Street West, Lachine, Montréal, QC, H8R 1H2

**514 363-3025 ext. 2257 Fax:** 514 363-3905

**Website:** [santemontreal.qc.ca/professionnels/services-et-outils/di-tsa-dp/coordonnees-des-guichets](http://santemontreal.qc.ca/professionnels/services-et-outils/di-tsa-dp/coordonnees-des-guichets)

**Email:** [guichet-acces-di-tsa-dp.comtl@ssss.gouv.qc.ca](mailto:guichet-acces-di-tsa-dp.comtl@ssss.gouv.qc.ca)

**Services:** Receipt and processing of rehabilitation requests for the entire territory.

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

**Coverage area:** Baie-D'Urfé, Beaconsfield, Dollard-des-Ormeaux, Kirkland, Île-Bizard-Sainte-Genève, Pierrefonds, Pointe-Claire, Roxboro, Sainte-Anne-de-Bellevue, Senneville, Dorval, Lachine and LaSalle

**Financing:** provincial

**Legal status:** parapublic organization

## **Education and Literacy**

**ACADEMIC AND VOCATIONAL GUIDANCE**

**COMPUTER WORKSHOPS**

**HOMEWORK ASSISTANCE AND TUTORING**

**LANGUAGE COURSES**

**LITERACY**

**PUBLIC EDUCATION**

**SCHOOL PERSEVERANCE**

## Academic and vocational guidance

### CARREFOUR JEUNESSE-EMPLOI DE MARQUETTE

735 Notre-Dame Street, Suite 101, Lachine, Montréal, QC, H8S 2B5

**514 634-0450** Fax: 514 634-0978

**Website:** www.cjelachine.ca

**Email:** info@cjelachine.ca

**Services:** Employability assistance. \* Job search assistance. \* Entrepreneurship. \* School and professional information. \* School drop-out prevention. \* Passeport pour ma réussite program. \* Welcoming service for asylum seekers: employment integration, educational and professional information and personal recovery. \* Residential snow removal.

**Eligibility:** people 13 to 35 years old

**Coverage area:** Lachine

**Hours:** Monday, Tuesday and Thursday 9h00 to 12h00 and 13h00 to 16h00, Wednesday 9h00 to 12h00 and 13h00 to 17h00

**Financing:** provincial

**Legal status:** non-profit organization

### EXTENDED HANDS

1810 Saint-Antoine Street, Lachine, Montréal, QC, H8S 1V4

**514-469-2408 ext. 4** Fax: 514 469-9953

**Website:** www.extendedhands.net

**Email:** info@extendedhands.net

**Services:** \* Food bank. \* Hot meals. \* Distribution of clothing, school supplies and other items. \* Thrift shop. \* Christmas baskets. \* Dress for Success program: career counselling for job reintegration. \* Scholarship program. \* Community work program.

**Eligibility:** people on a low income

**Capacity:** 500 families per week

**Coverage area:** Lachine and surroundings

**Hours:** food bank: Wednesday 11h30 to 13h30, hot meals: Thursday 11h30 to 13h00

**Fees:** food bank: \$4 per visit, hot meals: free

**Financing:** donations

**Legal status:** non-profit organization

## Computer workshops

### TEAPOT (THE) - LACHINE SENIOR CITIZENS RESOURCES

2901 Saint-Joseph Boulevard, Lachine, Montréal, QC, H8S 4B7

**514 637-5627** Fax: 514 637-6444

**Website:** www.theteapot.org

**Email:** teapot@theteapot.org

**Services:** Community centre. \* Support. \* Social, recreational and educational activities. \* Prevention programs. \* Collective kitchen. \* Groceries delivery. \* Computer classes. \* Tax clinic. \* Foot care clinic. \* Internships for students. \* Thrift shop. \* On-site recovery of clothing, small electronics, kitchen utensils, etc.

**Eligibility:** people 50 years and over with a loss of autonomy

**Capacity:** 700

**Coverage area:** Lachine and surroundings

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h00, thrift shop: Monday and Wednesday 9h00 to 12h00

**Fees:** membership: \$25 per year, foot care clinic: \$37 for the first visit, \$32 for each following visit

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

**Legal status:** non-profit organization

## Homework assistance and tutoring

### CLUB ZONE DE LACHINE

5050 Sherbrooke Street, Lachine, Montréal, QC, H8T 1H8

**438 926-5558**

**Email:** clubzonedelachine@gmail.com

**Services:** Social club for youth. \* Sports activities: basketball, soccer, dodgeball, football, martial arts, etc. \* Dance classes, yoga and exercise. \* Artistic activities. \* Help with homework. \* Computer equipment accessible. \* Community meals. \* Online discussion and activities on the Discord platform. \* Outings, video evenings and board games. \* LGBTQ2+ : support group, informations, discussions and outings for queer youth and allies. \* Let's Talk About It: awareness program about mental health and deconstruction of associated stereotypes. \* Various workshops: conflict resolution, sex education, consent, substance abuse prevention, healthy relationships, etc.

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

**Capacity:** 80 youth

**Coverage area:** Montréal

**Hours:** September to May: Monday to Friday 15h30 to 20h00, June to August: Monday to Friday 12h00 to 18h00

**Fees:** free

**Financing:** donations, provincial

**Legal status:** non-profit organization

### COMITÉ DE VIE DE QUARTIER DUFF-COURT

1830 Duff-Court Street, Suite 103, Lachine, Montréal, QC, H8S 1C8

**514 634-5055 Fax:** 514 634-8354

**Website:** www.coviq.org

**Email:** accueil@coviq.org

**Services:** \* Food assistance. \* Collective kitchens. \* Cooking workshops for adults and youth. \* Youth house. \* Homework assistance. \* Recreational activities for youth. \* Daycare. \* Stimulation workshops for families with children 0 to 4 years old. \* Accompaniment in advocacy of tenants' rights and in housing sanitation. \* Urban farm. \* Farmer's market. \* Citizen committees.

**Eligibility:** residents of the Duff-Court neighbourhood

**Coverage area:** Duff-Court neighbourhood: Duff Court Street and Roy Crescent

**Hours:** Monday, Tuesday, Thursday and Friday 10h00 to 16h00, Wednesday 13h00 to 16h00, farmer's market: Thursday 14h00 to 17h00

**Fees:** variable

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

**Legal status:** non-profit organization

## Language courses

### CARREFOUR D'ENTRAIDE LACHINE

1176 Provost Street, Lachine, Montréal, QC, H8S 1N5

**514 634-3686 Fax:** 514 634-2554

**Website:** www.carrefourentraide.org

**Email:** info@carrefourentraide.org

**Services:** Food \* Collective kitchens, Halal kitchens, youth cooking workshops. \* Food aid. \* Community grocery store. \* Purchasing group Education \* Popular education. \* Literacy program. \* English classes. Community action \* Community thrift store: used clothing, furniture and items, possibility of delivery. \* Christmas gifts at a third of the price. \* Donations for fire victims. \* Tax clinic. Sports and recreation \* Knitting and polymer workshops. \* Recreational activities and outings. \* Summer day camp.

**Eligibility:** people on a low income, store: open to all, cooking workshops: youth 7 to 11 years old

**Coverage area:** Lachine

**Hours:** food aid and community grocery store: Monday to Friday, thrift store: Monday to Wednesday 8h30 to 12h00 and 13h00 to 15h45, Thursday and Friday 8h30 to 12h00 and 13h00 to 21h00, Saturday 10h00 to 12h00 and 13h00 to 17h00

**Fees:** membership: \$5 per year, collective kitchens: \$10, youth cooking workshops: \$5, grocery store membership: \$10 per year

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

**Legal status:** non-profit organization

## Literacy

### CARREFOUR D'ENTRAIDE LACHINE

1176 Provost Street, Lachine, Montréal, QC, H8S 1N5

**514 634-3686 Fax:** 514 634-2554

**Website:** [www.carrefourdentraide.org](http://www.carrefourdentraide.org)

**Email:** [info@carrefourdentraide.org](mailto:info@carrefourdentraide.org)

**Services:** Food \* Collective kitchens, Halal kitchens, youth cooking workshops. \* Food aid. \* Community grocery store. \* Purchasing group Education \* Popular education. \* Literacy program. \* English classes. Community action \* Community thrift store: used clothing, furniture and items, possibility of delivery. \* Christmas gifts at a third of the price. \* Donations for fire victims. \* Tax clinic. Sports and recreation \* Knitting and polymer workshops. \* Recreational activities and outings. \* Summer day camp.

**Eligibility:** people on a low income, store: open to all, cooking workshops: youth 7 to 11 years old

**Coverage area:** Lachine

**Hours:** food aid and community grocery store: Monday to Friday, thrift store: Monday to Wednesday 8h30 to 12h00 and 13h00 to 15h45, Thursday and Friday 8h30 to 12h00 and 13h00 to 21h00, Saturday 10h00 to 12h00 and 13h00 to 17h00

**Fees:** membership: \$5 per year, collective kitchens: \$10, youth cooking workshops: \$5, grocery store membership: \$10 per year

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

**Legal status:** non-profit organization

## Public education

### CARREFOUR D'ENTRAIDE LACHINE

1176 Provost Street, Lachine, Montréal, QC, H8S 1N5

**514 634-3686 Fax:** 514 634-2554

**Website:** [www.carrefourdentraide.org](http://www.carrefourdentraide.org)

**Email:** [info@carrefourdentraide.org](mailto:info@carrefourdentraide.org)

**Services:** Food \* Collective kitchens, Halal kitchens, youth cooking workshops. \* Food aid. \* Community grocery store. \* Purchasing group Education \* Popular education. \* Literacy program. \* English classes. Community action \* Community thrift store: used clothing, furniture and items, possibility of delivery. \* Christmas gifts at a third of the price. \* Donations for fire victims. \* Tax clinic. Sports and recreation \* Knitting and polymer workshops. \* Recreational activities and outings. \* Summer day camp.

**Eligibility:** people on a low income, store: open to all, cooking workshops: youth 7 to 11 years old

**Coverage area:** Lachine

**Hours:** food aid and community grocery store: Monday to Friday, thrift store: Monday to Wednesday 8h30 to 12h00 and 13h00 to 15h45, Thursday and Friday 8h30 to 12h00 and 13h00 to 21h00, Saturday 10h00 to 12h00 and 13h00 to 17h00

**Fees:** membership: \$5 per year, collective kitchens: \$10, youth cooking workshops: \$5, grocery store membership: \$10 per year

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

**Legal status:** non-profit organization

## School perseverance

### **CARREFOUR JEUNESSE-EMPLOI DE MARQUETTE**

735 Notre-Dame Street, Suite 101, Lachine, Montréal, QC, H8S 2B5

**514 634-0450** Fax: 514 634-0978

**Website:** [www.cjelachine.ca](http://www.cjelachine.ca)

**Email:** [info@cjelachine.ca](mailto:info@cjelachine.ca)

**Services:** Employability assistance. \* Job search assistance. \* Entrepreneurship. \* School and professional information. \* School drop-out prevention. \* Passeport pour ma réussite program. \* Welcoming service for asylum seekers: employment integration, educational and professional information and personal recovery. \* Residential snow removal.

**Eligibility:** people 13 to 35 years old

**Coverage area:** Lachine

**Hours:** Monday, Tuesday and Thursday 9h00 to 12h00 and 13h00 to 16h00, Wednesday 9h00 to 12h00 and 13h00 to 17h00

**Financing:** provincial

**Legal status:** non-profit organization



## **Employment and Income Support**

**BUDGET MANAGEMENT AND CONSUMPTION**

**BUSINESS DEVELOPMENT**

**EMPLOYMENT SUPPORT AND TRAINING**

**EMPLOYMENT SUPPORT FOR IMMIGRANTS**

**EMPLOYMENT SUPPORT FOR YOUTH**

**VOCATIONAL REHABILITATION AND DISABILITY-RELATED EMPLOYMENT**

## Budget management and consumption

### CENTRE DE RÉADAPTATION EN DÉPENDANCE DE MONTRÉAL - POINT DE SERVICE NOTRE-DAME - LACHINE

CLSC de Dorval-Lachine, 1900 Notre-Dame Street, Lachine, Montréal, QC, H8S 2G2

**514 385-1232 Fax:** 514 385-6587

**Website:** [www.ciusss-centresudmtl.gouv.qc.ca](http://www.ciusss-centresudmtl.gouv.qc.ca)

**Email:** [guichet.dependance.ccsmtl@ssss.gouv.qc.ca](mailto:guichet.dependance.ccsmtl@ssss.gouv.qc.ca)

**Services:** Addiction rehabilitation centre. Outpatient services for the western Montréal sector: \* Specialized assessment. \* Rehabilitation. \* Social reintegration. \* Budget management. \* Support to relatives. \* Individual, group, family and couple intervention.

**Eligibility:** young people and adults with an addiction (drugs, alcohol, gambling or cyberaddiction), their relatives

**Coverage area:** CIUSSS de l'Ouest-de-l'Île-de-Montréal

**Hours:** Monday to Thursday 8h00 to 20h00, Friday 8h00 to 16h00

**Fees:** free

**Financing:** provincial

**Legal status:** provincial government agency

### CENTRE DE RÉADAPTATION EN DÉPENDANCE DE MONTRÉAL - POINT DE SERVICE SAINT-URBAIN

3530, rue Saint-Urbain, Lachine, Montréal, QC, H2X 2N7

**514 385-1232 Fax:** 514 385-6587

**Website:** [www.ciusss-centresudmtl.gouv.qc.ca](http://www.ciusss-centresudmtl.gouv.qc.ca)

**Email:** [guichet.dependance.ccsmtl@ssss.gouv.qc.ca](mailto:guichet.dependance.ccsmtl@ssss.gouv.qc.ca)

**Services:** Addiction rehabilitation centre. Outpatient services for the South-Central Montréal sector: \* Specialized assessment. \* Rehabilitation. \* Social reintegration. \* Budget management. \* Support to relatives. \* Individual, group, family and couple intervention.

**Eligibility:** young people and adults with an addiction (drugs, alcohol, gambling or cyberaddiction), their relatives

**Coverage area:** CIUSSS du Centre-Sud-de-l'Île-de-Montréal

**Hours:** Monday to Thursday 8h00 to 20h00, Friday 8h00 to 16h00

**Fees:** free

**Financing:** provincial

**Legal status:** provincial government agency

### SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINT-PIERRE-AUX-LIENS

69 Saint-Pierre Avenue, Lachine, Montréal, QC, H8R 1P1

**514 367-6217**

**Email:** [langloislouis@videotron.ca](mailto:langloislouis@videotron.ca)

**Services:** \* Distribution of food baskets. \* Distribution of vouchers for pharmacy or food (exceptionally). \* Christmas baskets. \* School supplies.

**Eligibility:** people on a low income

**Coverage area:** Saint-Pierre-aux-Liens Parish

**Hours:** Wednesday 8h30 to 12h30 by appointment, possibility of food assistance service after hours

**Financing:** donations

**Legal status:** non-profit organization

## Business development

### CORPORATION DE DÉVELOPPEMENT ÉCONOMIQUE COMMUNAUTAIRE LASALLE-LACHINE

735 Notre-Dame Street, Lachine, Montréal, QC, H8S 2B5

**514 469-0288**

**Website:** [www.cdec-lasallelachine.ca](http://www.cdec-lasallelachine.ca)

**Email:** [info@cdec-lasallelachine.ca](mailto:info@cdec-lasallelachine.ca)

**Services:** \* Information and referral. \* Local economic development service. \* Support for job seekers. \* Placement service for employers.

**Eligibility:** immigrant and non-immigrant job seekers, businesses

**Coverage area:** Montréal Island

**Hours:** Monday to Thursday 8h00 to 15h00

**Fees:** free

**Financing:** federal, provincial, municipal

**Legal status:** non-profit organization

### SERVICES QUÉBEC - POINT DE SERVICE DE LACHINE

2740 de Remembrance Street, Suite 70-A, Lachine, Montréal, QC, H8S 1X8

**514 634-2425** Fax: 514 634-8782

**Website:** [www.gouv.qc.ca/EN/NousJoindre/Pages/Bureaux.aspx](http://www.gouv.qc.ca/EN/NousJoindre/Pages/Bureaux.aspx)

**Services:** \* Info-emploi counter: job bank that can be consulted on site. \* Job search assistance: redaction of resume and preparation to interview. \* Information on programs and governmental services. \* Multiservices room: access to phone, fax, computers and printing machines. \* Workplace learning program. \* Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities. \* Business assistance: advices and financial support in human resources management. \* Last-resort financial and social assistance. \* Administration of oath. \* Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities.

**Eligibility:** job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

**Coverage area:** Lachine

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

**Financing:** provincial

**Legal status:** provincial government agency

## Employment support and training

### CARREFOUR JEUNESSE-EMPLOI DE MARQUETTE

735 Notre-Dame Street, Suite 101, Lachine, Montréal, QC, H8S 2B5

**514 634-0450** Fax: 514 634-0978

**Website:** [www.cjelachine.ca](http://www.cjelachine.ca)

**Email:** [info@cjelachine.ca](mailto:info@cjelachine.ca)

**Services:** Employability assistance. \* Job search assistance. \* Entrepreneurship. \* School and professional information. \* School drop-out prevention. \* Passeport pour ma réussite program. \* Welcoming service for asylum seekers: employment integration, educational and professional information and personal recovery. \* Residential snow removal.

**Eligibility:** people 13 to 35 years old

**Coverage area:** Lachine

**Hours:** Monday, Tuesday and Thursday 9h00 to 12h00 and 13h00 to 16h00, Wednesday 9h00 to 12h00 and 13h00 to 17h00

**Financing:** provincial

**Legal status:** non-profit organization

### **CORPORATION DE DÉVELOPPEMENT ÉCONOMIQUE COMMUNAUTAIRE LASALLE-LACHINE**

735 Notre-Dame Street, Lachine, Montréal, QC, H8S 2B5

**514 469-0288**

**Website:** [www.cdec-lasallelachine.ca](http://www.cdec-lasallelachine.ca)

**Email:** [info@cdec-lasallelachine.ca](mailto:info@cdec-lasallelachine.ca)

**Services:** \* Information and referral. \* Local economic development service. \* Support for job seekers. \* Placement service for employers.

**Eligibility:** immigrant and non-immigrant job seekers, businesses

**Coverage area:** Montréal Island

**Hours:** Monday to Thursday 8h00 to 15h00

**Fees:** free

**Financing:** federal, provincial, municipal

**Legal status:** non-profit organization

### **EXTENDED HANDS**

1810 Saint-Antoine Street, Lachine, Montréal, QC, H8S 1V4

**514-469-2408 ext. 4 Fax:** 514 469-9953

**Website:** [www.extendedhands.net](http://www.extendedhands.net)

**Email:** [info@extendedhands.net](mailto:info@extendedhands.net)

**Services:** \* Food bank. \* Hot meals. \* Distribution of clothing, school supplies and other items. \* Thrift shop. \* Christmas baskets. \* Dress for Success program: career counselling for job reintegration. \* Scholarship program. \* Community work program.

**Eligibility:** people on a low income

**Capacity:** 500 families per week

**Coverage area:** Lachine and surroundings

**Hours:** food bank: Wednesday 11h30 to 13h30, hot meals: Thursday 11h30 to 13h00

**Fees:** food bank: \$4 per visit, hot meals: free

**Financing:** donations

**Legal status:** non-profit organization

### **SERVICES QUÉBEC - POINT DE SERVICE DE LACHINE**

2740 de Remembrance Street, Suite 70-A, Lachine, Montréal, QC, H8S 1X8

**514 634-2425 Fax:** 514 634-8782

**Website:** [www.gouv.qc.ca/EN/NousJoindre/Pages/Bureaux.aspx](http://www.gouv.qc.ca/EN/NousJoindre/Pages/Bureaux.aspx)

**Services:** \* Info-emploi counter: job bank that can be consulted on site. \* Job search assistance: redaction of resume and preparation to interview. \* Information on programs and governmental services. \* Multiservices room: access to phone, fax, computers and printing machines. \* Workplace learning program. \* Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities. \* Business assistance: advices and financial support in human resources management. \* Last-resort financial and social assistance. \* Administration of oath. \* Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities.

**Eligibility:** job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

**Coverage area:** Lachine

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

**Financing:** provincial

**Legal status:** provincial government agency

## Employment support for immigrants

### CARREFOUR JEUNESSE-EMPLOI DE MARQUETTE

735 Notre-Dame Street, Suite 101, Lachine, Montréal, QC, H8S 2B5

**514 634-0450** Fax: 514 634-0978

**Website:** www.cjelachine.ca

**Email:** info@cjelachine.ca

**Services:** Employability assistance. \* Job search assistance. \* Entrepreneurship. \* School and professional information. \* School drop-out prevention. \* Passeport pour ma réussite program. \* Welcoming service for asylum seekers: employment integration, educational and professional information and personal recovery. \* Residential snow removal.

**Eligibility:** people 13 to 35 years old

**Coverage area:** Lachine

**Hours:** Monday, Tuesday and Thursday 9h00 to 12h00 and 13h00 to 16h00, Wednesday 9h00 to 12h00 and 13h00 to 17h00

**Financing:** provincial

**Legal status:** non-profit organization

### CORPORATION DE DÉVELOPPEMENT ÉCONOMIQUE COMMUNAUTAIRE LASALLE-LACHINE

735 Notre-Dame Street, Lachine, Montréal, QC, H8S 2B5

**514 469-0288**

**Website:** www.cdec-lasallelachine.ca

**Email:** info@cdec-lasallelachine.ca

**Services:** \* Information and referral. \* Local economic development service. \* Support for job seekers. \* Placement service for employers.

**Eligibility:** immigrant and non-immigrant job seekers, businesses

**Coverage area:** Montréal Island

**Hours:** Monday to Thursday 8h00 to 15h00

**Fees:** free

**Financing:** federal, provincial, municipal

**Legal status:** non-profit organization

## Employment support for youth

### CARREFOUR JEUNESSE-EMPLOI DE MARQUETTE

735 Notre-Dame Street, Suite 101, Lachine, Montréal, QC, H8S 2B5

**514 634-0450** Fax: 514 634-0978

**Website:** www.cjelachine.ca

**Email:** info@cjelachine.ca

**Services:** Employability assistance. \* Job search assistance. \* Entrepreneurship. \* School and professional information. \* School drop-out prevention. \* Passeport pour ma réussite program. \* Welcoming service for asylum seekers: employment integration, educational and professional information and personal recovery. \* Residential snow removal.

**Eligibility:** people 13 to 35 years old

**Coverage area:** Lachine

**Hours:** Monday, Tuesday and Thursday 9h00 to 12h00 and 13h00 to 16h00, Wednesday 9h00 to 12h00 and 13h00 to 17h00

**Financing:** provincial

**Legal status:** non-profit organization

## Vocational rehabilitation and disability-related employment

### EXTENDED HANDS

1810 Saint-Antoine Street, Lachine, Montréal, QC, H8S 1V4

**514-469-2408 ext. 4** Fax: 514 469-9953

**Website:** [www.extendedhands.net](http://www.extendedhands.net)

**Email:** [info@extendedhands.net](mailto:info@extendedhands.net)

**Services:** \* Food bank. \* Hot meals. \* Distribution of clothing, school supplies and other items. \* Thrift shop. \* Christmas baskets. \* Dress for Success program: career counselling for job reintegration. \* Scholarship program. \* Community work program.

**Eligibility:** people on a low income

**Capacity:** 500 families per week

**Coverage area:** Lachine and surroundings

**Hours:** food bank: Wednesday 11h30 to 13h30, hot meals: Thursday 11h30 to 13h00

**Fees:** food bank: \$4 per visit, hot meals: free

**Financing:** donations

**Legal status:** non-profit organization

### SERVICES QUÉBEC - POINT DE SERVICE DE LACHINE

2740 de Remembrance Street, Suite 70-A, Lachine, Montréal, QC, H8S 1X8

**514 634-2425** Fax: 514 634-8782

**Website:** [www.gouv.qc.ca/EN/NousJoindre/Pages/Bureaux.aspx](http://www.gouv.qc.ca/EN/NousJoindre/Pages/Bureaux.aspx)

**Services:** \* Info-emploi counter: job bank that can be consulted on site. \* Job search assistance: redaction of resume and preparation to interview. \* Information on programs and governmental services. \* Multiservices room: access to phone, fax, computers and printing machines. \* Workplace learning program. \* Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities. \* Business assistance: advices and financial support in human resources management. \* Last-resort financial and social assistance. \* Administration of oath. \* Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities.

**Eligibility:** job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

**Coverage area:** Lachine

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

**Financing:** provincial

**Legal status:** provincial government agency

### WEST MONTRÉAL READAPTATION CENTRE

8000 Notre-Dame Street West, Lachine, Montréal, QC, H8R 1H2

**514 363-3025** Fax: 514 363-3905

**Website:** [www.crom.ca](http://www.crom.ca)

**Email:** [infocrom@ssss.gouv.qc.ca](mailto:infocrom@ssss.gouv.qc.ca)

**Services:** Specialized services for children and adults with an autism spectrum disorder or an intellectual disability. \* Access, assessment and orientation. \* Support for the person. \* Residential, work integration and community integration. \* Specialized services for families and significant others. \* Adapted workplace: dismantling and sorting of computers in collaboration of Envirotree. \* Internship StandardLife: partnership for the hiring of WMRC users, workplace integration and information to company's users. \* Specialized day program Benny: specialized community integration services, improvement of working skills through product packaging, multi-sensory room, gym, audiovisual aids to optimize communication skills of non-verbal users.

**Eligibility:** adults and children with an intellectual disability or autism spectrum disorder

**Coverage area:** West Island

**Financing:** provincial

**Legal status:** parapublic organization

**Food**

**CHRISTMAS BASKET**

**COLLECTIVE KITCHENS AND COOKING WORKSHOPS**

**COMMUNITY GARDENS AND MARKETS**

**FOOD ASSISTANCE**

**FOOD AID FOR PREGNANT WOMEN AND CHILDREN**

**FOOD ASSISTANCE IN SCHOOLS**

**LOW COST OR FREE MEALS**

**PREPARED MEALS AND MEALS-ON-WHEELS**



## Christmas basket

### CENTRE MULTI-RESSOURCES DE LACHINE

514 19th Avenue, Suite 309, Lachine, Montréal, QC, H8S 3S5

**514 634-3658 ext. 200** Fax: 514 634-8938

**Website:** [cmrl.ca/?lang=en](http://cmrl.ca/?lang=en)

**Email:** [accueil@cmrl.ca](mailto:accueil@cmrl.ca)

**Services:** \* Reception, referral and documentation. \* Social, educational, recreational and personal development activities for children, families and seniors. \* In-home support, safety calls, phone calls and friendly visits for seniors. \* Sentinelles en veille program: volunteers network trained to identify, approach and refer seniors in vulnerable situations. \* Parent-child workshops. \* Parenting skills workshops. \* Drop-in respite. \* Christmas baskets.

**Eligibility:** seniors 50 years and over, families with preschoolers, in-home support and safety calls: seniors with a loss of autonomy living alone

**Coverage area:** Lachine

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

**Fees:** membership: \$10 per person, \$15 per family, drop-in respite: \$2.50 for 3h15, \$7 for a day

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

**Legal status:** non-profit organization

### CLUB DES PERSONNES HANDICAPÉES DU LAC SAINT-LOUIS

3195 Remembrance Street, Lachine, Montréal, QC, H8S 1X9

**514 634-0447** Fax: 514 634-7632

**Website:** [www.cphlsl.ca](http://www.cphlsl.ca)

**Email:** [info.cphlsl@gmail.com](mailto:info.cphlsl@gmail.com)

**Services:** \* Day centre: recreational activities, outings, physical activities, expression and creative activities, intellectual and sociocultural activities, animation. \* Christmas baskets in partnership with the municipality. \* Tax clinic.

**Eligibility:** adults with a physical or mild intellectual disability, their families

**Coverage area:** Lachine, Dorval

**Hours:** Monday to Friday 8h15 to 16h15

**Fees:** annual membership: \$10, activities: variable

**Financing:** contributions, self-financing

**Legal status:** non-profit organization

### EXTENDED HANDS

1810 Saint-Antoine Street, Lachine, Montréal, QC, H8S 1V4

**514-469-2408 ext. 4** Fax: 514 469-9953

**Website:** [www.extendedhands.net](http://www.extendedhands.net)

**Email:** [info@extendedhands.net](mailto:info@extendedhands.net)

**Services:** \* Food bank. \* Hot meals. \* Distribution of clothing, school supplies and other items. \* Thrift shop. \* Christmas baskets. \* Dress for Success program: career counselling for job reintegration. \* Scholarship program. \* Community work program.

**Eligibility:** people on a low income

**Capacity:** 500 families per week

**Coverage area:** Lachine and surroundings

**Hours:** food bank: Wednesday 11h30 to 13h30, hot meals: Thursday 11h30 to 13h00

**Fees:** food bank: \$4 per visit, hot meals: free

**Financing:** donations

**Legal status:** non-profit organization

**SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINT-PIERRE-AUX-LIENS**

69 Saint-Pierre Avenue, Lachine, Montréal, QC, H8R 1P1

**514 367-6217**

**Email:** langloislouis@videotron.ca

**Services:** \* Distribution of food baskets. \* Distribution of vouchers for pharmacy or food (exceptionally). \* Christmas baskets. \* School supplies.

**Eligibility:** people on a low income

**Coverage area:** Saint-Pierre-aux-Liens Parish

**Hours:** Wednesday 8h30 to 12h30 by appointment, possibility of food assistance service after hours

**Financing:** donations

**Legal status:** non-profit organization

**Collective kitchens and cooking workshops****CARREFOUR D'ENTRAIDE LACHINE**

1176 Provost Street, Lachine, Montréal, QC, H8S 1N5

**514 634-3686 Fax:** 514 634-2554

**Website:** www.carrefourdentraide.org

**Email:** info@carrefourdentraide.org

**Services:** Food \* Collective kitchens, Halal kitchens, youth cooking workshops. \* Food aid. \* Community grocery store. \* Purchasing group Education \* Popular education. \* Literacy program. \* English classes. Community action \* Community thrift store: used clothing, furniture and items, possibility of delivery. \* Christmas gifts at a third of the price. \* Donations for fire victims. \* Tax clinic. Sports and recreation \* Knitting and polymer workshops. \* Recreational activities and outings. \* Summer day camp.

**Eligibility:** people on a low income, store: open to all, cooking workshops: youth 7 to 11 years old

**Coverage area:** Lachine

**Hours:** food aid and community grocery store: Monday to Friday, thrift store: Monday to Wednesday 8h30 to 12h00 and 13h00 to 15h45, Thursday and Friday 8h30 to 12h00 and 13h00 to 21h00, Saturday 10h00 to 12h00 and 13h00 to 17h00

**Fees:** membership: \$5 per year, collective kitchens: \$10, youth cooking workshops: \$5, grocery store membership: \$10 per year

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

**Legal status:** non-profit organization

**COMITÉ DE VIE DE QUARTIER DUFF-COURT**

1830 Duff-Court Street, Suite 103, Lachine, Montréal, QC, H8S 1C8

**514 634-5055 Fax:** 514 634-8354

**Website:** www.coviq.org

**Email:** accueil@coviq.org

**Services:** \* Food assistance. \* Collective kitchens. \* Cooking workshops for adults and youth. \* Youth house. \* Homework assistance. \* Recreational activities for youth. \* Daycare. \* Stimulation workshops for families with children 0 to 4 years old. \* Accompaniment in advocacy of tenants' rights and in housing sanitation. \* Urban farm. \* Farmer's market. \* Citizen committees.

**Eligibility:** residents of the Duff-Court neighbourhood

**Coverage area:** Duff-Court neighbourhood: Duff Court Street and Roy Crescent

**Hours:** Monday, Tuesday, Thursday and Friday 10h00 to 16h00, Wednesday 13h00 to 16h00, farmer's market: Thursday 14h00 to 17h00

**Fees:** variable

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

**Legal status:** non-profit organization

**GROUPE D'ENTRAIDE LACHINE**

1310 Notre-Dame Street, Lachine, Montréal, QC, H8S 2C8

**514 639-4941** Fax: 514 639-4962

**Website:** www.grentraidelachine.ca

**Email:** info@grentraidelachine.ca

**Services:** \* Day centre. \* Individual counselling. \* Community dinners. \* Collective kitchens. \* Personal development workshops. \* Recreational activities, outings. \* Les Habitations Normand Bergeron: supervised apartments. \* Support groups. \* Summer camp.

**Eligibility:** people with mental health disorders on a low income

**Capacity:** day centre: about 25 people, supervised apartments: 24 people, support groups: 6 to 10 people

**Coverage area:** Lachine

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

**Fees:** membership: \$10 per year

**Financing:** provincial, municipal, grants, donations

**Legal status:** non-profit organization

**TEAPOT (THE) - LACHINE SENIOR CITIZENS RESOURCES**

2901 Saint-Joseph Boulevard, Lachine, Montréal, QC, H8S 4B7

**514 637-5627** Fax: 514 637-6444

**Website:** www.theteapot.org

**Email:** teapot@theteapot.org

**Services:** Community centre. \* Support. \* Social, recreational and educational activities. \* Prevention programs. \* Collective kitchen. \* Groceries delivery. \* Computer classes. \* Tax clinic. \* Foot care clinic. \* Internships for students. \* Thrift shop. \* On-site recovery of clothing, small electronics, kitchen utensils, etc.

**Eligibility:** people 50 years and over with a loss of autonomy

**Capacity:** 700

**Coverage area:** Lachine and surroundings

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h00, thrift shop: Monday and Wednesday 9h00 to 12h00

**Fees:** membership: \$25 per year, foot care clinic: \$37 for the first visit, \$32 for each following visit

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

**Legal status:** non-profit organization

**Community gardens and markets****COMITÉ DE REVITALISATION URBAINE INTÉGRÉE DU QUARTIER SAINT-PIERRE**

183 des Érables Street, Lachine, Montréal, QC, H8R 1B1

**514 365-7000**

**Website:** www.revitalisationsaintpierre.ca

**Email:** revitalisationsaintpierre@gmail.com

**Services:** \* Coordination and consultation with citizens and organizations. \* Citizen mobilization and work committees: main street, leisure and urban safety. \* Jardin du triangle-fleuri: collective garden. \* Urban agriculture projects. \* Strategic urbanism projects: urban greening, sharing of public space. \* Neighbourhood parties. \* Intercultural events. \* Newsletter, activity calendar.

**Eligibility:** citizens, organizations

**Coverage area:** Saint-Pierre neighbourhood

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

**Legal status:** non-profit organization

**COMITÉ DE VIE DE QUARTIER DUFF-COURT**

1830 Duff-Court Street, Suite 103, Lachine, Montréal, QC, H8S 1C8

**514 634-5055** Fax: 514 634-8354

**Website:** [www.coviq.org](http://www.coviq.org)

**Email:** [accueil@coviq.org](mailto:accueil@coviq.org)

**Services:** \* Food assistance. \* Collective kitchens. \* Cooking workshops for adults and youth. \* Youth house. \* Homework assistance. \* Recreational activities for youth. \* Daycare. \* Stimulation workshops for families with children 0 to 4 years old. \* Accompaniment in advocacy of tenants' rights and in housing sanitation. \* Urban farm. \* Farmer's market. \* Citizen committees.

**Eligibility:** residents of the Duff-Court neighbourhood

**Coverage area:** Duff-Court neighbourhood: Duff Court Street and Roy Crescent

**Hours:** Monday, Tuesday, Thursday and Friday 10h00 to 16h00, Wednesday 13h00 to 16h00, farmer's market: Thursday 14h00 to 17h00

**Fees:** variable

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

**Legal status:** non-profit organization

**ÉCO-QUARTIER LACHINE**

735 Notre-Dame Street, Lachine, Montréal, QC, H8S 2B5

**514 634-7205**

**Website:** [grame.org/eco-quartier-lachine](http://grame.org/eco-quartier-lachine)

**Email:** [ecolachine@grame.org](mailto:ecolachine@grame.org)

**Services:** Educate and inform residents on environmental issues, improve cleanliness, beautify and green environments, help residents reduce their daily ecological footprint and encourage active participation. \* Drop-off point for garbage that does not go in any of the municipal collection bins. \* Cleaning operations. \* Sale and planting of trees. \* Sewing with recovered materials. \* Eco-boutique: ecological products. \* Green and blue patrols: go to the direct contact of people to help them adopt better eco-responsible practices. \* Advice, workshops and conferences. \* Collective gardens. \* Drop point for baskets of fruits and vegetables ugly of Second Life. \* Subsidy for washable diapers. \* Volunteer opportunities.

**Eligibility:** general public

**Coverage area:** Lachine, Dorval

**Hours:** Monday, Tuesday and Thursday 10h00 to 17h00, Wednesday 10h00 to 20h00, Friday and Saturday 9h00 to 13h00

**Fees:** free

**Financing:** municipal, self-financing

**Legal status:** non-profit organization

**LACHINE - BOROUGH**

1800 Saint-Joseph Boulevard, Lachine, Montréal, QC, H8S 2N4

**311** Fax: 514 634-8164

**Website:** [montreal.ca/lachine](http://montreal.ca/lachine)

**Email:** [lachine@ville.montreal.qc.ca](mailto:lachine@ville.montreal.qc.ca)

**Services:** \* Accès Montréal card. \* Consultation of public notices. \* Administration of oath. \* Property assessment. \* Information and payment of municipal taxes. \* Ticket information and payment. \* Cat and dog licenses. \* Municipal service intervention requests. \* Low-cost housing application. \* Parking licenses. \* INFO-travaux: location of infrastructure work. \* Info-collectes: [servicesenligne2.ville.montreal.qc.ca/sel/infocollectes](http://servicesenligne2.ville.montreal.qc.ca/sel/infocollectes) \* Community gardens. \* Removal of dead animals found on private or public property.

**Coverage area:** Lachine

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

**Financing:** municipal

**Legal status:** municipal agency

## Food Assistance

### CARREFOUR D'ENTRAIDE LACHINE

1176 Provost Street, Lachine, Montréal, QC, H8S 1N5

**514 634-3686** Fax: 514 634-2554

**Website:** www.carrefourdentraide.org

**Email:** info@carrefourdentraide.org

**Services:** Food \* Collective kitchens, Halal kitchens, youth cooking workshops. \* Food aid. \* Community grocery store. \* Purchasing group Education \* Popular education. \* Literacy program. \* English classes. Community action \* Community thrift store: used clothing, furniture and items, possibility of delivery. \* Christmas gifts at a third of the price. \* Donations for fire victims. \* Tax clinic. Sports and recreation \* Knitting and polymer workshops. \* Recreational activities and outings. \* Summer day camp.

**Eligibility:** people on a low income, store: open to all, cooking workshops: youth 7 to 11 years old

**Coverage area:** Lachine

**Hours:** food aid and community grocery store: Monday to Friday, thrift store: Monday to Wednesday 8h30 to 12h00 and 13h00 to 15h45, Thursday and Friday 8h30 to 12h00 and 13h00 to 21h00, Saturday 10h00 to 12h00 and 13h00 to 17h00

**Fees:** membership: \$5 per year, collective kitchens: \$10, youth cooking workshops: \$5, grocery store membership: \$10 per year

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

**Legal status:** non-profit organization

### COMITÉ DE VIE DE QUARTIER DUFF-COURT

1830 Duff-Court Street, Suite 103, Lachine, Montréal, QC, H8S 1C8

**514 634-5055** Fax: 514 634-8354

**Website:** www.coviq.org

**Email:** accueil@coviq.org

**Services:** \* Food assistance. \* Collective kitchens. \* Cooking workshops for adults and youth. \* Youth house. \* Homework assistance. \* Recreational activities for youth. \* Daycare. \* Stimulation workshops for families with children 0 to 4 years old. \* Accompaniment in advocacy of tenants' rights and in housing sanitation. \* Urban farm. \* Farmer's market. \* Citizen committees.

**Eligibility:** residents of the Duff-Court neighbourhood

**Coverage area:** Duff-Court neighbourhood: Duff Court Street and Roy Crescent

**Hours:** Monday, Tuesday, Thursday and Friday 10h00 to 16h00, Wednesday 13h00 to 16h00, farmer's market: Thursday 14h00 to 17h00

**Fees:** variable

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

**Legal status:** non-profit organization

### EXTENDED HANDS

1810 Saint-Antoine Street, Lachine, Montréal, QC, H8S 1V4

**514-469-2408 ext. 4** Fax: 514 469-9953

**Website:** www.extendedhands.net

**Email:** info@extendedhands.net

**Services:** \* Food bank. \* Hot meals. \* Distribution of clothing, school supplies and other items. \* Thrift shop. \* Christmas baskets. \* Dress for Success program: career counselling for job reintegration. \* Scholarship program. \* Community work program.

**Eligibility:** people on a low income

**Capacity:** 500 families per week

**Coverage area:** Lachine and surroundings

**Hours:** food bank: Wednesday 11h30 to 13h30, hot meals: Thursday 11h30 to 13h00

**Fees:** food bank: \$4 per visit, hot meals: free

**Financing:** donations

**Legal status:** non-profit organization

### **OEUVRE SOUPE MAISON (LACHINE) (L')**

1170 Notre-Dame Street, Lachine, Montréal, QC, H8S 2C4

**514 469-9954**

**Email:** soupemaison@videotron.ca

**Services:** \* Full hot meals. \* Food baskets. \* Clothing depot.

**Eligibility:** people on a low income

**Coverage area:** Lachine

**Hours:** hot meals: September to May, Tuesday to Thursday 11h15 to 12h15, food baskets: according to availability

**Fees:** meals: none

**Financing:** donations

**Legal status:** non-profit organization

### **SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINT-PIERRE-AUX-LIENS**

69 Saint-Pierre Avenue, Lachine, Montréal, QC, H8R 1P1

**514 367-6217**

**Email:** langloislouis@videotron.ca

**Services:** \* Distribution of food baskets. \* Distribution of vouchers for pharmacy or food (exceptionally). \* Christmas baskets. \* School supplies.

**Eligibility:** people on a low income

**Coverage area:** Saint-Pierre-aux-Liens Parish

**Hours:** Wednesday 8h30 to 12h30 by appointment, possibility of food assistance service after hours

**Financing:** donations

**Legal status:** non-profit organization

## **Food aid for pregnant women and children**

### **CLSC DE DORVAL-LACHINE**

1900 Notre-Dame Street, Lachine, Montréal, QC, H8S 2G2

**514 639-0650**

**Website:** [ciusss-ouestmtl.gouv.qc.ca/en/contact-location/local-community-services-centres/clsc-de-dorval-lachine](http://ciusss-ouestmtl.gouv.qc.ca/en/contact-location/local-community-services-centres/clsc-de-dorval-lachine)

**Services:** Frontline services for routine health and social services. \* Support to pregnant women and new parents. \* Sexual health clinic. \* Youth clinic: sexual health and psychosocial intervention. \* Mental health care. \* SIDEPA: HIV/AIDS and STBBI screening and prevention integrated services. \* Disposal of used syringes and needles. \* Distribution of injection equipment to people who use drugs. \* Alcochoix+ program. \* Quit smoking centre. \* Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). \* Support to people with a loss of autonomy and their caregivers. \* Loan of mobility aids to people with a loss of autonomy. \* Palliative and end-of-life care.

**Coverage area:** Lachine, LaSalle

**Hours:** Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 12h00 and 13h00 to 16h00, psychosocial intake: Monday to Wednesday 9h00 to 17h00, Thursday and Friday 8h00 to 20h00

**Financing:** provincial

**Legal status:** parapublic organization

## Food assistance in schools

### RELAIS POPULAIRE

740 Esther-Blondin Street, Lachine, Montréal, QC, H8S 4C4

**514 855-4232 ext. 6392**

**Website:** [relaispopulaire.com](http://relaispopulaire.com)

**Email:** [direction@relaispopulaire.com](mailto:direction@relaispopulaire.com)

**Services:** Distribution of breakfasts and lunches to elementary and high schools. \* Healthy food workshops for children and teenagers within these schools. \* On-site recovery of non-perishable food items.

**Eligibility:** elementary and high schools

**Capacity:** 1500 meals per week to schools

**Coverage area:** Lachine

**Hours:** Monday to Friday 7h00 to 15h00

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

## Low cost or free meals

### CLUB ZONE DE LACHINE

5050 Sherbrooke Street, Lachine, Montréal, QC, H8T 1H8

**438 926-5558**

**Email:** [clubzonedelachine@gmail.com](mailto:clubzonedelachine@gmail.com)

**Services:** Social club for youth. \* Sports activities: basketball, soccer, dodgeball, football, martial arts, etc. \* Dance classes, yoga and exercise. \* Artistic activities. \* Help with homework. \* Computer equipment accessible. \* Community meals. \* Online discussion and activities on the Discord platform. \* Outings, video evenings and board games. \* LGBTQ2+ : support group, informations, discussions and outings for queer youth and allies. \* Let's Talk About It: awareness program about mental health and deconstruction of associated stereotypes. \* Various workshops: conflict resolution, sex education, consent, substance abuse prevention, healthy relationships, etc.

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

**Capacity:** 80 youth

**Coverage area:** Montréal

**Hours:** September to May: Monday to Friday 15h30 to 20h00, June to August: Monday to Friday 12h00 to 18h00

**Fees:** free

**Financing:** donations, provincial

**Legal status:** non-profit organization

### EXTENDED HANDS

1810 Saint-Antoine Street, Lachine, Montréal, QC, H8S 1V4

**514-469-2408 ext. 4** **Fax:** 514 469-9953

**Website:** [www.extendedhands.net](http://www.extendedhands.net)

**Email:** [info@extendedhands.net](mailto:info@extendedhands.net)

**Services:** \* Food bank. \* Hot meals. \* Distribution of clothing, school supplies and other items. \* Thrift shop. \* Christmas baskets. \* Dress for Success program: career counselling for job reintegration. \* Scholarship program. \* Community work program.

**Eligibility:** people on a low income

**Capacity:** 500 families per week

**Coverage area:** Lachine and surroundings

**Hours:** food bank: Wednesday 11h30 to 13h30, hot meals: Thursday 11h30 to 13h00

**Fees:** food bank: \$4 per visit, hot meals: free

**Financing:** donations

**Legal status:** non-profit organization

### **GROUPE D'ENTRAIDE LACHINE**

1310 Notre-Dame Street, Lachine, Montréal, QC, H8S 2C8

**514 639-4941 Fax:** 514 639-4962

**Website:** www.grentraidelachine.ca

**Email:** info@grentraidelachine.ca

**Services:** \* Day centre. \* Individual counselling. \* Community dinners. \* Collective kitchens. \* Personal development workshops. \* Recreational activities, outings. \* Les Habitations Normand Bergeron: supervised apartments. \* Support groups. \* Summer camp.

**Eligibility:** people with mental health disorders on a low income

**Capacity:** day centre: about 25 people, supervised apartments: 24 people, support groups: 6 to 10 people

**Coverage area:** Lachine

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

**Fees:** membership: \$10 per year

**Financing:** provincial, municipal, grants, donations

**Legal status:** non-profit organization

### **OEUVRE SOUPE MAISON (LACHINE) (L')**

1170 Notre-Dame Street, Lachine, Montréal, QC, H8S 2C4

**514 469-9954**

**Email:** soupemaison@videotron.ca

**Services:** \* Full hot meals. \* Food baskets. \* Clothing depot.

**Eligibility:** people on a low income

**Coverage area:** Lachine

**Hours:** hot meals: September to May, Tuesday to Thursday 11h15 to 12h15, food baskets: according to availability

**Fees:** meals: none

**Financing:** donations

**Legal status:** non-profit organization

## **Prepared meals and Meals-on-wheels**

### **OEUVRE SOUPE MAISON (LACHINE) (L')**

1170 Notre-Dame Street, Lachine, Montréal, QC, H8S 2C4

**514 469-9954**

**Email:** soupemaison@videotron.ca

**Services:** \* Full hot meals. \* Food baskets. \* Clothing depot.

**Eligibility:** people on a low income

**Coverage area:** Lachine

**Hours:** hot meals: September to May, Tuesday to Thursday 11h15 to 12h15, food baskets: according to availability

**Fees:** meals: none

**Financing:** donations

**Legal status:** non-profit organization

### **P'TITE MAISON DE SAINT-PIERRE (LA)**

41 Ouellette Avenue, Lachine, Montréal, QC, H8R 1L4

**514 544-1319**

**Website:** www.laptitemaisonsaintpierre.org

**Email:** laptitemaisonsaintpierre@gmail.com



## Food

**Services:** Community and family meeting place. \* Referral, accompaniment. \* Soupe à partager, free weekly meal. \* Coffee-chats, thematic workshops. \* Drop-in respite. \* Thrift store. \* Family activities.

**Eligibility:** families in need

**Coverage area:** Lachine

**Hours:** reception: Monday and Tuesday 8h00 to 16h00, Wednesday and Thursday 8h00 to 20h00, free meal: Wednesday 11h30 to 12h30, respite: Monday and Tuesday 8h30 to 12h30, Wednesday 12h30 to 16h30, Thursday 8h30 to 16h30, thrift store: Tuesday 9h00 to 16h00, Wednesday 9h00 to 19h00, Thursday 12h00 to 19h30

**Fees:** free

**Financing:** Centraide of Greater Montréal, grants, fundraising campaigns

**Legal status:** non-profit organization

**Government services**

**MUNICIPAL SERVICES**

**PROVINCIAL SERVICES**

## Municipal services

### LACHINE - BOROUGH

1800 Saint-Joseph Boulevard, Lachine, Montréal, QC, H8S 2N4

**311 Fax:** 514 634-8164

**Website:** [montreal.ca/lachine](http://montreal.ca/lachine)

**Email:** [lachine@ville.montreal.qc.ca](mailto:lachine@ville.montreal.qc.ca)

**Services:** \* Accès Montréal card. \* Consultation of public notices. \* Administration of oath. \* Property assessment. \* Information and payment of municipal taxes. \* Ticket information and payment. \* Cat and dog licenses. \* Municipal service intervention requests. \* Low-cost housing application. \* Parking licenses. \* INFO-travaux: location of infrastructure work. \* Info-collectes: [servicesenligne2.ville.montreal.qc.ca/sel/infocollectes](http://servicesenligne2.ville.montreal.qc.ca/sel/infocollectes) \* Community gardens. \* Removal of dead animals found on private or public property.

**Coverage area:** Lachine

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

**Financing:** municipal

**Legal status:** municipal agency

### SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 8 - LACHINE, SAINT-PIERRE

170 15th Avenue, Lachine, Montréal, QC, H8S 3L9

**514 280-0108 Fax:** 514 280-0608

**Website:** [spvm.qc.ca/en/PDQ8](http://spvm.qc.ca/en/PDQ8)

**Email:** [pdq8@spvm.qc.ca](mailto:pdq8@spvm.qc.ca)

**Services:** Peacekeeping, law enforcement and public security. \* Prevention and repression of crime and offences. \* Criminal record check-up. \* Loan of engravers to identify valuables. \* Sociocommunity sector, specialized units and awareness-raising.

**Eligibility:** citizens and residents of the neighbourhood

**Coverage area:** Lachine, Saint-Pierre

**Hours:** Monday to Sunday 9h00 to 19h00

**Financing:** municipal, provincial

**Legal status:** municipal agency

## Provincial services

### SERVICES QUÉBEC - POINT DE SERVICE DE LACHINE

2740 de Remembrance Street, Suite 70-A, Lachine, Montréal, QC, H8S 1X8

**514 634-2425 Fax:** 514 634-8782

**Website:** [www.gouv.qc.ca/EN/NousJoindre/Pages/Bureaux.aspx](http://www.gouv.qc.ca/EN/NousJoindre/Pages/Bureaux.aspx)

**Services:** \* Info-emploi counter: job bank that can be consulted on site. \* Job search assistance: redaction of resume and preparation to interview. \* Information on programs and governmental services. \* Multiservices room: access to phone, fax, computers and printing machines. \* Workplace learning program. \* Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities. \* Business assistance: advices and financial support in human resources management. \* Last-resort financial and social assistance. \* Administration of oath. \* Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities.

**Eligibility:** job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

**Coverage area:** Lachine

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

**Financing:** provincial

**Legal status:** provincial government agency

**Health**

**FAMILY PLANNING**

**HOME CARE**

**HOSPITALS, CLSC AND COMMUNITY CLINICS**

**PALLIATIVE CARE**

**PATIENT SUPPORT ASSOCIATIONS**

**PUBLIC HEALTH**

## Family planning

### CLSC DE DORVAL-LACHINE

1900 Notre-Dame Street, Lachine, Montréal, QC, H8S 2G2

**514 639-0650**

**Website:** [ciusss-ouestmtl.gouv.qc.ca/en/contact-location/local-community-services-centres/clsc-de-dorval-lachine](https://ciusss-ouestmtl.gouv.qc.ca/en/contact-location/local-community-services-centres/clsc-de-dorval-lachine)

**Services:** Frontline services for routine health and social services. \* Support to pregnant women and new parents. \* Sexual health clinic. \* Youth clinic: sexual health and psychosocial intervention. \* Mental health care. \* SIDEPE: HIV/AIDS and STBBI screening and prevention integrated services. \* Disposal of used syringes and needles. \* Distribution of injection equipment to people who use drugs. \* Alcochoix+ program. \* Quit smoking centre. \* Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). \* Support to people with a loss of autonomy and their caregivers. \* Loan of mobility aids to people with a loss of autonomy. \* Palliative and end-of-life care.

**Coverage area:** Lachine, LaSalle

**Hours:** Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 12h00 and 13h00 to 16h00, psychosocial intake: Monday to Wednesday 9h00 to 17h00, Thursday and Friday 8h00 to 20h00

**Financing:** provincial

**Legal status:** parapublic organization

## Home care

### CLSC DE DORVAL-LACHINE

1900 Notre-Dame Street, Lachine, Montréal, QC, H8S 2G2

**514 639-0650**

**Website:** [ciusss-ouestmtl.gouv.qc.ca/en/contact-location/local-community-services-centres/clsc-de-dorval-lachine](https://ciusss-ouestmtl.gouv.qc.ca/en/contact-location/local-community-services-centres/clsc-de-dorval-lachine)

**Services:** Frontline services for routine health and social services. \* Support to pregnant women and new parents. \* Sexual health clinic. \* Youth clinic: sexual health and psychosocial intervention. \* Mental health care. \* SIDEPE: HIV/AIDS and STBBI screening and prevention integrated services. \* Disposal of used syringes and needles. \* Distribution of injection equipment to people who use drugs. \* Alcochoix+ program. \* Quit smoking centre. \* Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). \* Support to people with a loss of autonomy and their caregivers. \* Loan of mobility aids to people with a loss of autonomy. \* Palliative and end-of-life care.

**Coverage area:** Lachine, LaSalle

**Hours:** Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 12h00 and 13h00 to 16h00, psychosocial intake: Monday to Wednesday 9h00 to 17h00, Thursday and Friday 8h00 to 20h00

**Financing:** provincial

**Legal status:** parapublic organization

## Hospitals, CLSC and community clinics

### CLSC DE DORVAL-LACHINE

1900 Notre-Dame Street, Lachine, Montréal, QC, H8S 2G2

**514 639-0650**

**Website:** [ciusss-ouestmtl.gouv.qc.ca/en/contact-location/local-community-services-centres/clsc-de-dorval-lachine](https://ciusss-ouestmtl.gouv.qc.ca/en/contact-location/local-community-services-centres/clsc-de-dorval-lachine)

**Services:** Frontline services for routine health and social services. \* Support to pregnant women and new parents. \* Sexual health clinic. \* Youth clinic: sexual health and psychosocial intervention. \* Mental health care. \* SIDEPE: HIV/AIDS and STBBI screening and prevention integrated services. \* Disposal of used syringes and needles. \* Distribution of injection equipment to people who use drugs. \* Alcochoix+ program. \* Quit smoking centre. \* Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). \* Support to people with a loss of autonomy and their caregivers. \* Loan of mobility aids to people with a loss of autonomy. \* Palliative and end-of-life care.

**Coverage area:** Lachine, LaSalle

**Hours:** Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 12h00 and 13h00 to 16h00, psychosocial intake: Monday to Wednesday 9h00 to 17h00, Thursday and Friday 8h00 to 20h00

**Financing:** provincial

**Legal status:** parapublic organization

## LACHINE HOSPITAL

650 16th Avenue, Lachine, Montréal, QC, H8S 3N5

**514 934-1934**

**Website:** [muhc.ca/lachine](http://muhc.ca/lachine)

**Services:** General and specialized care. \* Camille-Lefebvre Pavilion: residential and long-term care centre.

**Coverage area:** Province of Québec

**Hours:** 24 hours / 7 days

**Financing:** provincial

**Legal status:** parapublic organization

## Palliative care

### CLSC DE DORVAL-LACHINE

1900 Notre-Dame Street, Lachine, Montréal, QC, H8S 2G2

**514 639-0650**

**Website:** [ciusss-ouestmtl.gouv.qc.ca/en/contact-location/local-community-services-centres/clsc-de-dorval-lachine](http://ciusss-ouestmtl.gouv.qc.ca/en/contact-location/local-community-services-centres/clsc-de-dorval-lachine)

**Services:** Frontline services for routine health and social services. \* Support to pregnant women and new parents. \* Sexual health clinic. \* Youth clinic: sexual health and psychosocial intervention. \* Mental health care. \* SIDEPE: HIV/AIDS and STBBI screening and prevention integrated services. \* Disposal of used syringes and needles. \* Distribution of injection equipment to people who use drugs. \* Alcochoix+ program. \* Quit smoking centre. \* Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). \* Support to people with a loss of autonomy and their caregivers. \* Loan of mobility aids to people with a loss of autonomy. \* Palliative and end-of-life care.

**Coverage area:** Lachine, LaSalle

**Hours:** Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 12h00 and 13h00 to 16h00, psychosocial intake: Monday to Wednesday 9h00 to 17h00, Thursday and Friday 8h00 to 20h00

**Financing:** provincial

**Legal status:** parapublic organization

## Patient support associations

### CENTRE D'HÉBERGEMENT DE LACHINE

650 d'Accueil Place, Lachine, Montréal, QC, H8S 3Z5

**514 634-7161**

**Website:** [ciusss-ouestmtl.gouv.qc.ca/en/contact-location/long-term-care-centres-chsld/centre-d-hebergement-de-lachine](http://ciusss-ouestmtl.gouv.qc.ca/en/contact-location/long-term-care-centres-chsld/centre-d-hebergement-de-lachine)

**Services:** Public housing centre for seniors and people with a loss of autonomy. \* Housing and long term care. \* Day centre with therapeutic services for seniors living at home.

**Eligibility:** seniors and people with a loss of autonomy

**Coverage area:** West Island, Lachine

**Financing:** provincial

**Legal status:** parapublic organization

### CLSC DE DORVAL-LACHINE

1900 Notre-Dame Street, Lachine, Montréal, QC, H8S 2G2

**514 639-0650**

**Website:** [ciusss-ouestmtl.gouv.qc.ca/en/contact-location/local-community-services-centres/clsc-de-dorval-lachine](http://ciusss-ouestmtl.gouv.qc.ca/en/contact-location/local-community-services-centres/clsc-de-dorval-lachine)

**Services:** Frontline services for routine health and social services. \* Support to pregnant women and new parents. \* Sexual health clinic. \* Youth clinic: sexual health and psychosocial intervention. \* Mental health care. \* SIDEPE: HIV/AIDS and STBBI screening and prevention integrated services. \* Disposal of used syringes and needles. \* Distribution of injection equipment to people who use drugs. \* Alcochoix+ program. \* Quit smoking centre. \* Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). \* Support to people with a loss of autonomy and their caregivers. \* Loan of mobility aids to people with a loss of autonomy. \* Palliative and end-of-life care.

**Coverage area:** Lachine, LaSalle

**Hours:** Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 12h00 and 13h00 to 16h00, psychosocial intake: Monday to Wednesday 9h00 to 17h00, Thursday and Friday 8h00 to 20h00

**Financing:** provincial

**Legal status:** parapublic organization

## Public Health

### CENTRE OPTION-PRÉVENTION TVDS (LE)

615 Provost Street, Suite 1, Lachine, Montréal, QC, H8S 1M5

**514 898-9805**

**Website:** [www.centretvds.org](http://www.centretvds.org)

**Email:** [centretvds@videotron.ca](mailto:centretvds@videotron.ca)

**Services:** \* Accompaniment, support and mutual aid services in groups and individually, virtual or face-to-face, in the following fields: addictions, violence, criminality, anxiety, stress, depressive symptoms, suicidal ideation and post-traumatic stress disorder. \* Prevention programs, projects and tools development for youth and adults on gambling, drugs, violence, crime and suicide. \* Prevention and intervention tools creation.

**Eligibility:** children, teens and adults

**Capacity:** 25 persons

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00 and Saturday and Sunday 10h00 to 15h00

**Fees:** free

**Financing:** provincial, fundraising campaigns, foundations, donations

**Legal status:** non-profit organization

### CLSC DE DORVAL-LACHINE

1900 Notre-Dame Street, Lachine, Montréal, QC, H8S 2G2

**514 639-0650**

**Website:** [ciusss-ouestmtl.gouv.qc.ca/en/contact-location/local-community-services-centres/clsc-de-dorval-lachine](http://ciusss-ouestmtl.gouv.qc.ca/en/contact-location/local-community-services-centres/clsc-de-dorval-lachine)



**Services:** Frontline services for routine health and social services. \* Support to pregnant women and new parents. \* Sexual health clinic. \* Youth clinic: sexual health and psychosocial intervention. \* Mental health care. \* SIDEPE: HIV/AIDS and STBBI screening and prevention integrated services. \* Disposal of used syringes and needles. \* Distribution of injection equipment to people who use drugs. \* Alcochoix+ program. \* Quit smoking centre. \* Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). \* Support to people with a loss of autonomy and their caregivers. \* Loan of mobility aids to people with a loss of autonomy. \* Palliative and end-of-life care.

**Coverage area:** Lachine, LaSalle

**Hours:** Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 12h00 and 13h00 to 16h00, psychosocial intake: Monday to Wednesday 9h00 to 17h00, Thursday and Friday 8h00 to 20h00

**Financing:** provincial

**Legal status:** parapublic organization

## CLUB ZONE DE LACHINE

5050 Sherbrooke Street, Lachine, Montréal, QC, H8T 1H8

**438 926-5558**

**Email:** clubzonedelachine@gmail.com

**Services:** Social club for youth. \* Sports activities: basketball, soccer, dodgeball, football, martial arts, etc. \* Dance classes, yoga and exercise. \* Artistic activities. \* Help with homework. \* Computer equipment accessible. \* Community meals. \* Online discussion and activities on the Discord platform. \* Outings, video evenings and board games. \* LGBTQ2+ : support group, informations, discussions and outings for queer youth and allies. \* Let's Talk About It: awareness program about mental health and deconstruction of associated stereotypes. \* Various workshops: conflict resolution, sex education, consent, substance abuse prevention, healthy relationships, etc.

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

**Capacity:** 80 youth

**Coverage area:** Montréal

**Hours:** September to May: Monday to Friday 15h30 to 20h00, June to August: Monday to Friday 12h00 to 18h00

**Fees:** free

**Financing:** donations, provincial

**Legal status:** non-profit organization

## HALTE-FRAÎCHEUR - LA MAISON DU BRASSEUR

2901 Saint-Joseph Boulevard, Lachine, Montréal, QC, H8S 4B7

**Services:** Air-conditioned place open to the public during extreme heat periods.

**Eligibility:** citizens

**Coverage area:** Lachine

**Hours:** Monday, Friday, Saturday and Sunday 12h00 to 18h00

**Financing:** municipal

**Legal status:** municipal agency

## **Homelessness**

**DAY AND EVENING CENTRES**

**HEALTH CARE**

**MOBILE UNITS AND STREET WORK**

## Day and evening centres

### EXTENDED HANDS

1810 Saint-Antoine Street, Lachine, Montréal, QC, H8S 1V4

**514-469-2408 ext. 4** Fax: 514 469-9953

**Website:** www.extendedhands.net

**Email:** info@extendedhands.net

**Services:** \* Food bank. \* Hot meals. \* Distribution of clothing, school supplies and other items. \* Thrift shop. \* Christmas baskets. \* Dress for Success program: career counselling for job reintegration. \* Scholarship program. \* Community work program.

**Eligibility:** people on a low income

**Capacity:** 500 families per week

**Coverage area:** Lachine and surroundings

**Hours:** food bank: Wednesday 11h30 to 13h30, hot meals: Thursday 11h30 to 13h00

**Fees:** food bank: \$4 per visit, hot meals: free

**Financing:** donations

**Legal status:** non-profit organization

### OEUVRE SOUPE MAISON (LACHINE) (L')

1170 Notre-Dame Street, Lachine, Montréal, QC, H8S 2C4

**514 469-9954**

**Email:** soupemaison@videotron.ca

**Services:** \* Full hot meals. \* Food baskets. \* Clothing depot.

**Eligibility:** people on a low income

**Coverage area:** Lachine

**Hours:** hot meals: September to May, Tuesday to Thursday 11h15 to 12h15, food baskets: according to availability

**Fees:** meals: none

**Financing:** donations

**Legal status:** non-profit organization

## Health care

### CENTRE DE RÉADAPTATION EN DÉPENDANCE DE MONTRÉAL - POINT DE SERVICE NOTRE-DAME - LACHINE

CLSC de Dorval-Lachine, 1900 Notre-Dame Street, Lachine, Montréal, QC, H8S 2G2

**514 385-1232** Fax: 514 385-6587

**Website:** www.ciusss-centresudmtl.gouv.qc.ca

**Email:** guichet.dependance.ccsmtl@ssss.gouv.qc.ca

**Services:** Addiction rehabilitation centre. Outpatient services for the western Montréal sector: \* Specialized assessment. \* Rehabilitation. \* Social reintegration. \* Budget management. \* Support to relatives. \* Individual, group, family and couple intervention.

**Eligibility:** young people and adults with an addiction (drugs, alcohol, gambling or cyberaddiction), their relatives

**Coverage area:** CIUSSS de l'Ouest-de-l'Île-de-Montréal

**Hours:** Monday to Thursday 8h00 to 20h00, Friday 8h00 to 16h00

**Fees:** free

**Financing:** provincial

**Legal status:** provincial government agency

## **CENTRE DE RÉADAPTATION EN DÉPENDANCE DE MONTRÉAL - POINT DE SERVICE SAINT-URBAIN**

3530, rue Saint-Urbain, Lachine, Montréal, QC, H2X 2N7

**514 385-1232** Fax: 514 385-6587

**Website:** [www.ciusss-centresudmtl.gouv.qc.ca](http://www.ciusss-centresudmtl.gouv.qc.ca)

**Email:** [guichet.dependance.ccsmtl@ssss.gouv.qc.ca](mailto:guichet.dependance.ccsmtl@ssss.gouv.qc.ca)

**Services:** Addiction rehabilitation centre. Outpatient services for the South-Central Montréal sector: \* Specialized assessment. \* Rehabilitation. \* Social reintegration. \* Budget management. \* Support to relatives. \* Individual, group, family and couple intervention.

**Eligibility:** young people and adults with an addiction (drugs, alcohol, gambling or cyberaddiction), their relatives

**Coverage area:** CIUSSS du Centre-Sud-de-l'Île-de-Montréal

**Hours:** Monday to Thursday 8h00 to 20h00, Friday 8h00 to 16h00

**Fees:** free

**Financing:** provincial

**Legal status:** provincial government agency

## **Mobile units and street work**

### **CLSC DE DORVAL-LACHINE**

1900 Notre-Dame Street, Lachine, Montréal, QC, H8S 2G2

**514 639-0650**

**Website:** [ciuss-ouestmtl.gouv.qc.ca/en/contact-location/local-community-services-centres/clsc-de-dorval-lachine](http://ciuss-ouestmtl.gouv.qc.ca/en/contact-location/local-community-services-centres/clsc-de-dorval-lachine)

**Services:** Frontline services for routine health and social services. \* Support to pregnant women and new parents. \* Sexual health clinic. \* Youth clinic: sexual health and psychosocial intervention. \* Mental health care. \* SIDEP: HIV/AIDS and STBBI screening and prevention integrated services. \* Disposal of used syringes and needles. \* Distribution of injection equipment to people who use drugs. \* Alcochoix+ program. \* Quit smoking centre. \* Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). \* Support to people with a loss of autonomy and their caregivers. \* Loan of mobility aids to people with a loss of autonomy. \* Palliative and end-of-life care.

**Coverage area:** Lachine, LaSalle

**Hours:** Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 12h00 and 13h00 to 16h00, psychosocial intake: Monday to Wednesday 9h00 to 17h00, Thursday and Friday 8h00 to 20h00

**Financing:** provincial

**Legal status:** parapublic organization

## **Housing**

**ADVOCACY FOR HOUSING**

**EMERGENCY**

**HOUSING COOPERATIVES AND CORPORATIONS**

## Advocacy for housing

### COMITÉ DE VIE DE QUARTIER DUFF-COURT

1830 Duff-Court Street, Suite 103, Lachine, Montréal, QC, H8S 1C8

**514 634-5055** Fax: 514 634-8354

**Website:** www.coviq.org

**Email:** accueil@coviq.org

**Services:** \* Food assistance. \* Collective kitchens. \* Cooking workshops for adults and youth. \* Youth house. \* Homework assistance. \* Recreational activities for youth. \* Daycare. \* Stimulation workshops for families with children 0 to 4 years old. \* Accompaniment in advocacy of tenants' rights and in housing sanitation. \* Urban farm. \* Farmer's market. \* Citizen committees.

**Eligibility:** residents of the Duff-Court neighbourhood

**Coverage area:** Duff-Court neighbourhood: Duff Court Street and Roy Crescent

**Hours:** Monday, Tuesday, Thursday and Friday 10h00 to 16h00, Wednesday 13h00 to 16h00, farmer's market: Thursday 14h00 to 17h00

**Fees:** variable

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

**Legal status:** non-profit organization

### COMITÉ LOGEMENT LACHINE-LASALLE

426 Saint-Jacques Street West, Lachine, Montréal, QC, H8R 1E8

**514 544-4294** Fax: 514 366-0505

**Email:** service@cill-droitau logement.org

**Services:** Social housing promotion and advocacy for individual and collective rights. \* Information and referral. \* Individual consultations by phone or appointment. \* Information sessions. \* Public education.

**Eligibility:** tenants and people facing difficulties accessing housing

**Coverage area:** Lachine and LaSalle

**Hours:** variable

**Fees:** free

**Financing:** Centraide of Greater Montréal, donations, grants

**Legal status:** non-profit organization

## Emergency

### CARREFOUR D'ENTRAIDE LACHINE

1176 Provost Street, Lachine, Montréal, QC, H8S 1N5

**514 634-3686** Fax: 514 634-2554

**Website:** www.carrefourentraide.org

**Email:** info@carrefourentraide.org

**Services:** Food \* Collective kitchens, Halal kitchens, youth cooking workshops. \* Food aid. \* Community grocery store. \* Purchasing group Education \* Popular education. \* Literacy program. \* English classes. Community action \* Community thrift store: used clothing, furniture and items, possibility of delivery. \* Christmas gifts at a third of the price. \* Donations for fire victims. \* Tax clinic. Sports and recreation \* Knitting and polymer workshops. \* Recreational activities and outings. \* Summer day camp.

**Eligibility:** people on a low income, store: open to all, cooking workshops: youth 7 to 11 years old

**Coverage area:** Lachine

**Hours:** food aid and community grocery store: Monday to Friday, thrift store: Monday to Wednesday 8h30 to 12h00 and 13h00 to 15h45, Thursday and Friday 8h30 to 12h00 and 13h00 to 21h00, Saturday 10h00 to 12h00 and 13h00 to 17h00

**Fees:** membership: \$5 per year, collective kitchens: \$10, youth cooking workshops: \$5, grocery store membership: \$10 per year

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

**Legal status:** non-profit organization

**HALTE-FRAÎCHEUR - LA MAISON DU BRASSEUR**

2901 Saint-Joseph Boulevard, Lachine, Montréal, QC, H8S 4B7

**Services:** Air-conditioned place open to the public during extreme heat periods.

**Eligibility:** citizens

**Coverage area:** Lachine

**Hours:** Monday, Friday, Saturday and Sunday 12h00 to 18h00

**Financing:** municipal

**Legal status:** municipal agency

**Housing cooperatives and corporations****COMITÉ DE VIE DE QUARTIER DUFF-COURT**

1830 Duff-Court Street, Suite 103, Lachine, Montréal, QC, H8S 1C8

**514 634-5055 Fax:** 514 634-8354

**Website:** [www.coviq.org](http://www.coviq.org)

**Email:** [accueil@coviq.org](mailto:accueil@coviq.org)

**Services:** \* Food assistance. \* Collective kitchens. \* Cooking workshops for adults and youth. \* Youth house. \* Homework assistance. \* Recreational activities for youth. \* Daycare. \* Stimulation workshops for families with children 0 to 4 years old. \* Accompaniment in advocacy of tenants' rights and in housing sanitation. \* Urban farm. \* Farmer's market. \* Citizen committees.

**Eligibility:** residents of the Duff-Court neighbourhood

**Coverage area:** Duff-Court neighbourhood: Duff Court Street and Roy Crescent

**Hours:** Monday, Tuesday, Thursday and Friday 10h00 to 16h00, Wednesday 13h00 to 16h00, farmer's market: Thursday 14h00 to 17h00

**Fees:** variable

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

**Legal status:** non-profit organization

**COMITÉ LOGEMENT LACHINE-LASALLE**

426 Saint-Jacques Street West, Lachine, Montréal, QC, H8R 1E8

**514 544-4294 Fax:** 514 366-0505

**Email:** [service@cill-droitaulogement.org](mailto:service@cill-droitaulogement.org)

**Services:** Social housing promotion and advocacy for individual and collective rights. \* Information and referral. \* Individual consultations by phone or appointment. \* Information sessions. \* Public education.

**Eligibility:** tenants and people facing difficulties accessing housing

**Coverage area:** Lachine and LaSalle

**Hours:** variable

**Fees:** free

**Financing:** Centraide of Greater Montréal, donations, grants

**Legal status:** non-profit organization

## **Immigration and cultural communities**

**MULTICULTURAL ORGANIZATIONS**

**REFUGEE SUPPORT**

**SETTLEMENT SERVICES FOR NEWCOMERS**



## Multicultural organizations

### COMITÉ DE REVITALISATION URBAINE INTÉGRÉE DU QUARTIER SAINT-PIERRE

183 des Érables Street, Lachine, Montréal, QC, H8R 1B1

**514 365-7000**

**Website:** [www.revitalisationsaintpierre.ca](http://www.revitalisationsaintpierre.ca)

**Email:** [revitalisationsaintpierre@gmail.com](mailto:revitalisationsaintpierre@gmail.com)

**Services:** \* Coordination and consultation with citizens and organizations. \* Citizen mobilization and work committees: main street, leisure and urban safety. \* Jardin du triangle-fleuri: collective garden. \* Urban agriculture projects. \* Strategic urbanism projects: urban greening, sharing of public space. \* Neighbourhood parties. \* Intercultural events. \* Newsletter, activity calendar.

**Eligibility:** citizens, organizations

**Coverage area:** Saint-Pierre neighbourhood

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

**Legal status:** non-profit organization

## Refugee support

### CARREFOUR JEUNESSE-EMPLOI DE MARQUETTE

735 Notre-Dame Street, Suite 101, Lachine, Montréal, QC, H8S 2B5

**514 634-0450** Fax: 514 634-0978

**Website:** [www.cjelachine.ca](http://www.cjelachine.ca)

**Email:** [info@cjelachine.ca](mailto:info@cjelachine.ca)

**Services:** Employability assistance. \* Job search assistance. \* Entrepreneurship. \* School and professional information. \* School drop-out prevention. \* Passeport pour ma réussite program. \* Welcoming service for asylum seekers: employment integration, educational and professional information and personal recovery. \* Residential snow removal.

**Eligibility:** people 13 to 35 years old

**Coverage area:** Lachine

**Hours:** Monday, Tuesday and Thursday 9h00 to 12h00 and 13h00 to 16h00, Wednesday 9h00 to 12h00 and 13h00 to 17h00

**Financing:** provincial

**Legal status:** non-profit organization

### CENTRE SOCIAL D'AIDE AUX IMMIGRANTS - LACHINE

735 Notre-Dame Street, Lachine, Montréal, QC, H8S 2B3

**438 520-5160**

**Website:** [www.centrecsai.org](http://www.centrecsai.org)

**Email:** [csailachine@centrecsai.org](mailto:csailachine@centrecsai.org)

**Services:** \* Reception and integration. \* Information and guidance. \* Consultation and individual support. \* Assistance and support in administrative steps. \* Tax clinic.

**Eligibility:** permanent residents, foreign students, temporary workers, refugees, asylum seekers

**Coverage area:** Greater Montréal

**Hours:** Monday to Thursday 9h00 to 16h30

**Fees:** certification: \$5, certified copies: \$2, other services: free

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

**Legal status:** non-profit organization

## Settlement services for newcomers

### CARREFOUR JEUNESSE-EMPLOI DE MARQUETTE

735 Notre-Dame Street, Suite 101, Lachine, Montréal, QC, H8S 2B5

**514 634-0450** Fax: 514 634-0978

**Website:** www.cjelachine.ca

**Email:** info@cjelachine.ca

**Services:** Employability assistance. \* Job search assistance. \* Entrepreneurship. \* School and professional information. \* School drop-out prevention. \* Passeport pour ma réussite program. \* Welcoming service for asylum seekers: employment integration, educational and professional information and personal recovery. \* Residential snow removal.

**Eligibility:** people 13 to 35 years old

**Coverage area:** Lachine

**Hours:** Monday, Tuesday and Thursday 9h00 to 12h00 and 13h00 to 16h00, Wednesday 9h00 to 12h00 and 13h00 to 17h00

**Financing:** provincial

**Legal status:** non-profit organization

### CENTRE SOCIAL D'AIDE AUX IMMIGRANTS - LACHINE

735 Notre-Dame Street, Lachine, Montréal, QC, H8S 2B3

**438 520-5160**

**Website:** www.centrecsai.org

**Email:** csailachine@centrecsai.org

**Services:** \* Reception and integration. \* Information and guidance. \* Consultation and individual support. \* Assistance and support in administrative steps. \* Tax clinic.

**Eligibility:** permanent residents, foreign students, temporary workers, refugees, asylum seekers

**Coverage area:** Greater Montréal

**Hours:** Monday to Thursday 9h00 to 16h30

**Fees:** certification: \$5, certified copies: \$2, other services: free

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

**Legal status:** non-profit organization

### CORPORATION DE DÉVELOPPEMENT ÉCONOMIQUE COMMUNAUTAIRE LASALLE-LACHINE

735 Notre-Dame Street, Lachine, Montréal, QC, H8S 2B5

**514 469-0288**

**Website:** www.cdec-lasallelachine.ca

**Email:** info@cdec-lasallelachine.ca

**Services:** \* Information and referral. \* Local economic development service. \* Support for job seekers. \* Placement service for employers.

**Eligibility:** immigrant and non-immigrant job seekers, businesses

**Coverage area:** Montréal Island

**Hours:** Monday to Thursday 8h00 to 15h00

**Fees:** free

**Financing:** federal, provincial, municipal

**Legal status:** non-profit organization

## **Indigenous Peoples**

### **GOVERNMENT SERVICES**

## Government services

### SERVICES QUÉBEC - POINT DE SERVICE DE LACHINE

2740 de Remembrance Street, Suite 70-A, Lachine, Montréal, QC, H8S 1X8

**514 634-2425** Fax: 514 634-8782

**Website:** [www.gouv.qc.ca/EN/NousJoindre/Pages/Bureaux.aspx](http://www.gouv.qc.ca/EN/NousJoindre/Pages/Bureaux.aspx)

**Services:** \* Info-emploi counter: job bank that can be consulted on site. \* Job search assistance: redaction of resume and preparation to interview. \* Information on programs and governmental services. \* Multiservices room: access to phone, fax, computers and printing machines. \* Workplace learning program. \* Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities. \* Business assistance: advices and financial support in human resources management. \* Last-resort financial and social assistance. \* Administration of oath. \* Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities.

**Eligibility:** job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

**Coverage area:** Lachine

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

**Financing:** provincial

**Legal status:** provincial government agency

## **Justice and Advocacy**

### **ADVOCACY GROUPS**

### **CONSUMER PROTECTION AND COMPLAINTS**

### **LEGAL ASSISTANCE AND INFORMATION**

### **SUPPORT FOR OFFENDERS**

## Advocacy groups

### COMITÉ D'ACTION EN SÉCURITÉ URBAINE DE LACHINE

735 Notre-Dame Street, Lachine, Montréal, QC, H8S 2B3

**438 389-8079**

**Email:** coordination.casual@gmail.com

**Services:** Grouping of organizations working to improve the sense of safety. \* Information and awareness-raising. \* Prevention. \* Triple P program: positive parenting practices program to improve parent-child relationships (conferences, individual or group meetings).

**Eligibility:** community and institutional organizations

**Coverage area:** Lachine

**Fees:** free

**Financing:** municipal

**Legal status:** non-profit organization

### COMITÉ DE REVITALISATION URBAINE INTÉGRÉE DU QUARTIER SAINT-PIERRE

183 des Érables Street, Lachine, Montréal, QC, H8R 1B1

**514 365-7000**

**Website:** www.revitalisationsaintpierre.ca

**Email:** revitalisationsaintpierre@gmail.com

**Services:** \* Coordination and consultation with citizens and organizations. \* Citizen mobilization and work committees: main street, leisure and urban safety. \* Jardin du triangle-fleuri: collective garden. \* Urban agriculture projects. \* Strategic urbanism projects: urban greening, sharing of public space. \* Neighbourhood parties. \* Intercultural events. \* Newsletter, activity calendar.

**Eligibility:** citizens, organizations

**Coverage area:** Saint-Pierre neighbourhood

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

**Legal status:** non-profit organization

### COMITÉ LOGEMENT LACHINE-LASALLE

426 Saint-Jacques Street West, Lachine, Montréal, QC, H8R 1E8

**514 544-4294** Fax: 514 366-0505

**Email:** service@cill-droitaulogement.org

**Services:** Social housing promotion and advocacy for individual and collective rights. \* Information and referral. \* Individual consultations by phone or appointment. \* Information sessions. \* Public education.

**Eligibility:** tenants and people facing difficulties accessing housing

**Coverage area:** Lachine and LaSalle

**Hours:** variable

**Fees:** free

**Financing:** Centraide of Greater Montréal, donations, grants

**Legal status:** non-profit organization

### ÉCO-QUARTIER LACHINE

735 Notre-Dame Street, Lachine, Montréal, QC, H8S 2B5

**514 634-7205**

**Website:** game.org/eco-quartier-lachine

**Email:** ecolachine@game.org

**Services:** Educate and inform residents on environmental issues, improve cleanliness, beautify and green environments, help residents reduce their daily ecological footprint and encourage active participation. \* Drop-off point for garbage that does not go in any of the municipal collection bins. \* Cleaning operations. \* Sale and planting of trees. \* Sewing with recovered materials. \* Eco-boutique: ecological products. \* Green and blue patrols: go to the direct contact of people to help them adopt better eco-responsible practices. \* Advice, workshops and conferences. \* Collective gardens. \* Drop point for baskets of fruits and vegetables ugly of Second Life. \* Subsidy for washable diapers. \* Volunteer opportunities.

**Eligibility:** general public

**Coverage area:** Lachine, Dorval

**Hours:** Monday, Tuesday and Thursday 10h00 to 17h00, Wednesday 10h00 to 20h00, Friday and Saturday 9h00 to 13h00

**Fees:** free

**Financing:** municipal, self-financing

**Legal status:** non-profit organization

## GRAME

735 Notre-Dame Street, Suite 202, Lachine, Montréal, QC, H8S 2B5

**514 634-7205**

**Website:** [www.grame.org](http://www.grame.org)

**Email:** [info@grame.org](mailto:info@grame.org)

**Services:** Promote sustainable development and environmental protection. \* Influencing decision-makers to adopt public policies in line with the principles of sustainable development. \* Raising environmental awareness and education among the population. \* Direct intervention on the field.

**Coverage area:** Province of Québec

**Financing:** grants, donations

**Legal status:** non-profit organization

## MONTRÉAL WEST ISLAND INTEGRATED UNIVERSITY HEALTH AND SOCIAL SERVICES CENTRE USERS' COMMITTEE

8000 Notre-Dame Street, Lachine, Montréal, QC, H8R 1H2

**514 363-3025 ext. 8002**

**Website:** [ciusss-ouestmtl.gouv.qc.ca/en/users-info/users-rights/users/](http://ciusss-ouestmtl.gouv.qc.ca/en/users-info/users-rights/users/)

**Email:** [comite\\_des\\_usagers\\_CIUSSS\\_ODIM@ssss.gouv.qc.ca](mailto:comite_des_usagers_CIUSSS_ODIM@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:** Montreal West Island Integrated University Health and Social Services Centre users

**Coverage area:** Montréal Island

**Financing:** provincial

**Legal status:** parapublic organization

## ST. MARY'S HOSPITAL CENTRE USERS' COMMITTEE

8000 Notre-Dame Street, Lachine, Montréal, QC, H8R 1H2

**514 363-3025 ext. 8002**

**Website:** [ciusss-ouestmtl.gouv.qc.ca/en/users-info/users-rights/users](http://ciusss-ouestmtl.gouv.qc.ca/en/users-info/users-rights/users)

**Email:** [comite\\_des\\_Usagers\\_CIUSSS\\_ODIM@ssss.gouv.qc.ca](mailto:comite_des_Usagers_CIUSSS_ODIM@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 St. Mary's Hospital Centre

**Coverage area:** Montréal Island

**Financing:** provincial

**Legal status:** parapublic organization

## Consumer protection and complaints

### MONTRÉAL WEST ISLAND INTEGRATED UNIVERSITY HEALTH AND SOCIAL SERVICES CENTRE USERS' COMMITTEE

8000 Notre-Dame Street, Lachine, Montréal, QC, H8R 1H2

**514 363-3025 ext. 8002**

**Website:** [ciusss-ouestmtl.gouv.qc.ca/en/users-info/users-rights/users/](http://ciusss-ouestmtl.gouv.qc.ca/en/users-info/users-rights/users/)

**Email:** [comite\\_des\\_usagers\\_CIUSSS\\_ODIM@ssss.gouv.qc.ca](mailto:comite_des_usagers_CIUSSS_ODIM@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:** Montreal West Island Integrated University Health and Social Services Centre users

**Coverage area:** Montréal Island

**Financing:** provincial

**Legal status:** parapublic organization

### ST. MARY'S HOSPITAL CENTRE USERS' COMMITTEE

8000 Notre-Dame Street, Lachine, Montréal, QC, H8R 1H2

**514 363-3025 ext. 8002**

**Website:** [ciusss-ouestmtl.gouv.qc.ca/en/users-info/users-rights/users](http://ciusss-ouestmtl.gouv.qc.ca/en/users-info/users-rights/users)

**Email:** [comite\\_des\\_Usagers\\_CIUSSS\\_ODIM@ssss.gouv.qc.ca](mailto:comite_des_Usagers_CIUSSS_ODIM@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 St. Mary's Hospital Centre

**Coverage area:** Montréal Island

**Financing:** provincial

**Legal status:** parapublic organization

## Legal assistance and information

### LACHINE - BOROUGH

1800 Saint-Joseph Boulevard, Lachine, Montréal, QC, H8S 2N4

**311 Fax:** 514 634-8164

**Website:** [montreal.ca/lachine](http://montreal.ca/lachine)

**Email:** [lachine@ville.montreal.qc.ca](mailto:lachine@ville.montreal.qc.ca)

**Services:** \* Accès Montréal card. \* Consultation of public notices. \* Administration of oath. \* Property assessment. \* Information and payment of municipal taxes. \* Ticket information and payment. \* Cat and dog licenses. \* Municipal service intervention requests. \* Low-cost housing application. \* Parking licenses. \* INFO-travaux: location of infrastructure work. \* Info-collectes: [servicesenligne2.ville.montreal.qc.ca/sel/infocollectes](http://servicesenligne2.ville.montreal.qc.ca/sel/infocollectes) \* Community gardens. \* Removal of dead animals found on private or public property.

**Coverage area:** Lachine

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

**Financing:** municipal

**Legal status:** municipal agency



## Support for offenders

### EXTENDED HANDS

1810 Saint-Antoine Street, Lachine, Montréal, QC, H8S 1V4

**514-469-2408 ext. 4** Fax: 514 469-9953

**Website:** [www.extendedhands.net](http://www.extendedhands.net)

**Email:** [info@extendedhands.net](mailto:info@extendedhands.net)

**Services:** \* Food bank. \* Hot meals. \* Distribution of clothing, school supplies and other items. \* Thrift shop. \* Christmas baskets. \* Dress for Success program: career counselling for job reintegration. \* Scholarship program. \* Community work program.

**Eligibility:** people on a low income

**Capacity:** 500 families per week

**Coverage area:** Lachine and surroundings

**Hours:** food bank: Wednesday 11h30 to 13h30, hot meals: Thursday 11h30 to 13h00

**Fees:** food bank: \$4 per visit, hot meals: free

**Financing:** donations

**Legal status:** non-profit organization

## **Mental Health and addictions**

**ADDICTION PREVENTION**

**ADDICTION TREATMENT**

**COMMUNITY SUPPORT IN MENTAL HEALTH**

**CRISIS CENTRES AND SUICIDE PREVENTION**

**MENTAL HEALTH ADVOCACY GROUPS**

**MENTAL HEALTH HOUSING**

**SELF-HELP GROUPS FOR MENTAL HEALTH ISSUES**

## Addiction prevention

### CENTRE OPTION-PRÉVENTION TVDS (LE)

615 Provost Street, Suite 1, Lachine, Montréal, QC, H8S 1M5

**514 898-9805**

**Website:** [www.centretvds.org](http://www.centretvds.org)

**Email:** [centretvds@videotron.ca](mailto:centretvds@videotron.ca)

**Services:** \* Accompaniment, support and mutual aid services in groups and individually, virtual or face-to-face, in the following fields: addictions, violence, criminality, anxiety, stress, depressive symptoms, suicidal ideation and post-traumatic stress disorder. \* Prevention programs, projects and tools development for youth and adults on gambling, drugs, violence, crime and suicide. \* Prevention and intervention tools creation.

**Eligibility:** children, teens and adults

**Capacity:** 25 persons

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00 and Saturday and Sunday 10h00 to 15h00

**Fees:** free

**Financing:** provincial, fundraising campaigns, foundations, donations

**Legal status:** non-profit organization

### CLSC DE DORVAL-LACHINE

1900 Notre-Dame Street, Lachine, Montréal, QC, H8S 2G2

**514 639-0650**

**Website:** [ciusss-ouestmtl.gouv.qc.ca/en/contact-location/local-community-services-centres/clsc-de-dorval-lachine](http://ciusss-ouestmtl.gouv.qc.ca/en/contact-location/local-community-services-centres/clsc-de-dorval-lachine)

**Services:** Frontline services for routine health and social services. \* Support to pregnant women and new parents. \* Sexual health clinic. \* Youth clinic: sexual health and psychosocial intervention. \* Mental health care. \* SIDEP: HIV/AIDS and STBBI screening and prevention integrated services. \* Disposal of used syringes and needles. \* Distribution of injection equipment to people who use drugs. \* Alcochoix+ program. \* Quit smoking centre. \* Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). \* Support to people with a loss of autonomy and their caregivers. \* Loan of mobility aids to people with a loss of autonomy. \* Palliative and end-of-life care.

**Coverage area:** Lachine, LaSalle

**Hours:** Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 12h00 and 13h00 to 16h00, psychosocial intake: Monday to Wednesday 9h00 to 17h00, Thursday and Friday 8h00 to 20h00

**Financing:** provincial

**Legal status:** parapublic organization

### CLUB ZONE DE LACHINE

5050 Sherbrooke Street, Lachine, Montréal, QC, H8T 1H8

**438 926-5558**

**Email:** [clubzonedelachine@gmail.com](mailto:clubzonedelachine@gmail.com)

**Services:** Social club for youth. \* Sports activities: basketball, soccer, dodgeball, football, martial arts, etc. \* Dance classes, yoga and exercise. \* Artistic activities. \* Help with homework. \* Computer equipment accessible. \* Community meals. \* Online discussion and activities on the Discord platform. \* Outings, video evenings and board games. \* LGBTQ2+ : support group, informations, discussions and outings for queer youth and allies. \* Let's Talk About It: awareness program about mental health and deconstruction of associated stereotypes. \* Various workshops: conflict resolution, sex education, consent, substance abuse prevention, healthy relationships, etc.

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

**Capacity:** 80 youth

**Coverage area:** Montréal

**Hours:** September to May: Monday to Friday 15h30 to 20h00, June to August: Monday to Friday 12h00 to 18h00

**Fees:** free

**Financing:** donations, provincial  
**Legal status:** non-profit organization

## GÉNÉRATION ELLES

615 Provost Street, Suite 1, Lachine, Montréal, QC, H8S 1M5  
**514 898-9805**

**Website:** www.generationelles.ca  
**Email:** info@generationelles.ca

**Services:** Educational, mentoring and networking program for girls and teens aiming to reinforce personal, emotional and social skills. \* Workshops about prevention of conflicts, violence, bullying, addiction and mental health: anxiety, stress disorder, sadness, etc. \* Self-defense strategies.

**Eligibility:** girls and women 6 to 17 years old

**Coverage area:** Province of Québec

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

**Fees:** free

**Financing:** provincial, fundraising campaigns, foundation  
**Legal status:** non-profit organization

## PROJET DE PRÉVENTION DES TOXICOMANIES: CUMULUS

Confidential Address

**514 634-5774 Fax:** 514 634-5777

**Website:** www.projetcumulus.ca  
**Email:** info@projetcumulus.ca

**Services:** Substance abuse prevention. \* Workshops in schools and community spaces. \* Information, documentation. \* Training for school and community workers. \* Feminist approach and training for women's centres and shelters.

**Eligibility:** youth 12 to 30 years old, trainings: counsellors

**Coverage area:** Greater Montréal

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

**Financing:** donations, provincial

**Legal status:** non-profit organization

## Addiction treatment

### ANDY'S HOUSE TREATMENT CENTRE

3360 Notre-Dame Street, Suite 25, Lachine, Montréal, QC, H8T 3E2  
**1 844 689-2639 Fax:** 514 639-6245

**Website:** www.andyshouse.com  
**Email:** info@andyshouse.com

**Services:** 3 month inpatient therapy for drug and alcohol addictions. \* Separate programme for addiction to substances. \* Family support group. \* 2 year post-therapy follow-up.

**Eligibility:** adults 18 years old and over with alcohol or substance addiction problem

**Capacity:** 15 places

**Coverage area:** Province of Québec

**Hours:** 24 hours / 7 days

**Fees:** variable, 2 subsidized beds for social assistance beneficiaries

**Financing:** self-financing, donations

**Legal status:** non-profit organization

## **CENTRE DE RÉADAPTATION EN DÉPENDANCE DE MONTRÉAL - POINT DE SERVICE NOTRE-DAME - LACHINE**

CLSC de Dorval-Lachine, 1900 Notre-Dame Street, Lachine, Montréal, QC, H8S 2G2

**514 385-1232 Fax:** 514 385-6587

**Website:** [www.ciusss-centresudmtl.gouv.qc.ca](http://www.ciusss-centresudmtl.gouv.qc.ca)

**Email:** [guichet.dependance.ccsmtl@ssss.gouv.qc.ca](mailto:guichet.dependance.ccsmtl@ssss.gouv.qc.ca)

**Services:** Addiction rehabilitation centre. Outpatient services for the western Montréal sector: \* Specialized assessment. \* Rehabilitation. \* Social reintegration. \* Budget management. \* Support to relatives. \* Individual, group, family and couple intervention.

**Eligibility:** young people and adults with an addiction (drugs, alcohol, gambling or cyberaddiction), their relatives

**Coverage area:** CIUSSS de l'Ouest-de-l'Île-de-Montréal

**Hours:** Monday to Thursday 8h00 to 20h00, Friday 8h00 to 16h00

**Fees:** free

**Financing:** provincial

**Legal status:** provincial government agency

## **CENTRE DE RÉADAPTATION EN DÉPENDANCE DE MONTRÉAL - POINT DE SERVICE SAINT-URBAIN**

3530, rue Saint-Urbain, Lachine, Montréal, QC, H2X 2N7

**514 385-1232 Fax:** 514 385-6587

**Website:** [www.ciusss-centresudmtl.gouv.qc.ca](http://www.ciusss-centresudmtl.gouv.qc.ca)

**Email:** [guichet.dependance.ccsmtl@ssss.gouv.qc.ca](mailto:guichet.dependance.ccsmtl@ssss.gouv.qc.ca)

**Services:** Addiction rehabilitation centre. Outpatient services for the South-Central Montréal sector: \* Specialized assessment. \* Rehabilitation. \* Social reintegration. \* Budget management. \* Support to relatives. \* Individual, group, family and couple intervention.

**Eligibility:** young people and adults with an addiction (drugs, alcohol, gambling or cyberaddiction), their relatives

**Coverage area:** CIUSSS du Centre-Sud-de-l'Île-de-Montréal

**Hours:** Monday to Thursday 8h00 to 20h00, Friday 8h00 to 16h00

**Fees:** free

**Financing:** provincial

**Legal status:** provincial government agency

## **CENTRE OPTION-PRÉVENTION TVDS (LE)**

615 Provost Street, Suite 1, Lachine, Montréal, QC, H8S 1M5

**514 898-9805**

**Website:** [www.centretvds.org](http://www.centretvds.org)

**Email:** [centretvds@videotron.ca](mailto:centretvds@videotron.ca)

**Services:** \* Accompaniment, support and mutual aid services in groups and individually, virtual or face-to-face, in the following fields: addictions, violence, criminality, anxiety, stress, depressive symptoms, suicidal ideation and post-traumatic stress disorder. \* Prevention programs, projects and tools development for youth and adults on gambling, drugs, violence, crime and suicide. \* Prevention and intervention tools creation.

**Eligibility:** children, teens and adults

**Capacity:** 25 persons

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00 and Saturday and Sunday 10h00 to 15h00

**Fees:** free

**Financing:** provincial, fundraising campaigns, foundations, donations

**Legal status:** non-profit organization

**CLSC DE DORVAL-LACHINE**

1900 Notre-Dame Street, Lachine, Montréal, QC, H8S 2G2

**514 639-0650**

**Website:** [ciusss-ouestmtl.gouv.qc.ca/en/contact-location/local-community-services-centres/clsc-de-dorval-lachine](http://ciusss-ouestmtl.gouv.qc.ca/en/contact-location/local-community-services-centres/clsc-de-dorval-lachine)

**Services:** Frontline services for routine health and social services. \* Support to pregnant women and new parents. \* Sexual health clinic. \* Youth clinic: sexual health and psychosocial intervention. \* Mental health care. \* SIDEPE: HIV/AIDS and STBBI screening and prevention integrated services. \* Disposal of used syringes and needles. \* Distribution of injection equipment to people who use drugs. \* Alcochoix+ program. \* Quit smoking centre. \* Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). \* Support to people with a loss of autonomy and their caregivers. \* Loan of mobility aids to people with a loss of autonomy. \* Palliative and end-of-life care.

**Coverage area:** Lachine, LaSalle

**Hours:** Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 12h00 and 13h00 to 16h00, psychosocial intake: Monday to Wednesday 9h00 to 17h00, Thursday and Friday 8h00 to 20h00

**Financing:** provincial

**Legal status:** parapublic organization

**Community support in mental health****CENTRE OPTION-PRÉVENTION TVDS (LE)**

615 Provost Street, Suite 1, Lachine, Montréal, QC, H8S 1M5

**514 898-9805**

**Website:** [www.centretvds.org](http://www.centretvds.org)

**Email:** [centretvds@videotron.ca](mailto:centretvds@videotron.ca)

**Services:** \* Accompaniment, support and mutual aid services in groups and individually, virtual or face-to-face, in the following fields: addictions, violence, criminality, anxiety, stress, depressive symptoms, suicidal ideation and post-traumatic stress disorder. \* Prevention programs, projects and tools development for youth and adults on gambling, drugs, violence, crime and suicide. \* Prevention and intervention tools creation.

**Eligibility:** children, teens and adults

**Capacity:** 25 persons

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00 and Saturday and Sunday 10h00 to 15h00

**Fees:** free

**Financing:** provincial, fundraising campaigns, foundations, donations

**Legal status:** non-profit organization

**GROUPE D'ENTRAIDE LACHINE**

1310 Notre-Dame Street, Lachine, Montréal, QC, H8S 2C8

**514 639-4941** Fax: 514 639-4962

**Website:** [www.grentraidelachine.ca](http://www.grentraidelachine.ca)

**Email:** [info@grentraidelachine.ca](mailto:info@grentraidelachine.ca)

**Services:** \* Day centre. \* Individual counselling. \* Community dinners. \* Collective kitchens. \* Personal development workshops. \* Recreational activities, outings. \* Les Habitations Normand Bergeron: supervised apartments. \* Support groups. \* Summer camp.

**Eligibility:** people with mental health disorders on a low income

**Capacity:** day centre: about 25 people, supervised apartments: 24 people, support groups: 6 to 10 people

**Coverage area:** Lachine

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

**Fees:** membership: \$10 per year

**Financing:** provincial, municipal, grants, donations

**Legal status:** non-profit organization

## Crisis centres and suicide prevention

### CENTRE OPTION-PRÉVENTION TVDS (LE)

615 Provost Street, Suite 1, Lachine, Montréal, QC, H8S 1M5

**514 898-9805**

**Website:** [www.centretvds.org](http://www.centretvds.org)

**Email:** [centretvds@videotron.ca](mailto:centretvds@videotron.ca)

**Services:** \* Accompaniment, support and mutual aid services in groups and individually, virtual or face-to-face, in the following fields: addictions, violence, criminality, anxiety, stress, depressive symptoms, suicidal ideation and post-traumatic stress disorder. \* Prevention programs, projects and tools development for youth and adults on gambling, drugs, violence, crime and suicide. \* Prevention and intervention tools creation.

**Eligibility:** children, teens and adults

**Capacity:** 25 persons

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00 and Saturday and Sunday 10h00 to 15h00

**Fees:** free

**Financing:** provincial, fundraising campaigns, foundations, donations

**Legal status:** non-profit organization

## Mental health advocacy groups

### CLSC DE DORVAL-LACHINE

1900 Notre-Dame Street, Lachine, Montréal, QC, H8S 2G2

**514 639-0650**

**Website:** [ciusss-ouestmtl.gouv.qc.ca/en/contact-location/local-community-services-centres/clsc-de-dorval-lachine](http://ciusss-ouestmtl.gouv.qc.ca/en/contact-location/local-community-services-centres/clsc-de-dorval-lachine)

**Services:** Frontline services for routine health and social services. \* Support to pregnant women and new parents. \* Sexual health clinic. \* Youth clinic: sexual health and psychosocial intervention. \* Mental health care. \* SIDEPE: HIV/AIDS and STBBI screening and prevention integrated services. \* Disposal of used syringes and needles. \* Distribution of injection equipment to people who use drugs. \* Alcochoix+ program. \* Quit smoking centre. \* Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). \* Support to people with a loss of autonomy and their caregivers. \* Loan of mobility aids to people with a loss of autonomy. \* Palliative and end-of-life care.

**Coverage area:** Lachine, LaSalle

**Hours:** Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 12h00 and 13h00 to 16h00, psychosocial intake: Monday to Wednesday 9h00 to 17h00, Thursday and Friday 8h00 to 20h00

**Financing:** provincial

**Legal status:** parapublic organization

### CLUB ZONE DE LACHINE

5050 Sherbrooke Street, Lachine, Montréal, QC, H8T 1H8

**438 926-5558**

**Email:** [clubzonedelachine@gmail.com](mailto:clubzonedelachine@gmail.com)

**Services:** Social club for youth. \* Sports activities: basketball, soccer, dodgeball, football, martial arts, etc. \* Dance classes, yoga and exercise. \* Artistic activities. \* Help with homework. \* Computer equipment accessible. \* Community meals. \* Online discussion and activities on the Discord platform. \* Outings, video evenings and board games. \* LGBTQ2+ : support group, informations, discussions and outings for queer youth and allies. \* Let's Talk About It: awareness program about mental health and deconstruction of associated stereotypes. \* Various workshops: conflict resolution, sex education, consent, substance abuse prevention, healthy relationships, etc.

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

**Capacity:** 80 youth

**Coverage area:** Montréal

**Hours:** September to May: Monday to Friday 15h30 to 20h00, June to August: Monday to Friday 12h00 to 18h00

**Fees:** free

**Financing:** donations, provincial

**Legal status:** non-profit organization

## Mental health housing

### GRUPE D'ENTRAIDE LACHINE

1310 Notre-Dame Street, Lachine, Montréal, QC, H8S 2C8

**514 639-4941 Fax:** 514 639-4962

**Website:** www.gentraidelachine.ca

**Email:** info@gentraidelachine.ca

**Services:** \* Day centre. \* Individual counselling. \* Community dinners. \* Collective kitchens. \* Personal development workshops. \* Recreational activities, outings. \* Les Habitations Normand Bergeron: supervised apartments. \* Support groups. \* Summer camp.

**Eligibility:** people with mental health disorders on a low income

**Capacity:** day centre: about 25 people, supervised apartments: 24 people, support groups: 6 to 10 people

**Coverage area:** Lachine

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

**Fees:** membership: \$10 per year

**Financing:** provincial, municipal, grants, donations

**Legal status:** non-profit organization

## Self-help groups for mental health issues

### GRUPE D'ENTRAIDE LACHINE

1310 Notre-Dame Street, Lachine, Montréal, QC, H8S 2C8

**514 639-4941 Fax:** 514 639-4962

**Website:** www.gentraidelachine.ca

**Email:** info@gentraidelachine.ca

**Services:** \* Day centre. \* Individual counselling. \* Community dinners. \* Collective kitchens. \* Personal development workshops. \* Recreational activities, outings. \* Les Habitations Normand Bergeron: supervised apartments. \* Support groups. \* Summer camp.

**Eligibility:** people with mental health disorders on a low income

**Capacity:** day centre: about 25 people, supervised apartments: 24 people, support groups: 6 to 10 people

**Coverage area:** Lachine

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

**Fees:** membership: \$10 per year

**Financing:** provincial, municipal, grants, donations

**Legal status:** non-profit organization



**Seniors**

**CAREGIVERS**

**COMMUNITY AND RECREATION CENTRES**

**DAY CENTRES AND RESPITE**

**FRIENDLY VISITS AND SAFETY CALLS**

**HOME SUPPORT**

**HOUSING FOR SENIORS**

**SENIORS' ADVOCACY AND ASSISTANCE ASSOCIATIONS**

**VOLUNTEER TRANSPORTATION**

## Caregivers

### CENTRE MULTI-RESSOURCES DE LACHINE

514 19th Avenue, Suite 309, Lachine, Montréal, QC, H8S 3S5

**514 634-3658 ext. 200** Fax: 514 634-8938

**Website:** [cmrl.ca/?lang=en](http://cmrl.ca/?lang=en)

**Email:** [accueil@cmrl.ca](mailto:accueil@cmrl.ca)

**Services:** \* Reception, referral and documentation. \* Social, educational, recreational and personal development activities for children, families and seniors. \* In-home support, safety calls, phone calls and friendly visits for seniors. \* Sentinelles en veille program: volunteers network trained to identify, approach and refer seniors in vulnerable situations. \* Parent-child workshops. \* Parenting skills workshops. \* Drop-in respite. \* Christmas baskets.

**Eligibility:** seniors 50 years and over, families with preschoolers, in-home support and safety calls: seniors with a loss of autonomy living alone

**Coverage area:** Lachine

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

**Fees:** membership: \$10 per person, \$15 per family, drop-in respite: \$2.50 for 3h15, \$7 for a day

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

**Legal status:** non-profit organization

### CLSC DE DORVAL-LACHINE

1900 Notre-Dame Street, Lachine, Montréal, QC, H8S 2G2

**514 639-0650**

**Website:** [ciusss-ouestmtl.gouv.qc.ca/en/contact-location/local-community-services-centres/clsc-de-dorval-lachine](http://ciusss-ouestmtl.gouv.qc.ca/en/contact-location/local-community-services-centres/clsc-de-dorval-lachine)

**Services:** Frontline services for routine health and social services. \* Support to pregnant women and new parents. \* Sexual health clinic. \* Youth clinic: sexual health and psychosocial intervention. \* Mental health care. \* SIDEPE: HIV/AIDS and STBBI screening and prevention integrated services. \* Disposal of used syringes and needles. \* Distribution of injection equipment to people who use drugs. \* Alcochoix+ program. \* Quit smoking centre. \* Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). \* Support to people with a loss of autonomy and their caregivers. \* Loan of mobility aids to people with a loss of autonomy. \* Palliative and end-of-life care.

**Coverage area:** Lachine, LaSalle

**Hours:** Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 12h00 and 13h00 to 16h00, psychosocial intake: Monday to Wednesday 9h00 to 17h00, Thursday and Friday 8h00 to 20h00

**Financing:** provincial

**Legal status:** parapublic organization

## Community and Recreation Centres

### CENTRE MULTI-RESSOURCES DE LACHINE

514 19th Avenue, Suite 309, Lachine, Montréal, QC, H8S 3S5

**514 634-3658 ext. 200** Fax: 514 634-8938

**Website:** [cmrl.ca/?lang=en](http://cmrl.ca/?lang=en)

**Email:** [accueil@cmrl.ca](mailto:accueil@cmrl.ca)

**Services:** \* Reception, referral and documentation. \* Social, educational, recreational and personal development activities for children, families and seniors. \* In-home support, safety calls, phone calls and friendly visits for seniors. \* Sentinelles en veille program: volunteers network trained to identify, approach and refer seniors in vulnerable situations. \* Parent-child workshops. \* Parenting skills workshops. \* Drop-in respite. \* Christmas baskets.

**Eligibility:** seniors 50 years and over, families with preschoolers, in-home support and safety calls: seniors with a loss of autonomy living alone

**Coverage area:** Lachine

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

**Fees:** membership: \$10 per person, \$15 per family, drop-in respite: \$2.50 for 3h15, \$7 for a day

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

**Legal status:** non-profit organization

### **TEAPOT (THE) - LACHINE SENIOR CITIZENS RESOURCES**

2901 Saint-Joseph Boulevard, Lachine, Montréal, QC, H8S 4B7

**514 637-5627 Fax:** 514 637-6444

**Website:** [www.theteapot.org](http://www.theteapot.org)

**Email:** [teapot@theteapot.org](mailto:teapot@theteapot.org)

**Services:** Community centre. \* Support. \* Social, recreational and educational activities. \*

Prevention programs. \* Collective kitchen. \* Groceries delivery. \* Computer classes. \* Tax clinic. \* Foot care clinic. \* Internships for students. \* Thrift shop. \* On-site recovery of clothing, small electronics, kitchen utensils, etc.

**Eligibility:** people 50 years and over with a loss of autonomy

**Capacity:** 700

**Coverage area:** Lachine and surroundings

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h00, thrift shop: Monday and Wednesday 9h00 to 12h00

**Fees:** membership: \$25 per year, foot care clinic: \$37 for the first visit, \$32 for each following visit

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

**Legal status:** non-profit organization

## **Day centres and respite**

### **CENTRE D'HÉBERGEMENT DE LACHINE**

650 d'Accueil Place, Lachine, Montréal, QC, H8S 3Z5

**514 634-7161**

**Website:** [ciusss-ouestmtl.gouv.qc.ca/en/contact-location/long-term-care-centres-chsld/centre-d-hebergement-de-lachine](http://ciusss-ouestmtl.gouv.qc.ca/en/contact-location/long-term-care-centres-chsld/centre-d-hebergement-de-lachine)

**Services:** Public housing centre for seniors and people with a loss of autonomy. \* Housing and long term care.

\* Day centre with therapeutic services for seniors living at home.

**Eligibility:** seniors and people with a loss of autonomy

**Coverage area:** West Island, Lachine

**Financing:** provincial

**Legal status:** parapublic organization

### **CLSC DE DORVAL-LACHINE**

1900 Notre-Dame Street, Lachine, Montréal, QC, H8S 2G2

**514 639-0650**

**Website:** [ciusss-ouestmtl.gouv.qc.ca/en/contact-location/local-community-services-centres/clsc-de-dorval-lachine](http://ciusss-ouestmtl.gouv.qc.ca/en/contact-location/local-community-services-centres/clsc-de-dorval-lachine)

**Services:** Frontline services for routine health and social services. \* Support to pregnant women and new parents. \* Sexual health clinic. \* Youth clinic: sexual health and psychosocial intervention. \* Mental health care. \* SIDEPE: HIV/AIDS and STBBI screening and prevention integrated services. \* Disposal of used syringes and needles. \* Distribution of injection equipment to people who use drugs. \* Alcochoix+ program. \* Quit smoking centre. \* Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). \* Support to people with a loss of autonomy and their caregivers. \* Loan of mobility aids to people with a loss of autonomy. \* Palliative and end-of-life care.

**Coverage area:** Lachine, LaSalle

**Hours:** Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 12h00 and 13h00 to 16h00, psychosocial intake: Monday to Wednesday 9h00 to 17h00, Thursday and Friday 8h00 to 20h00

**Financing:** provincial

**Legal status:** parapublic organization

## Friendly visits and safety calls

### CENTRE MULTI-RESSOURCES DE LACHINE

514 19th Avenue, Suite 309, Lachine, Montréal, QC, H8S 3S5

**514 634-3658 ext. 200 Fax:** 514 634-8938

**Website:** [cmrl.ca/?lang=en](http://cmrl.ca/?lang=en)

**Email:** [accueil@cmrl.ca](mailto:accueil@cmrl.ca)

**Services:** \* Reception, referral and documentation. \* Social, educational, recreational and personal development activities for children, families and seniors. \* In-home support, safety calls, phone calls and friendly visits for seniors. \* Sentinelles en veille program: volunteers network trained to identify, approach and refer seniors in vulnerable situations. \* Parent-child workshops. \* Parenting skills workshops. \* Drop-in respite. \* Christmas baskets.

**Eligibility:** seniors 50 years and over, families with preschoolers, in-home support and safety calls: seniors with a loss of autonomy living alone

**Coverage area:** Lachine

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

**Fees:** membership: \$10 per person, \$15 per family, drop-in respite: \$2.50 for 3h15, \$7 for a day

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

**Legal status:** non-profit organization

### TEAPOT (THE) - LACHINE SENIOR CITIZENS RESOURCES

2901 Saint-Joseph Boulevard, Lachine, Montréal, QC, H8S 4B7

**514 637-5627 Fax:** 514 637-6444

**Website:** [www.theteapot.org](http://www.theteapot.org)

**Email:** [teapot@theteapot.org](mailto:teapot@theteapot.org)

**Services:** Community centre. \* Support. \* Social, recreational and educational activities. \* Prevention programs. \* Collective kitchen. \* Groceries delivery. \* Computer classes. \* Tax clinic. \* Foot care clinic. \* Internships for students. \* Thrift shop. \* On-site recovery of clothing, small electronics, kitchen utensils, etc.

**Eligibility:** people 50 years and over with a loss of autonomy

**Capacity:** 700

**Coverage area:** Lachine and surroundings

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h00, thrift shop: Monday and Wednesday 9h00 to 12h00

**Fees:** membership: \$25 per year, foot care clinic: \$37 for the first visit, \$32 for each following visit

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

**Legal status:** non-profit organization

## Home support

### CARREFOUR JEUNESSE-EMPLOI DE MARQUETTE - BRIGADE NEIGE

735 Notre-Dame Street, Suite 101, Lachine, Montréal, QC, H8S 2B5

**514 634-0450 Fax:** 514 634-0978

**Website:** [www.cjelachine.ca](http://www.cjelachine.ca)

**Email:** [brigadelachine@cjelachine.ca](mailto:brigadelachine@cjelachine.ca)

**Services:** Snow removal for private residences by young volunteers.

**Eligibility:** seniors 70 years and over, people with limited mobility, volunteering: people 16 to 35 years old

**Coverage area:** Duff-Court neighbourhood, Lachine-Est neighbourhood

**Hours:** Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

### **CENTRE MULTI-RESSOURCES DE LACHINE**

514 19th Avenue, Suite 309, Lachine, Montréal, QC, H8S 3S5

**514 634-3658 ext. 200 Fax:** 514 634-8938

**Website:** [cmrl.ca/?lang=en](http://cmrl.ca/?lang=en)

**Email:** [accueil@cmrl.ca](mailto:accueil@cmrl.ca)

**Services:** \* Reception, referral and documentation. \* Social, educational, recreational and personal development activities for children, families and seniors. \* In-home support, safety calls, phone calls and friendly visits for seniors. \* Sentinelles en veille program: volunteers network trained to identify, approach and refer seniors in vulnerable situations. \* Parent-child workshops. \* Parenting skills workshops. \* Drop-in respite. \* Christmas baskets.

**Eligibility:** seniors 50 years and over, families with preschoolers, in-home support and safety calls: seniors with a loss of autonomy living alone

**Coverage area:** Lachine

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

**Fees:** membership: \$10 per person, \$15 per family, drop-in respite: \$2.50 for 3h15, \$7 for a day

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

**Legal status:** non-profit organization

### **CLSC DE DORVAL-LACHINE**

1900 Notre-Dame Street, Lachine, Montréal, QC, H8S 2G2

**514 639-0650**

**Website:** [ciusss-ouestmtl.gouv.qc.ca/en/contact-location/local-community-services-centres/clsc-de-dorval-lachine](http://ciusss-ouestmtl.gouv.qc.ca/en/contact-location/local-community-services-centres/clsc-de-dorval-lachine)

**Services:** Frontline services for routine health and social services. \* Support to pregnant women and new parents. \* Sexual health clinic. \* Youth clinic: sexual health and psychosocial intervention. \* Mental health care. \* SIDEP: HIV/AIDS and STBBI screening and prevention integrated services. \* Disposal of used syringes and needles. \* Distribution of injection equipment to people who use drugs. \* Alcochoix+ program. \* Quit smoking centre. \* Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). \* Support to people with a loss of autonomy and their caregivers. \* Loan of mobility aids to people with a loss of autonomy. \* Palliative and end-of-life care.

**Coverage area:** Lachine, LaSalle

**Hours:** Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 12h00 and 13h00 to 16h00, psychosocial intake: Monday to Wednesday 9h00 to 17h00, Thursday and Friday 8h00 to 20h00

**Financing:** provincial

**Legal status:** parapublic organization

### **CONCERT'ACTION LACHINE**

735 Notre-Dame Street, Suite 201, Lachine, Montréal, QC, H8S 2B5

**514 300-2045 Fax:** 514 300-2046

**Website:** [www.concertactionlachine.com](http://www.concertactionlachine.com)

**Email:** [info@concertactionlachine.com](mailto:info@concertactionlachine.com)

**Services:** Round table promoting social, intersectoral and multinetwork development. \* Identification of local concerns. \* Mobilization around social development. \* Support for sharing information and carrying out projects.

**Eligibility:** individuals and institutions involved in social development: community groups, business people, citizens, elected officials, public institutions, etc.

**Coverage area:** Lachine

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

**Fees:** membership: residents: free, NPOs: \$25, public and financial institutions, elected officials and private businesses: \$50

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

**Legal status:** non-profit organization

### **TEAPOT (THE) - LACHINE SENIOR CITIZENS RESOURCES**

2901 Saint-Joseph Boulevard, Lachine, Montréal, QC, H8S 4B7

**514 637-5627 Fax:** 514 637-6444

**Website:** [www.theteapot.org](http://www.theteapot.org)

**Email:** [teapot@theteapot.org](mailto:teapot@theteapot.org)

**Services:** Community centre. \* Support. \* Social, recreational and educational activities. \* Prevention programs. \* Collective kitchen. \* Groceries delivery. \* Computer classes. \* Tax clinic. \* Foot care clinic. \* Internships for students. \* Thrift shop. \* On-site recovery of clothing, small electronics, kitchen utensils, etc.

**Eligibility:** people 50 years and over with a loss of autonomy

**Capacity:** 700

**Coverage area:** Lachine and surroundings

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h00, thrift shop: Monday and Wednesday 9h00 to 12h00

**Fees:** membership: \$25 per year, foot care clinic: \$37 for the first visit, \$32 for each following visit

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

**Legal status:** non-profit organization

## **Housing for seniors**

### **CENTRE D'HÉBERGEMENT DE LACHINE**

650 d'Accueil Place, Lachine, Montréal, QC, H8S 3Z5

**514 634-7161**

**Website:** [ciusss-ouestmtl.gouv.qc.ca/en/contact-location/long-term-care-centres-chsld/centre-d-hebergement-de-lachine](http://ciusss-ouestmtl.gouv.qc.ca/en/contact-location/long-term-care-centres-chsld/centre-d-hebergement-de-lachine)

**Services:** Public housing centre for seniors and people with a loss of autonomy. \* Housing and long term care.

\* Day centre with therapeutic services for seniors living at home.

**Eligibility:** seniors and people with a loss of autonomy

**Coverage area:** West Island, Lachine

**Financing:** provincial

**Legal status:** parapublic organization

### **CENTRE D'HÉBERGEMENT NAZAIRE-PICHÉ**

150 15th Avenue, Lachine, Montréal, QC, H8S 3L9

**514 637-2326**

**Website:** [ciusss-ouestmtl.gouv.qc.ca/en/contact-location/long-term-care-centres-chsld/centre-d-hebergement-nazaire-piche](http://ciusss-ouestmtl.gouv.qc.ca/en/contact-location/long-term-care-centres-chsld/centre-d-hebergement-nazaire-piche)

**Services:** Public housing centre for seniors and people with a loss of autonomy. \* Housing and long term care.

**Eligibility:** seniors and people with a loss of autonomy

**Coverage area:** West Island, Lachine

**Financing:** provincial

**Legal status:** parapublic organization

### **HABITATION COMMUNAUTAIRE DE LACHINE**

3111 Sherbrooke Street, Lachine, Montréal, QC, H8S 1K3

**514 538-3316**

**Email:** [habitationcommunautairelachine@hotmail.com](mailto:habitationcommunautairelachine@hotmail.com)

**Services:** Subsidized and non-subsidized housing for seniors with services. \* 3½ and 4½ apartments. \* 5 meals per week. \* Community support.

## Seniors

**Eligibility:** autonomous seniors 75 years and over, seniors with a slight loss of autonomy 65 years and over, on a low or modest income

**Capacity:** 91 apartments

**Coverage area:** Montréal Island

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

**Fees:** subsidized apartments: 25% of income based on provincial notice of assessment

**Financing:** provincial

**Legal status:** non-profit organization

## OFFICE MUNICIPAL D'HABITATION DE MONTRÉAL - RESIDENCES ENHARMONIE - RESIDENCE JEAN-PLACIDE-DESROSIERS

55 Ouellette Avenue, Lachine, Montréal, QC, H8R 1L4

**514 363-5353**

**Website:** [www.residencesenharmonie.qc.ca/en/residences/jean-placide-desrosiers-residence](http://www.residencesenharmonie.qc.ca/en/residences/jean-placide-desrosiers-residence)

**Email:** [info.jpdp@omhm.qc.ca](mailto:info.jpdp@omhm.qc.ca)

**Services:** Affordable housing: studios, one-bedrooms or two-bedrooms. \* Included in monthly rent: 5 meals a week in the dining hall, 2 breakfasts on weekends, security cameras, around-the-clock surveillance, controlled access, cable television, telephone service, electricity, heating and hot water, various community activities, free use of laundry room. \* Additional services: parking, hall rental. \* Common areas: air-conditioned dining hall and common room, computer stations with free Internet access, sitting rooms.

**Eligibility:** seniors 60 years and over on a low income (less than \$30,000 for an individual or a couple and less than \$34,500 for two people not living as a couple)

**Capacity:** 83 apartments

**Coverage area:** Greater Montréal

**Hours:** 7 days, 9h00 to 17h00

**Financing:** federal, provincial, municipal

**Legal status:** non-profit organization

## Seniors' Advocacy and Assistance Associations

### MONTRÉAL WEST ISLAND INTEGRATED UNIVERSITY HEALTH AND SOCIAL SERVICES CENTRE USERS' COMMITTEE

8000 Notre-Dame Street, Lachine, Montréal, QC, H8R 1H2

**514 363-3025 ext. 8002**

**Website:** [ciusss-ouestmtl.gouv.qc.ca/en/users-info/users-rights/users/](http://ciusss-ouestmtl.gouv.qc.ca/en/users-info/users-rights/users/)

**Email:** [comite\\_des\\_usagers\\_CIUSSS\\_ODIM@ssss.gouv.qc.ca](mailto:comite_des_usagers_CIUSSS_ODIM@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:** Montreal West Island Integrated University Health and Social Services Centre users

**Coverage area:** Montréal Island

**Financing:** provincial

**Legal status:** parapublic organization

## Volunteer Transportation

### CENTRE MULTI-RESSOURCES DE LACHINE - ACCOMPANIMENT-TRANSPORTATION

514 19th Avenue, Suite 309, Lachine, Montréal, QC, H8S 3S5

**514 634-3658** Fax: 514 634-8938

**Website:** [cmrl.ca/?lang=en](http://cmrl.ca/?lang=en)

**Email:** [accueil@cmrl.ca](mailto:accueil@cmrl.ca)

**Services:** \* Transportation and accompaniment to medical appointments by volunteers.

**Eligibility:** seniors 50 years and over

**Coverage area:** Lachine, appointments: Lachine, Verdun, LaSalle, Dorval, Pointe-Claire

**Hours:** Monday to Friday 8h00 to 12h00 and 13h00 to 16h30, reservation 2 days prior

**Fees:** transportation: \$7 to \$15 per round trip

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

**Legal status:** non-profit organization

### **TEAPOT (THE) - LACHINE SENIOR CITIZENS RESOURCES - ACCOMPANIMENT- TRANSPORTATION**

2901 Saint-Joseph Boulevard, Lachine, Montréal, QC, H8S 4B7

**514 637-5627 Fax:** 514 637-6444

**Website:** [www.theteapot.org](http://www.theteapot.org)

**Email:** [teapot@theteapot.org](mailto:teapot@theteapot.org)

**Services:** \* Transportation and accompaniment for groceries and medical appointments by volunteers.

**Eligibility:** people 50 years and over with a loss of autonomy

**Coverage area:** Lachine

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

**Fees:** membership: \$25 per year, donations

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

**Legal status:** non-profit organization



## **Sex and gender**

### **LGBTQ ASSOCIATIONS**

## LGBTQ associations

### CLUB ZONE DE LACHINE

5050 Sherbrooke Street, Lachine, Montréal, QC, H8T 1H8

**438 926-5558**

**Email:** clubzonedelachine@gmail.com

**Services:** Social club for youth. \* Sports activities: basketball, soccer, dodgeball, football, martial arts, etc. \* Dance classes, yoga and exercise. \* Artistic activities. \* Help with homework. \* Computer equipment accessible. \* Community meals. \* Online discussion and activities on the Discord platform. \* Outings, video evenings and board games. \* LGBTQ2+ : support group, informations, discussions and outings for queer youth and allies. \* Let's Talk About It: awareness program about mental health and deconstruction of associated stereotypes. \* Various workshops: conflict resolution, sex education, consent, substance abuse prevention, healthy relationships, etc.

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

**Capacity:** 80 youth

**Coverage area:** Montréal

**Hours:** September to May: Monday to Friday 15h30 to 20h00, June to August: Monday to Friday 12h00 to 18h00

**Fees:** free

**Financing:** donations, provincial

**Legal status:** non-profit organization

## **Sports, Recreation and Culture**

**ARTS AND CULTURE**

**CLUBS AND SOCIAL EVENTS**

**COMMUNITY RECREATION CENTRES**

**HOBBIES**

**LIBRARIES**

**SPORT**

**SPORTS AND RECREATION FOR PEOPLE WITH A DISABILITY**

## Arts and culture

### MONTRÉAL PUBLIC LIBRARIES NETWORK -SAINT-PIERRE LIBRARY

183 des Érables Street, Lachine, Montréal, QC, H8R 1B1

**514 634-3471 ext. 826**

**Website:** [montreal.ca/en/places/bibliotheque-de-saint-pierre](http://montreal.ca/en/places/bibliotheque-de-saint-pierre)

**Services:** \* Loan and consultation of printed, audiovisual and digital documents. \* Computers, Internet access and printing devices. \* Work rooms. \* Story time. \* Book club for children. \* Workshops, conferences and exhibitions.

**Eligibility:** general public

**Coverage area:** Montréal

**Hours:** Monday to Wednesday 13h00 to 21h00, Thursday to Saturday 9h00 to 17h00, Sunday 12h00 to 17h00, summer: closed on Sunday

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

**Financing:** municipal, provincial

**Legal status:** municipal agency

### MONTRÉAL PUBLIC LIBRARY NETWORK - SAUL-BELLOW LIBRARY

3100 Saint-Antoine Street, Lachine, Montréal, QC, H8S 4B8

**514 872-5080**

**Website:** [montreal.ca/en/places/bibliotheque-saul-bellow](http://montreal.ca/en/places/bibliotheque-saul-bellow)

**Email:** [info.bibliolachine@montreal.ca](mailto:info.bibliolachine@montreal.ca)

**Services:** \* Loan and consultation of books and audiovisual documents. \* Computers, Internet access and printing devices. \* Work rooms. \* Story time. \* Book club for children. \* Book club for adults. \* Workshops, conferences and exhibitions. \* Rental of music instruments.

**Eligibility:** general public

**Coverage area:** Montréal

**Hours:** Monday to Thursday 10h00 to 21h00, Friday to Sunday 10h00 to 17h00, summer: Monday, Friday to Sunday 10h00 to 17h00, Tuesday to Thursday 10h00 to 21h00

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

**Financing:** municipal, provincial

**Legal status:** municipal agency

## Clubs and social events

### CLUB ZONE DE LACHINE

5050 Sherbrooke Street, Lachine, Montréal, QC, H8T 1H8

**438 926-5558**

**Email:** [clubzonedelachine@gmail.com](mailto:clubzonedelachine@gmail.com)

**Services:** Social club for youth. \* Sports activities: basketball, soccer, dodgeball, football, martial arts, etc. \* Dance classes, yoga and exercise. \* Artistic activities. \* Help with homework. \* Computer equipment accessible. \* Community meals. \* Online discussion and activities on the Discord platform. \* Outings, video evenings and board games. \* LGBTQ2+ : support group, informations, discussions and outings for queer youth and allies. \* Let's Talk About It: awareness program about mental health and deconstruction of associated stereotypes. \* Various workshops: conflict resolution, sex education, consent, substance abuse prevention, healthy relationships, etc.

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

**Capacity:** 80 youth

**Coverage area:** Montréal

**Hours:** September to May: Monday to Friday 15h30 to 20h00, June to August: Monday to Friday 12h00 to 18h00

**Fees:** free

**Financing:** donations, provincial

**Legal status:** non-profit organization

### COMITÉ DE REVITALISATION URBAINE INTÉGRÉE DU QUARTIER SAINT-PIERRE

183 des Érables Street, Lachine, Montréal, QC, H8R 1B1

**514 365-7000**

**Website:** [www.revitalisationsaintpierre.ca](http://www.revitalisationsaintpierre.ca)

**Email:** [revitalisationsaintpierre@gmail.com](mailto:revitalisationsaintpierre@gmail.com)

**Services:** \* Coordination and consultation with citizens and organizations. \* Citizen mobilization and work committees: main street, leisure and urban safety. \* Jardin du triangle-fleuri: collective garden. \* Urban agriculture projects. \* Strategic urbanism projects: urban greening, sharing of public space. \* Neighbourhood parties. \* Intercultural events. \* Newsletter, activity calendar.

**Eligibility:** citizens, organizations

**Coverage area:** Saint-Pierre neighbourhood

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

**Legal status:** non-profit organization

### TEAPOT (THE) - LACHINE SENIOR CITIZENS RESOURCES

2901 Saint-Joseph Boulevard, Lachine, Montréal, QC, H8S 4B7

**514 637-5627 Fax:** 514 637-6444

**Website:** [www.theteapot.org](http://www.theteapot.org)

**Email:** [teapot@theteapot.org](mailto:teapot@theteapot.org)

**Services:** Community centre. \* Support. \* Social, recreational and educational activities. \* Prevention programs. \* Collective kitchen. \* Groceries delivery. \* Computer classes. \* Tax clinic. \* Foot care clinic. \* Internships for students. \* Thrift shop. \* On-site recovery of clothing, small electronics, kitchen utensils, etc.

**Eligibility:** people 50 years and over with a loss of autonomy

**Capacity:** 700

**Coverage area:** Lachine and surroundings

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h00, thrift shop: Monday and Wednesday 9h00 to 12h00

**Fees:** membership: \$25 per year, foot care clinic: \$37 for the first visit, \$32 for each following visit

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

**Legal status:** non-profit organization

## Community recreation centres

### CLUB ZONE DE LACHINE

5050 Sherbrooke Street, Lachine, Montréal, QC, H8T 1H8

**438 926-5558**

**Email:** [clubzonedelachine@gmail.com](mailto:clubzonedelachine@gmail.com)

**Services:** Social club for youth. \* Sports activities: basketball, soccer, dodgeball, football, martial arts, etc. \* Dance classes, yoga and exercise. \* Artistic activities. \* Help with homework. \* Computer equipment accessible. \* Community meals. \* Online discussion and activities on the Discord platform. \* Outings, video evenings and board games. \* LGBTQ2+ : support group, informations, discussions and outings for queer youth and allies. \* Let's Talk About It: awareness program about mental health and deconstruction of associated stereotypes. \* Various workshops: conflict resolution, sex education, consent, substance abuse prevention, healthy relationships, etc.

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

**Capacity:** 80 youth

**Coverage area:** Montréal

**Hours:** September to May: Monday to Friday 15h30 to 20h00, June to August: Monday to Friday 12h00 to 18h00

**Fees:** free

**Financing:** donations, provincial

**Legal status:** non-profit organization

### COMITÉ DE VIE DE QUARTIER DUFF-COURT

1830 Duff-Court Street, Suite 103, Lachine, Montréal, QC, H8S 1C8

**514 634-5055 Fax:** 514 634-8354

**Website:** www.coviq.org

**Email:** accueil@coviq.org

**Services:** \* Food assistance. \* Collective kitchens. \* Cooking workshops for adults and youth. \* Youth house. \* Homework assistance. \* Recreational activities for youth. \* Daycare. \* Stimulation workshops for families with children 0 to 4 years old. \* Accompaniment in advocacy of tenants' rights and in housing sanitation. \* Urban farm. \* Farmer's market. \* Citizen committees.

**Eligibility:** residents of the Duff-Court neighbourhood

**Coverage area:** Duff-Court neighbourhood: Duff Court Street and Roy Crescent

**Hours:** Monday, Tuesday, Thursday and Friday 10h00 to 16h00, Wednesday 13h00 to 16h00, farmer's market: Thursday 14h00 to 17h00

**Fees:** variable

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

**Legal status:** non-profit organization

## Hobbies

### CARREFOUR D'ENTRAIDE LACHINE

1176 Provost Street, Lachine, Montréal, QC, H8S 1N5

**514 634-3686 Fax:** 514 634-2554

**Website:** www.carrefourentraide.org

**Email:** info@carrefourentraide.org

**Services:** Food \* Collective kitchens, Halal kitchens, youth cooking workshops. \* Food aid. \* Community grocery store. \* Purchasing group Education \* Popular education. \* Literacy program. \* English classes. Community action \* Community thrift store: used clothing, furniture and items, possibility of delivery. \* Christmas gifts at a third of the price. \* Donations for fire victims. \* Tax clinic. Sports and recreation \* Knitting and polymer workshops. \* Recreational activities and outings. \* Summer day camp.

**Eligibility:** people on a low income, store: open to all, cooking workshops: youth 7 to 11 years old

**Coverage area:** Lachine

**Hours:** food aid and community grocery store: Monday to Friday, thrift store: Monday to Wednesday 8h30 to 12h00 and 13h00 to 15h45, Thursday and Friday 8h30 to 12h00 and 13h00 to 21h00, Saturday 10h00 to 12h00 and 13h00 to 17h00

**Fees:** membership: \$5 per year, collective kitchens: \$10, youth cooking workshops: \$5, grocery store membership: \$10 per year

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

**Legal status:** non-profit organization

### COMITÉ DE VIE DE QUARTIER DUFF-COURT

1830 Duff-Court Street, Suite 103, Lachine, Montréal, QC, H8S 1C8

**514 634-5055 Fax:** 514 634-8354

**Website:** www.coviq.org

**Email:** accueil@coviq.org

**Services:** \* Food assistance. \* Collective kitchens. \* Cooking workshops for adults and youth. \* Youth house. \* Homework assistance. \* Recreational activities for youth. \* Daycare. \* Stimulation workshops for families with children 0 to 4 years old. \* Accompaniment in advocacy of tenants' rights and in housing sanitation. \* Urban farm. \* Farmer's market. \* Citizen committees.

**Eligibility:** residents of the Duff-Court neighbourhood

**Coverage area:** Duff-Court neighbourhood: Duff Court Street and Roy Crescent

**Hours:** Monday, Tuesday, Thursday and Friday 10h00 to 16h00, Wednesday 13h00 to 16h00, farmer's market: Thursday 14h00 to 17h00

**Fees:** variable

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

**Legal status:** non-profit organization

## TEAPOT (THE) - LACHINE SENIOR CITIZENS RESOURCES

2901 Saint-Joseph Boulevard, Lachine, Montréal, QC, H8S 4B7

**514 637-5627 Fax:** 514 637-6444

**Website:** www.theteapot.org

**Email:** teapot@theteapot.org

**Services:** Community centre. \* Support. \* Social, recreational and educational activities. \*

Prevention programs. \* Collective kitchen. \* Groceries delivery. \* Computer classes. \* Tax clinic. \* Foot care clinic. \* Internships for students. \* Thrift shop. \* On-site recovery of clothing, small electronics, kitchen utensils, etc.

**Eligibility:** people 50 years and over with a loss of autonomy

**Capacity:** 700

**Coverage area:** Lachine and surroundings

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h00, thrift shop: Monday and Wednesday 9h00 to 12h00

**Fees:** membership: \$25 per year, foot care clinic: \$37 for the first visit, \$32 for each following visit

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

**Legal status:** non-profit organization

## Libraries

### MONTRÉAL PUBLIC LIBRARIES NETWORK -SAINT-PIERRE LIBRARY

183 des Érables Street, Lachine, Montréal, QC, H8R 1B1

**514 634-3471 ext. 826**

**Website:** montreal.ca/en/places/bibliotheque-de-saint-pierre

**Services:** \* Loan and consultation of printed, audiovisual and digital documents. \* Computers, Internet access and printing devices. \* Work rooms. \* Story time. \* Book club for children. \* Workshops, conferences and exhibitions.

**Eligibility:** general public

**Coverage area:** Montréal

**Hours:** Monday to Wednesday 13h00 to 21h00, Thursday to Saturday 9h00 to 17h00, Sunday 12h00 to 17h00, summer: closed on Sunday

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

**Financing:** municipal, provincial

**Legal status:** municipal agency

### MONTRÉAL PUBLIC LIBRARY NETWORK - SAUL-BELLOW LIBRARY

3100 Saint-Antoine Street, Lachine, Montréal, QC, H8S 4B8

**514 872-5080**

**Website:** montreal.ca/en/places/bibliotheque-saul-bellow

**Email:** info.bibliolachine@montreal.ca

**Services:** \* Loan and consultation of books and audiovisual documents. \* Computers, Internet access and printing devices. \* Work rooms. \* Story time. \* Book club for children. \* Book club for adults. \* Workshops, conferences and exhibitions. \* Rental of music instruments.

**Eligibility:** general public

**Coverage area:** Montréal

**Hours:** Monday to Thursday 10h00 to 21h00, Friday to Sunday 10h00 to 17h00, summer: Monday, Friday to Sunday 10h00 to 17h00, Tuesday to Thursday 10h00 to 21h00

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

**Financing:** municipal, provincial

**Legal status:** municipal agency

## Sport

### CLUB ZONE DE LACHINE

5050 Sherbrooke Street, Lachine, Montréal, QC, H8T 1H8

**438 926-5558**

**Email:** clubzonedelachine@gmail.com

**Services:** Social club for youth. \* Sports activities: basketball, soccer, dodgeball, football, martial arts, etc. \* Dance classes, yoga and exercise. \* Artistic activities. \* Help with homework. \* Computer equipment accessible. \* Community meals. \* Online discussion and activities on the Discord platform. \* Outings, video evenings and board games. \* LGBTQ2+ : support group, informations, discussions and outings for queer youth and allies. \* Let's Talk About It: awareness program about mental health and deconstruction of associated stereotypes. \* Various workshops: conflict resolution, sex education, consent, substance abuse prevention, healthy relationships, etc.

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

**Capacity:** 80 youth

**Coverage area:** Montréal

**Hours:** September to May: Monday to Friday 15h30 to 20h00, June to August: Monday to Friday 12h00 to 18h00

**Fees:** free

**Financing:** donations, provincial

**Legal status:** non-profit organization

## Sports and recreation for people with a disability

### CLUB DES PERSONNES HANDICAPÉES DU LAC SAINT-LOUIS

3195 Remembrance Street, Lachine, Montréal, QC, H8S 1X9

**514 634-0447 Fax:** 514 634-7632

**Website:** www.cphsl.ca

**Email:** info.cphsl@gmail.com

**Services:** \* Day centre: recreational activities, outings, physical activities, expression and creative activities, intellectual and sociocultural activities, animation. \* Christmas baskets in partnership with the municipality. \* Tax clinic.

**Eligibility:** adults with a physical or mild intellectual disability, their families

**Coverage area:** Lachine, Dorval

**Hours:** Monday to Friday 8h15 to 16h15

**Fees:** annual membership: \$10, activities: variable

**Financing:** contributions, self-financing

**Legal status:** non-profit organization



## **Thrift store and material aid**

**CLOTHING**

**DONATION PICK-UPS**

**SCHOOL SUPPLIES**

**THRIFT STORES**

**USED ITEM DONATION RECOVERY PROGRAMS**

## Clothing

### EXTENDED HANDS

1810 Saint-Antoine Street, Lachine, Montréal, QC, H8S 1V4

**514-469-2408 ext. 4** Fax: 514 469-9953

**Website:** www.extendedhands.net

**Email:** info@extendedhands.net

**Services:** \* Food bank. \* Hot meals. \* Distribution of clothing, school supplies and other items. \* Thrift shop. \* Christmas baskets. \* Dress for Success program: career counselling for job reintegration. \* Scholarship program. \* Community work program.

**Eligibility:** people on a low income

**Capacity:** 500 families per week

**Coverage area:** Lachine and surroundings

**Hours:** food bank: Wednesday 11h30 to 13h30, hot meals: Thursday 11h30 to 13h00

**Fees:** food bank: \$4 per visit, hot meals: free

**Financing:** donations

**Legal status:** non-profit organization

### OEUVRE SOUPE MAISON (LACHINE) (L')

1170 Notre-Dame Street, Lachine, Montréal, QC, H8S 2C4

**514 469-9954**

**Email:** soupemaison@videotron.ca

**Services:** \* Full hot meals. \* Food baskets. \* Clothing depot.

**Eligibility:** people on a low income

**Coverage area:** Lachine

**Hours:** hot meals: September to May, Tuesday to Thursday 11h15 to 12h15, food baskets: according to availability

**Fees:** meals: none

**Financing:** donations

**Legal status:** non-profit organization

## Donation pick-ups

### CARREFOUR D'ENTRAIDE LACHINE - USED ITEMS RECOVERY

1176 Provost Street, Lachine, Montréal, QC, H8S 1N5

**514 634-3686 ext. 221**

**Website:** www.carrefourdentraide.org

**Email:** info@carrefourdentraide.org

**Services:** Used items recovery: food, clothing, furniture, appliances, household items, toys, sporting equipment. \* Home pick-up.

**Coverage area:** Dorval, Lachine, LaSalle

**Hours:** Monday to Friday 8h30 to 11h30 and 13h30 to 15h30

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

**Legal status:** non-profit organization

## School supplies

### EXTENDED HANDS

1810 Saint-Antoine Street, Lachine, Montréal, QC, H8S 1V4

**514-469-2408 ext. 4** Fax: 514 469-9953

**Website:** www.extendedhands.net

**Email:** info@extendedhands.net

**Services:** \* Food bank. \* Hot meals. \* Distribution of clothing, school supplies and other items. \* Thrift shop. \* Christmas baskets. \* Dress for Success program: career counselling for job reintegration. \* Scholarship program. \* Community work program.

**Eligibility:** people on a low income

**Capacity:** 500 families per week

**Coverage area:** Lachine and surroundings

**Hours:** food bank: Wednesday 11h30 to 13h30, hot meals: Thursday 11h30 to 13h00

**Fees:** food bank: \$4 per visit, hot meals: free

**Financing:** donations

**Legal status:** non-profit organization

### SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINT-PIERRE-AUX-LIENS

69 Saint-Pierre Avenue, Lachine, Montréal, QC, H8R 1P1

**514 367-6217**

**Email:** langloislouis@videotron.ca

**Services:** \* Distribution of food baskets. \* Distribution of vouchers for pharmacy or food (exceptionally). \* Christmas baskets. \* School supplies.

**Eligibility:** people on a low income

**Coverage area:** Saint-Pierre-aux-Liens Parish

**Hours:** Wednesday 8h30 to 12h30 by appointment, possibility of food assistance service after hours

**Financing:** donations

**Legal status:** non-profit organization

## Thrift Stores

### CARREFOUR D'ENTRAIDE LACHINE

1176 Provost Street, Lachine, Montréal, QC, H8S 1N5

**514 634-3686** Fax: 514 634-2554

**Website:** www.carrefourdentraide.org

**Email:** info@carrefourdentraide.org

**Services:** Food \* Collective kitchens, Halal kitchens, youth cooking workshops. \* Food aid. \* Community grocery store. \* Purchasing group Education \* Popular education. \* Literacy program. \* English classes. Community action \* Community thrift store: used clothing, furniture and items, possibility of delivery. \* Christmas gifts at a third of the price. \* Donations for fire victims. \* Tax clinic. Sports and recreation \* Knitting and polymer workshops. \* Recreational activities and outings. \* Summer day camp.

**Eligibility:** people on a low income, store: open to all, cooking workshops: youth 7 to 11 years old

**Coverage area:** Lachine

**Hours:** food aid and community grocery store: Monday to Friday, thrift store: Monday to Wednesday 8h30 to 12h00 and 13h00 to 15h45, Thursday and Friday 8h30 to 12h00 and 13h00 to 21h00, Saturday 10h00 to 12h00 and 13h00 to 17h00

**Fees:** membership: \$5 per year, collective kitchens: \$10, youth cooking workshops: \$5, grocery store membership: \$10 per year

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

**Legal status:** non-profit organization

**EXTENDED HANDS**

1810 Saint-Antoine Street, Lachine, Montréal, QC, H8S 1V4

**514-469-2408 ext. 4 Fax:** 514 469-9953

**Website:** www.extendedhands.net

**Email:** info@extendedhands.net

**Services:** \* Food bank. \* Hot meals. \* Distribution of clothing, school supplies and other items. \* Thrift shop. \* Christmas baskets. \* Dress for Success program: career counselling for job reintegration. \* Scholarship program. \* Community work program.

**Eligibility:** people on a low income

**Capacity:** 500 families per week

**Coverage area:** Lachine and surroundings

**Hours:** food bank: Wednesday 11h30 to 13h30, hot meals: Thursday 11h30 to 13h00

**Fees:** food bank: \$4 per visit, hot meals: free

**Financing:** donations

**Legal status:** non-profit organization

**P'TITE MAISON DE SAINT-PIERRE (LA)**

41 Ouellette Avenue, Lachine, Montréal, QC, H8R 1L4

**514 544-1319**

**Website:** www.laptitemaisonsaintpierre.org

**Email:** laptitemaisonsaintpierre@gmail.com

**Services:** Community and family meeting place. \* Referral, accompaniment. \* Soupe à partager, free weekly meal. \* Coffee-chats, thematic workshops. \* Drop-in respite. \* Thrift store. \* Family activities.

**Eligibility:** families in need

**Coverage area:** Lachine

**Hours:** reception: Monday and Tuesday 8h00 to 16h00, Wednesday and Thursday 8h00 to 20h00, free meal: Wednesday 11h30 to 12h30, respite: Monday and Tuesday 8h30 to 12h30, Wednesday 12h30 to 16h30, Thursday 8h30 to 16h30, thrift store: Tuesday 9h00 to 16h00, Wednesday 9h00 to 19h00, Thursday 12h00 to 19h30

**Fees:** free

**Financing:** Centraide of Greater Montréal, grants, fundraising campaigns

**Legal status:** non-profit organization

**TEAPOT (THE) - LACHINE SENIOR CITIZENS RESOURCES**

2901 Saint-Joseph Boulevard, Lachine, Montréal, QC, H8S 4B7

**514 637-5627 Fax:** 514 637-6444

**Website:** www.theteapot.org

**Email:** teapot@theteapot.org

**Services:** Community centre. \* Support. \* Social, recreational and educational activities. \* Prevention programs. \* Collective kitchen. \* Groceries delivery. \* Computer classes. \* Tax clinic. \* Foot care clinic. \* Internships for students. \* Thrift shop. \* On-site recovery of clothing, small electronics, kitchen utensils, etc.

**Eligibility:** people 50 years and over with a loss of autonomy

**Capacity:** 700

**Coverage area:** Lachine and surroundings

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h00, thrift shop: Monday and Wednesday 9h00 to 12h00

**Fees:** membership: \$25 per year, foot care clinic: \$37 for the first visit, \$32 for each following visit

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

**Legal status:** non-profit organization

## Used item donation recovery programs

### CARREFOUR D'ENTRAIDE LACHINE - USED ITEMS RECOVERY

1176 Provost Street, Lachine, Montréal, QC, H8S 1N5

**514 634-3686 ext. 221**

**Website:** [www.carrefourdentraide.org](http://www.carrefourdentraide.org)

**Email:** [info@carrefourdentraide.org](mailto:info@carrefourdentraide.org)

**Services:** Used items recovery: food, clothing, furniture, appliances, household items, toys, sporting equipment.

\* Home pick-up.

**Coverage area:** Dorval, Lachine, LaSalle

**Hours:** Monday to Friday 8h30 to 11h30 and 13h30 to 15h30

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

**Legal status:** non-profit organization

### CENTRE DE PÉDIATRIE SOCIALE COMMUNAUTAIRE DE LACHINE

183 des Érables Street, Suite 103, Lachine, Montréal, QC, H8R 1B1

**514 364-1414 Fax:** 514 366-4241

**Website:** [en.cpscdelachine.ca](http://en.cpscdelachine.ca)

**Email:** [cpscdelachine@hotmail.com](mailto:cpscdelachine@hotmail.com)

**Services:** \* Evaluation and orientation meetings with a multidisciplinary team. \* Medical, psychosocial and nursing follow-up. \* Accompaniment focused on the children's needs and their development. \* Support for vulnerable families.

**Eligibility:** children, teenagers, families

**Coverage area:** Lachine

**Hours:** Monday to Friday 9h00 to 16h00, by appointment only

**Fees:** free

**Financing:** provincial, municipal, grants

**Legal status:** non-profit organization

### EXTENDED HANDS

1810 Saint-Antoine Street, Lachine, Montréal, QC, H8S 1V4

**514-469-2408 ext. 4 Fax:** 514 469-9953

**Website:** [www.extendedhands.net](http://www.extendedhands.net)

**Email:** [info@extendedhands.net](mailto:info@extendedhands.net)

**Services:** \* Food bank. \* Hot meals. \* Distribution of clothing, school supplies and other items. \* Thrift shop. \* Christmas baskets. \* Dress for Success program: career counselling for job reintegration. \* Scholarship program. \* Community work program.

**Eligibility:** people on a low income

**Capacity:** 500 families per week

**Coverage area:** Lachine and surroundings

**Hours:** food bank: Wednesday 11h30 to 13h30, hot meals: Thursday 11h30 to 13h00

**Fees:** food bank: \$4 per visit, hot meals: free

**Financing:** donations

**Legal status:** non-profit organization

### P'TITE MAISON DE SAINT-PIERRE (LA)

41 Ouellette Avenue, Lachine, Montréal, QC, H8R 1L4

**514 544-1319**

**Website:** [www.laptitemaisonsaintpierre.org](http://www.laptitemaisonsaintpierre.org)

**Email:** [laptitemaisonsaintpierre@gmail.com](mailto:laptitemaisonsaintpierre@gmail.com)

**Services:** Community and family meeting place. \* Referral, accompaniment. \* Soupe à partager, free weekly meal. \* Coffee-chats, thematic workshops. \* Drop-in respite. \* Thrift store. \* Family activities.

**Eligibility:** families in need

**Coverage area:** Lachine

**Hours:** reception: Monday and Tuesday 8h00 to 16h00, Wednesday and Thursday 8h00 to 20h00, free meal: Wednesday 11h30 to 12h30, respite: Monday and Tuesday 8h30 to 12h30, Wednesday 12h30 to 16h30, Thursday 8h30 to 16h30, thrift store: Tuesday 9h00 to 16h00, Wednesday 9h00 to 19h00, Thursday 12h00 to 19h30

**Fees:** free

**Financing:** Centraide of Greater Montréal, grants, fundraising campaigns

**Legal status:** non-profit organization

### **TEAPOT (THE) - LACHINE SENIOR CITIZENS RESOURCES**

2901 Saint-Joseph Boulevard, Lachine, Montréal, QC, H8S 4B7

**514 637-5627 Fax:** 514 637-6444

**Website:** [www.theteapot.org](http://www.theteapot.org)

**Email:** [teapot@theteapot.org](mailto:teapot@theteapot.org)

**Services:** Community centre. \* Support. \* Social, recreational and educational activities. \* Prevention programs. \* Collective kitchen. \* Groceries delivery. \* Computer classes. \* Tax clinic. \* Foot care clinic. \* Internships for students. \* Thrift shop. \* On-site recovery of clothing, small electronics, kitchen utensils, etc.

**Eligibility:** people 50 years and over with a loss of autonomy

**Capacity:** 700

**Coverage area:** Lachine and surroundings

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h00, thrift shop: Monday and Wednesday 9h00 to 12h00

**Fees:** membership: \$25 per year, foot care clinic: \$37 for the first visit, \$32 for each following visit

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

**Legal status:** non-profit organization

## **Transportation**

**ACCOMPANIED TRANSPORT**

**ACCOMPANIED TRANSPORT FOR MEDICAL REASONS**

## Accompanied transport

### TEAPOT (THE) - LACHINE SENIOR CITIZENS RESOURCES - ACCOMPANIMENT-TRANSPORTATION

2901 Saint-Joseph Boulevard, Lachine, Montréal, QC, H8S 4B7

514 637-5627 Fax: 514 637-6444

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

Email: [teapot@theteapot.org](mailto:teapot@theteapot.org)

**Services:** \* Transportation and accompaniment for groceries and medical appointments by volunteers.

**Eligibility:** people 50 years and over with a loss of autonomy

**Coverage area:** Lachine

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

**Fees:** membership: \$25 per year, donations

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

**Legal status:** non-profit organization

## Accompanied transport for medical reasons

### CENTRE MULTI-RESSOURCES DE LACHINE - ACCOMPANIMENT-TRANSPORTATION

514 19th Avenue, Suite 309, Lachine, Montréal, QC, H8S 3S5

514 634-3658 Fax: 514 634-8938

Website: [cmrl.ca/?lang=en](http://cmrl.ca/?lang=en)

Email: [accueil@cmrl.ca](mailto:accueil@cmrl.ca)

**Services:** \* Transportation and accompaniment to medical appointments by volunteers.

**Eligibility:** seniors 50 years and over

**Coverage area:** Lachine, appointments: Lachine, Verdun, LaSalle, Dorval, Pointe-Claire

**Hours:** Monday to Friday 8h00 to 12h00 and 13h00 to 16h30, reservation 2 days prior

**Fees:** transportation: \$7 to \$15 per round trip

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

**Legal status:** non-profit organization

### TEAPOT (THE) - LACHINE SENIOR CITIZENS RESOURCES - ACCOMPANIMENT-TRANSPORTATION

2901 Saint-Joseph Boulevard, Lachine, Montréal, QC, H8S 4B7

514 637-5627 Fax: 514 637-6444

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

Email: [teapot@theteapot.org](mailto:teapot@theteapot.org)

**Services:** \* Transportation and accompaniment for groceries and medical appointments by volunteers.

**Eligibility:** people 50 years and over with a loss of autonomy

**Coverage area:** Lachine

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

**Fees:** membership: \$25 per year, donations

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

**Legal status:** non-profit organization



## **Violence and abuse**

**CHILD ABUSE**

**DOMESTIC VIOLENCE: SHELTERS AND SUPPORT**

**HELP LINES RELATED TO VIOLENCE AND ABUSE**

**PREVENTION OF VIOLENCE AND CRIME**

**SEXUAL ASSAULT AND INCEST**

**THERAPY AND COUNSELLING**

## Child abuse

### CENTRE OPTION-PRÉVENTION TVDS (LE)

615 Provost Street, Suite 1, Lachine, Montréal, QC, H8S 1M5

**514 898-9805**

**Website:** [www.centretvds.org](http://www.centretvds.org)

**Email:** [centretvds@videotron.ca](mailto:centretvds@videotron.ca)

**Services:** \* Accompaniment, support and mutual aid services in groups and individually, virtual or face-to-face, in the following fields: addictions, violence, criminality, anxiety, stress, depressive symptoms, suicidal ideation and post-traumatic stress disorder. \* Prevention programs, projects and tools development for youth and adults on gambling, drugs, violence, crime and suicide. \* Prevention and intervention tools creation.

**Eligibility:** children, teens and adults

**Capacity:** 25 persons

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00 and Saturday and Sunday 10h00 to 15h00

**Fees:** free

**Financing:** provincial, fundraising campaigns, foundations, donations

**Legal status:** non-profit organization

### GÉNÉRATION ELLES

615 Provost Street, Suite 1, Lachine, Montréal, QC, H8S 1M5

**514 898-9805**

**Website:** [www.generationelles.ca](http://www.generationelles.ca)

**Email:** [info@generationelles.ca](mailto:info@generationelles.ca)

**Services:** Educational, mentoring and networking program for girls and teens aiming to reinforce personal, emotional and social skills. \* Workshops about prevention of conflicts, violence, bullying, addiction and mental health: anxiety, stress disorder, sadness, etc. \* Self-defense strategies.

**Eligibility:** girls and women 6 to 17 years old

**Coverage area:** Province of Québec

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

**Fees:** free

**Financing:** provincial, fundraising campaigns, foundation

**Legal status:** non-profit organization

## Domestic violence: shelters and support

### GÉNÉRATION ELLES

615 Provost Street, Suite 1, Lachine, Montréal, QC, H8S 1M5

**514 898-9805**

**Website:** [www.generationelles.ca](http://www.generationelles.ca)

**Email:** [info@generationelles.ca](mailto:info@generationelles.ca)

**Services:** Educational, mentoring and networking program for girls and teens aiming to reinforce personal, emotional and social skills. \* Workshops about prevention of conflicts, violence, bullying, addiction and mental health: anxiety, stress disorder, sadness, etc. \* Self-defense strategies.

**Eligibility:** girls and women 6 to 17 years old

**Coverage area:** Province of Québec

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

**Fees:** free

**Financing:** provincial, fundraising campaigns, foundation

**Legal status:** non-profit organization

**PARADOS INC. (LE)**

Confidential Address

**514 637-3529** Fax: 514 637-3345**Website:** www.leparados.com**Email:** parados@leparados.ca

**Services:** Housing for women victims of domestic violence. \* Information and referral. \* Phone listening. \* Counselling. \* Psychosocial and crisis intervention. \* Assistance with procedures. \* Accompaniment, post-shelter and external follow-up for women and children. \* Animation and intervention for children. \* Awareness and information in the community. \* Interpreters for allophone women benefiting from external services.

**Eligibility:** women victims of domestic violence with or without children

**Capacity:** 16 places

**Coverage area:** Greater Montréal

**Hours:** 24 hours / 7 days

**Fees:** none

**Financing:** provincial, fundraising campaigns, donations

**Legal status:** non-profit organization

**Help lines related to violence and abuse****PARADOS INC. (LE)**

Confidential Address

**514 637-3529** Fax: 514 637-3345**Website:** www.leparados.com**Email:** parados@leparados.ca

**Services:** Housing for women victims of domestic violence. \* Information and referral. \* Phone listening. \* Counselling. \* Psychosocial and crisis intervention. \* Assistance with procedures. \* Accompaniment, post-shelter and external follow-up for women and children. \* Animation and intervention for children. \* Awareness and information in the community. \* Interpreters for allophone women benefiting from external services.

**Eligibility:** women victims of domestic violence with or without children

**Capacity:** 16 places

**Coverage area:** Greater Montréal

**Hours:** 24 hours / 7 days

**Fees:** none

**Financing:** provincial, fundraising campaigns, donations

**Legal status:** non-profit organization

**Prevention of violence and crime****COMITÉ D'ACTION EN SÉCURITÉ URBAINE DE LACHINE**

735 Notre-Dame Street, Lachine, Montréal, QC, H8S 2B3

**438 389-8079****Email:** coordination.casual@gmail.com

**Services:** Grouping of organizations working to improve the sense of safety. \* Information and awareness-raising. \* Prevention. \* Triple P program: positive parenting practices program to improve parent-child relationships (conferences, individual or group meetings).

**Eligibility:** community and institutional organizations

**Coverage area:** Lachine

**Fees:** free

**Financing:** municipal

**Legal status:** non-profit organization

**GÉNÉRATION ELLES**

615 Provost Street, Suite 1, Lachine, Montréal, QC, H8S 1M5

**514 898-9805**

**Website:** www.generationelles.ca

**Email:** info@generationelles.ca

**Services:** Educational, mentoring and networking program for girls and teens aiming to reinforce personal, emotional and social skills. \* Workshops about prevention of conflicts, violence, bullying, addiction and mental health: anxiety, stress disorder, sadness, etc. \* Self-defense strategies.

**Eligibility:** girls and women 6 to 17 years old

**Coverage area:** Province of Québec

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

**Fees:** free

**Financing:** provincial, fundraising campaigns, foundation

**Legal status:** non-profit organization

**PARADOS INC. (LE)**

Confidential Address

**514 637-3529 Fax:** 514 637-3345

**Website:** www.leparados.com

**Email:** parados@leparados.ca

**Services:** Housing for women victims of domestic violence. \* Information and referral. \* Phone listening. \* Counselling. \* Psychosocial and crisis intervention. \* Assistance with procedures. \* Accompaniment, post-shelter and external follow-up for women and children. \* Animation and intervention for children. \* Awareness and information in the community. \* Interpreters for allophone women benefiting from external services.

**Eligibility:** women victims of domestic violence with or without children

**Capacity:** 16 places

**Coverage area:** Greater Montréal

**Hours:** 24 hours / 7 days

**Fees:** none

**Financing:** provincial, fundraising campaigns, donations

**Legal status:** non-profit organization

**Sexual assault and incest****GÉNÉRATION ELLES**

615 Provost Street, Suite 1, Lachine, Montréal, QC, H8S 1M5

**514 898-9805**

**Website:** www.generationelles.ca

**Email:** info@generationelles.ca

**Services:** Educational, mentoring and networking program for girls and teens aiming to reinforce personal, emotional and social skills. \* Workshops about prevention of conflicts, violence, bullying, addiction and mental health: anxiety, stress disorder, sadness, etc. \* Self-defense strategies.

**Eligibility:** girls and women 6 to 17 years old

**Coverage area:** Province of Québec

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

**Fees:** free

**Financing:** provincial, fundraising campaigns, foundation

**Legal status:** non-profit organization

## Therapy and counselling

### CENTRE OPTION-PRÉVENTION TVDS (LE)

615 Provost Street, Suite 1, Lachine, Montréal, QC, H8S 1M5

**514 898-9805**

**Website:** [www.centretvds.org](http://www.centretvds.org)

**Email:** [centretvds@videotron.ca](mailto:centretvds@videotron.ca)

**Services:** \* Accompaniment, support and mutual aid services in groups and individually, virtual or face-to-face, in the following fields: addictions, violence, criminality, anxiety, stress, depressive symptoms, suicidal ideation and post-traumatic stress disorder. \* Prevention programs, projects and tools development for youth and adults on gambling, drugs, violence, crime and suicide. \* Prevention and intervention tools creation.

**Eligibility:** children, teens and adults

**Capacity:** 25 persons

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00 and Saturday and Sunday 10h00 to 15h00

**Fees:** free

**Financing:** provincial, fundraising campaigns, foundations, donations

**Legal status:** non-profit organization

### CLSC DE DORVAL-LACHINE

1900 Notre-Dame Street, Lachine, Montréal, QC, H8S 2G2

**514 639-0650**

**Website:** [ciusss-ouestmtl.gouv.qc.ca/en/contact-location/local-community-services-centres/clsc-de-dorval-lachine](http://ciusss-ouestmtl.gouv.qc.ca/en/contact-location/local-community-services-centres/clsc-de-dorval-lachine)

**Services:** Frontline services for routine health and social services. \* Support to pregnant women and new parents. \* Sexual health clinic. \* Youth clinic: sexual health and psychosocial intervention. \* Mental health care. \* SIDEPE: HIV/AIDS and STBBI screening and prevention integrated services. \* Disposal of used syringes and needles. \* Distribution of injection equipment to people who use drugs. \* Alcochoix+ program. \* Quit smoking centre. \* Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). \* Support to people with a loss of autonomy and their caregivers. \* Loan of mobility aids to people with a loss of autonomy. \* Palliative and end-of-life care.

**Coverage area:** Lachine, LaSalle

**Hours:** Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 12h00 and 13h00 to 16h00, psychosocial intake: Monday to Wednesday 9h00 to 17h00, Thursday and Friday 8h00 to 20h00

**Financing:** provincial

**Legal status:** parapublic organization

Alphabetical Index  
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ANDY'S HOUSE TREATMENT CENTRE	72
AVATIL	22
CARREFOUR D'ENTRAIDE LACHINE	95
CARREFOUR D'ENTRAIDE LACHINE - USED ITEMS RECOVERY	96
CARREFOUR JEUNESSE-EMPLOI DE MARQUETTE	61
CARREFOUR JEUNESSE-EMPLOI DE MARQUETTE - BRIGADE NEIGE	80
CENTRE D'HÉBERGEMENT DE LACHINE	82
CENTRE D'HÉBERGEMENT NAZAIRE-PICHÉ	82
CENTRE DE PÉDIATRIE SOCIALE COMMUNAUTAIRE DE LACHINE	97
CENTRE DE RÉADAPTATION EN DÉPENDANCE DE MONTRÉAL - POINT DE SERVICE NOTRE-DAME - LACHINE	72
CENTRE DE RÉADAPTATION EN DÉPENDANCE DE MONTRÉAL - POINT DE SERVICE SAINT-URBAIN	73
CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DE L'OUEST-DE-L'ÎLE-DE-MONTRÉAL - GUICHET D'ACCÈS DI-TSA-DP	23
CENTRE MULTI-RESSOURCES DE LACHINE	81
CENTRE MULTI-RESSOURCES DE LACHINE - ACCOMPANIMENT-TRANSPORTATION	100
CENTRE OPTION-PRÉVENTION TVDS (LE)	104
CENTRE SOCIAL D'AIDE AUX IMMIGRANTS - LACHINE	62
CLSC DE DORVAL-LACHINE	105
CLUB DES PERSONNES HANDICAPÉES DU LAC SAINT-LOUIS	92
CLUB ZONE DE LACHINE	92
COMITÉ D'ACTION EN SÉCURITÉ URBAINE DE LACHINE	103
COMITÉ DE REVITALISATION URBAINE INTÉGRÉE DU QUARTIER SAINT-PIERRE	89
COMITÉ DE VIE DE QUARTIER DUFF-COURT	90
COMITÉ LOGEMENT LACHINE-LASALLE	66
CONCERT'ACTION LACHINE	81
CORPORATION DE DÉVELOPPEMENT ÉCONOMIQUE COMMUNAUTAIRE LASALLE-LACHINE	62
ÉCO-QUARTIER LACHINE	66
EXTENDED HANDS	97
GÉNÉRATION ELLES	104
GRAME	67
GROUPE D'ENTRAIDE LACHINE	76
HABITATION COMMUNAUTAIRE DE LACHINE	82
HALTE-FRAÎCHEUR - LA MAISON DU BRASSEUR	58
LACHINE - BOROUGH	68
LACHINE HOSPITAL	51
MAISON DES JEUNES L'ESCALIER DE LACHINE	8
MONTRÉAL PUBLIC LIBRARIES NETWORK - SAINT-PIERRE LIBRARY	91
MONTRÉAL PUBLIC LIBRARY NETWORK - SAUL-BELLOW LIBRARY	91
MONTRÉAL WEST ISLAND INTEGRATED UNIVERSITY HEALTH AND SOCIAL SERVICES CENTRE USERS' COMMITTEE	83
OEUVRE SOUPE MAISON (LACHINE) (L')	94
OFFICE MUNICIPAL D'HABITATION DE MONTRÉAL - RESIDENCES ENHARMONIE - RESIDENCE JEAN-PLACIDE-DESROSIERS	83
P'TITE MAISON DE SAINT-PIERRE (LA)	97
PARADOS INC. (LE)	104
PROJET DE PRÉVENTION DES TOXICOMANIES: CUMULUS	72
RELAIS POPULAIRE	42
SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 8 - LACHINE, SAINT-PIERRE	47
SERVICES QUÉBEC - POINT DE SERVICE DE LACHINE	64
SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINT-PIERRE-AUX-LIENS	95

ST. MARY'S HOSPITAL CENTRE USERS' COMMITTEE	68
TABLE DE CONCERTATION PETITE ENFANCE ET JEUNESSE DE LACHINE	12
TEAPOT (THE) - LACHINE SENIOR CITIZENS RESOURCES	98
TEAPOT (THE) - LACHINE SENIOR CITIZENS RESOURCES - ACCOMPANIMENT- TRANSPORTATION	100
WEST MONTRÉAL READAPTATION CENTRE	34