



DIRECTORY OF SOCIAL AND COMMUNITY RESOURCES

MONTREAL / CENTRE-OUEST WEST CENTRAL / LASALLE



2-1-1



WWW.211.QC.CA

Summary Summary

Child, Youth and Family	1
Daycare and respite	2
Family Support	2
Juvenile Delinquency	3
Maternity support and adoption	3
Parenting Education	4
Recreational Activities	5
Youth Centres and Support	6
Youth Employment	7
Youth Shelters and Support	8
Community Action	9
Advisory and citizen action organizations	10
Community centres	11
Community development	11
Information and referral	12
Volunteering and volunteer centres	12
Disability	14
Adapted work and employability support	15
Advocacy for people with a physical disability	16
Advocacy for people with an intellectual disability	17
Mobility aids	18
Recreation and camps	18
Respite services and housing	18
Support Associations	19
Support and integration organizations	20
The Blind	21
Education and Literacy	22
Computer workshops	23
Difficulties and learning disabilities	23
Homework assistance and tutoring	24
Language courses	24
School perseverance	25
Employment and Income Support	27
Advocacy for workers and unemployed	28
Budget management and consumption	28
Employment support and training	28
Employment support for immigrants	29
Employment support for youth	29
Tax clinics	30
Vocational rehabilitation and disability-related employment	30
Food	32
Christmas basket	33
Collective kitchens and cooking workshops	34
Community gardens and markets	34
Food Assistance	34
Food assistance coordination	36
Low cost or free meals	37
Prepared meals and Meals-on-wheels	38
Government services	39
Income statements	40
Municipal services	40

Official documents	42
Health	43
Eye care	44
Family planning	44
Patient support associations	44
Public Health	45
Housing	48
Housing search assistance	49
Immigration and cultural communities	50
French courses	51
Interpretation and translation	51
Multicultural organizations	51
Prevention and fight against racism	53
Settlement services for newcomers	53
Justice and Advocacy	55
Advocacy groups	56
Consumer protection and complaints	57
Legal assistance and information	58
Mental Health and addictions	59
Addiction prevention	60
Addiction treatment	60
Community support in mental health	60
Mental health advocacy groups	61
Self-help groups for addiction issues	62
Self-help groups for mental health issues	62
Seniors	63
Caregivers	64
Community and Recreation Centres	64
Day centres and respite	66
Friendly visits and safety calls	67
Home support	68
Housing for seniors	69
Meals on Wheels	69
Seniors' Advocacy and Assistance Associations	70
Volunteer Transportation	70
Sex and gender	73
Men's associations	74
Women's associations	74
Sports, Recreation and Culture	75
Arts and culture	76
Clubs and social events	76
Community recreation centres	79
Day camps and specialized camps	80
Hobbies	81
Libraries	82
Sport	83
Sports and recreation for people with a disability	83
Thrift store and material aid	84
School supplies	85
Thrift Stores	85
Transportation	86
Accompanied transport	87

Accompanied transport for medical reasons	88
Violence and abuse	89
Prevention of violence and crime	90
Sexual assault and incest	90
Therapy and counselling	91

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

ACCUEIL POUR IMMIGRANTS ET RÉFUGIÉS DU SUD-OUEST DE MONTRÉAL - CENTRE PRISME

414 Lafleur Street, Suite 1-10, LaSalle, Montréal, QC, H8R 3H6

514 364-0939 Fax: 514 364-9992

Website: www.airsomprisme.org/en

Email: info@airsomprisme.org

Services: * Welcoming, settlement assistance, information. * Housing search assistance. * French courses. * Drop-in daycare. * Training for parents. * Tax clinic.

Eligibility: immigrants, refugees and people on a low income

Capacity: 24

Coverage area: Lachine, LaSalle

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 21h00

Fees: daycare: variable

Financing: federal, provincial, municipal

Legal status: non-profit organization

MAISON DES FAMILLES DE LASALLE

535 Lafleur Avenue, LaSalle, Montréal, QC, H8R 3J3

514 364-1332

Website: www.mflasalle.com

Email: info@mflasalle.com

Services: * Parent-child stimulation workshops for the global development of children 0 to 5 years old. * Parent-child workshops on school preparation. * Parent-child workshops 6 to 12 years old. * Parental experience enrichment workshops. * Conferences and coffee-meetings. * Family activities and meetings in order to break isolation and encourage socialization. * Support to parents in difficulty. * Drop-in daycare. * Financial assistance for cloth diapers for children under 12 months old. * Financial assistance for menstrual hygiene products.

Eligibility: families, children, parents

Capacity: daycare: 12 children

Coverage area: LaSalle

Hours: office: Monday to Friday 9h00 to 16h00, daycare: Monday to Thursday 9h00 to 15h00

Fees: membership: \$10 per year, drop-in daycare: \$2 per hour

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

Legal status: non-profit organization

Family Support

MAISON DES FAMILLES DE LASALLE

535 Lafleur Avenue, LaSalle, Montréal, QC, H8R 3J3

514 364-1332

Website: www.mflasalle.com

Email: info@mflasalle.com

Services: * Parent-child stimulation workshops for the global development of children 0 to 5 years old. * Parent-child workshops on school preparation. * Parent-child workshops 6 to 12 years old. * Parental experience enrichment workshops. * Conferences and coffee-meetings. * Family activities and meetings in order to break isolation and encourage socialization. * Support to parents in difficulty. * Drop-in daycare. * Financial assistance for cloth diapers for children under 12 months old. * Financial assistance for menstrual hygiene products.

Eligibility: families, children, parents

Capacity: daycare: 12 children

Coverage area: LaSalle

Hours: office: Monday to Friday 9h00 to 16h00, daycare: Monday to Thursday 9h00 to 15h00

Fees: membership: \$10 per year, drop-in daycare: \$2 per hour

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

Legal status: non-profit organization

Juvenile Delinquency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 13 - LASALLE

8745 LaSalle Boulevard, LaSalle, Montréal, QC, H8P 1Z2

514 280-0113 Fax: 514 280-0613

Website: spvm.qc.ca/en/pdq13

Email: pdq13@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: LaSalle

Hours: Monday to Sunday 9h00 to 19h00

Financing: municipal, provincial

Legal status: municipal agency

Maternity support and adoption

CLSC DE LASALLE

8550 Newman Boulevard, LaSalle, Montréal, QC, H8N 1Y5

514 364-2572

Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1918&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H8N1Y5

Services: Frontline services for routine health and social services. * Health insurance card authentication. * Crutches (rental). * Cane (rental). * Wheelchair (rental). * Breast pump (rental). * Bandage change and follow-up. * Minor surgery. * Contraception. * Emergency oral contraception * Prenatal classes. * Distribution of new injection equipment to drug users (free service). * Recovery of used needles and syringes. * Breastfeeding room. * General vaccination. * Flu vaccination: <https://portal3.clicsante.ca/>

Coverage area: LaSalle

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

Financing: provincial

Legal status: parapublic organization

MAISON DES FAMILLES DE LASALLE

535 Lafleur Avenue, LaSalle, Montréal, QC, H8R 3J3

514 364-1332

Website: www.mflasalle.com

Email: info@mflasalle.com

Services: * Parent-child stimulation workshops for the global development of children 0 to 5 years old. * Parent-child workshops on school preparation. * Parent-child workshops 6 to 12 years old. * Parental experience enrichment workshops. * Conferences and coffee-meetings. * Family activities and meetings in order to break isolation and encourage socialization. * Support to parents in difficulty. * Drop-in daycare. * Financial assistance for cloth diapers for children under 12 months old. * Financial assistance for menstrual hygiene products.

Eligibility: families, children, parents

Capacity: daycare: 12 children

Coverage area: LaSalle

Hours: office: Monday to Friday 9h00 to 16h00, daycare: Monday to Thursday 9h00 to 15h00

Fees: membership: \$10 per year, drop-in daycare: \$2 per hour

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

Legal status: non-profit organization

Parenting Education

ACCUEIL POUR IMMIGRANTS ET RÉFUGIÉS DU SUD-OUEST DE MONTRÉAL - CENTRE PRISME

414 Lafleur Street, Suite 1-10, LaSalle, Montréal, QC, H8R 3H6

514 364-0939 Fax: 514 364-9992

Website: www.airsomprisme.org/en

Email: info@airsomprisme.org

Services: * Welcoming, settlement assistance, information. * Housing search assistance. * French courses. * Drop-in daycare. * Training for parents. * Tax clinic.

Eligibility: immigrants, refugees and people on a low income

Capacity: 24

Coverage area: Lachine, LaSalle

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 21h00

Fees: daycare: variable

Financing: federal, provincial, municipal

Legal status: non-profit organization

CENTRE D'ACCOMPAGNEMENT CED'AKEDA

7979 Fontaine Street, LaSalle, Montréal, QC, H8N 2E7

514 662-1743

Website: cedakeda.com

Email: centrekeda@gmail.com

Services: Accompaniment of students with learning difficulties at school or living with an autism spectrum disorder. * Support and information. * Individual and personalized tutoring according to the student's needs: on site or online, follow-up with parents. * Specialized learning camp: reading and writing. * Work groups: 3 to 5 students. * Homework help. * Thematic workshops for parents: parenting, homework help.

Eligibility: families with children in elementary or secondary school, families with children living with an autism spectrum or behavioural disorder

Coverage area: Lasalle

Hours: Monday and Wednesday 15h00 to 20h00, Saturday 9h00 to 12h00

Fees: tutoring: variable, support and information: free

Financing: self-financing

Legal status: non-profit organization

CORPORATION L'ESPOIR

55 Dupras Street, Suite 511, LaSalle, Montréal, QC, H8R 4A8

514 367-3757 Fax: 514 367-0444

Website: www.corporationespoir.org

Email: info@corporationespoir.org

Services: * Reception and referrals. * Support for parents. * Promotion and advocacy. * Support for people living with an intellectual disability or an autism spectrum disorder. * Integration and recreational programs. * Day camp. * Outdoor weekends. * Introduction to autonomous life. * Respite weekends.

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

Coverage area: Greater Montréal, mainly Le Sud-Ouest

Hours: Monday to Thursday 8h00 to 16h00, by appointment

Fees: annual membership: \$25

Financing: Centraide of Greater Montréal, membership fees

Legal status: non-profit organization

MAISON DES FAMILLES DE LASALLE

535 Lafleur Avenue, LaSalle, Montréal, QC, H8R 3J3

514 364-1332

Website: www.mflasalle.com

Email: info@mflasalle.com

Services: * Parent-child stimulation workshops for the global development of children 0 to 5 years old. * Parent-child workshops on school preparation. * Parent-child workshops 6 to 12 years old. * Parental experience enrichment workshops. * Conferences and coffee-meetings. * Family activities and meetings in order to break isolation and encourage socialization. * Support to parents in difficulty. * Drop-in daycare. * Financial assistance for cloth diapers for children under 12 months old. * Financial assistance for menstrual hygiene products.

Eligibility: families, children, parents

Capacity: daycare: 12 children

Coverage area: LaSalle

Hours: office: Monday to Friday 9h00 to 16h00, daycare: Monday to Thursday 9h00 to 15h00

Fees: membership: \$10 per year, drop-in daycare: \$2 per hour

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

Legal status: non-profit organization

Recreational Activities**CENTRE CULTUREL ET COMMUNAUTAIRE HENRI-LEMIEUX**

7644 Édouard Street, LaSalle, Montréal, QC, H8P 1T3

514 367-5000 Fax: 514 367-4471

Website: www.ccchl.ca

Email: info@ccchl.ca

Services: * Art classes and workshops: dance, ukulele, drawing, theatre, knitting, scrapbooking, etc. * Well-being classes and workshops: yoga, tai-chi, pilates, meditation, stress management, etc. * Classes for children: arts and crafts, choir, gymnastics, magic, sciences and theatre. * Classes for parents and children: pilates, dance and choir. * Computer classes. * Language classes: English, Spanish, Italian and Mandarin. * Various fitness classes. * Babysitting and first aid classes. * Shows and community events. * Grand Sault Theater. * Les Trois C art gallery. * Event organization services. * Room rental.

Eligibility: children, teenagers, adults, families

Coverage area: Le Sud-Ouest

Hours: Monday to Friday 10h00 to 18h00

Fees: variable

Financing: donations, self-financing, municipal

Legal status: non-profit organization

LOISIRS LAURENDEAU-DUNTON

8700 Hardy Street, LaSalle, Montréal, QC, H8N 1S2

514 364-5510

Website: loisirs-ld.org/wp/?lang=en

Email: info@loisirs-ld.org

Services: * Cultural, artistic, sports and leisure activities.

Eligibility: families

Coverage area: LaSalle

Hours: Monday to Friday 9h00 to 22h00, Sunday 10h00 to 20h00

Fees: variable

Financing: Centraide of Greater Montréal, federal, provincial

Legal status: non-profit organization

MAISON DES FAMILLES DE LASALLE

535 Lafleur Avenue, LaSalle, Montréal, QC, H8R 3J3

514 364-1332

Website: www.mflasalle.com

Email: info@mflasalle.com

Services: * Parent-child stimulation workshops for the global development of children 0 to 5 years old. * Parent-child workshops on school preparation. * Parent-child workshops 6 to 12 years old. * Parental experience enrichment workshops. * Conferences and coffee-meetings. * Family activities and meetings in order to break isolation and encourage socialization. * Support to parents in difficulty. * Drop-in daycare. * Financial assistance for cloth diapers for children under 12 months old. * Financial assistance for menstrual hygiene products.

Eligibility: families, children, parents

Capacity: daycare: 12 children

Coverage area: LaSalle

Hours: office: Monday to Friday 9h00 to 16h00, daycare: Monday to Thursday 9h00 to 15h00

Fees: membership: \$10 per year, drop-in daycare: \$2 per hour

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

Legal status: non-profit organization

MONTRÉAL PUBLIC LIBRAIRIES NETWORK - L'OCTOGONE LIBRARY

1080 Dollard Avenue, LaSalle, Montréal, QC, H8N 2T9

514 367-6376

Website: montreal.ca/en/places/bibliotheque-loctogone

Email: adultesoctogone@ville.montreal.qc.ca

Services: * Loan and consultation of books, audiovisual and digital documents. * Computers, Internet access and printing devices. * Reference and reader assistance. * Toys and educative games. * Story time. * Book club for children. * Workshops, conferences and exhibitions. * Rental of music instruments.

Eligibility: general public

Coverage area: Montréal

Hours: Adult and children's collections, room A (door 1): Monday to Friday 10h00 to 20h00, Saturday and Sunday 10h00 to 17h00, comic books, DVDs and computer stations, room B (door 4): Monday to Friday 10h00 to 18h00., Saturday and Sunday 12h00 to 17h00

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

Financing: municipal, provincial

Legal status: municipal agency

Youth Centres and Support**CENTRE CULTUREL ET COMMUNAUTAIRE HENRI-LEMIEUX**

7644 Édouard Street, LaSalle, Montréal, QC, H8P 1T3

514 367-5000 Fax: 514 367-4471

Website: www.ccchl.ca

Email: info@ccchl.ca

Services: * Art classes and workshops: dance, ukulele, drawing, theatre, knitting, scrapbooking, etc. * Well-being classes and workshops: yoga, tai-chi, pilates, meditation, stress management, etc. * Classes for children: arts and crafts, choir, gymnastics, magic, sciences and theatre. * Classes for parents and children: pilates, dance and choir. * Computer classes. * Language classes: English, Spanish, Italian and Mandarin. * Various fitness classes. * Babysitting and first aid classes. * Shows and community events. * Grand Sault Theater. * Les Trois C art gallery. * Event organization services. * Room rental.

Eligibility: children, teenagers, adults, families

Coverage area: Le Sud-Ouest

Hours: Monday to Friday 10h00 to 18h00

Fees: variable

Financing: donations, self-financing, municipal

Legal status: non-profit organization

LOISIRS LAURENDEAU-DUNTON

8700 Hardy Street, LaSalle, Montréal, QC, H8N 1S2

514 364-5510

Website: loisirs-ld.org/wp/?lang=en

Email: info@loisirs-ld.org

Services: * Cultural, artistic, sports and leisure activities.

Eligibility: families

Coverage area: LaSalle

Hours: Monday to Friday 9h00 to 22h00, Sunday 10h00 to 20h00

Fees: variable

Financing: Centraide of Greater Montréal, federal, provincial

Legal status: non-profit organization

MAISON DES JEUNES DE LASALLE

170 Orchard Avenue, LaSalle, Montréal, QC, H8R 0A2

514 788-3938

Website: mdjlasalle.wixsite.com/mdjlasalle

Email: mdjlasalle@yahoo.ca

Services: Meeting place. * Listening and counselling. * Sporting and cultural activities. * Volunteering. * Homework assistance.

Eligibility: youth 12 to 17 years old

Coverage area: LaSalle

Hours: Monday to Friday 15h00 to 20h30

Fees: none

Financing: grants

Legal status: non-profit organization

Youth Employment

CARREFOUR JEUNESSE EMPLOI DE LASALLE

7576 Centrale Street, LaSalle, Montréal, QC, H8P 1K5

514 368-1832 Fax: 514 368-0711

Website: www.cjelasalle.org

Email: travail@destinationtravail.org

Services: * Academic and professional information. * Entrepreneurship support. * Job search assistance: resume and letter writing, interview strategies, phone calls to prospective employers, internships. * Individual counselling and group workshops. * International cooperation projects, school perseverance, youth cooperative services and snow removal for seniors.

Eligibility: youth 16 to 35 years old

Coverage area: LaSalle

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

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE CULTUREL ET COMMUNAUTAIRE HENRI-LEMIEUX

7644 Édouard Street, LaSalle, Montréal, QC, H8P 1T3

514 367-5000 Fax: 514 367-4471

Website: www.ccchl.ca

Email: info@ccchl.ca

Services: * Art classes and workshops: dance, ukulele, drawing, theatre, knitting, scrapbooking, etc. * Well-being classes and workshops: yoga, tai-chi, pilates, meditation, stress management, etc. * Classes for children: arts and crafts, choir, gymnastics, magic, sciences and theatre. * Classes for parents and children: pilates, dance and choir. * Computer classes. * Language classes: English, Spanish, Italian and Mandarin. * Various fitness classes. * Babysitting and first aid classes. * Shows and community events. * Grand Sault Theater. * Les Trois C art gallery. * Event organization services. * Room rental.

Eligibility: children, teenagers, adults, families

Coverage area: Le Sud-Ouest

Hours: Monday to Friday 10h00 to 18h00

Fees: variable

Financing: donations, self-financing, municipal

Legal status: non-profit organization

Youth Shelters and Support**AIRE OUVERTE DE LASALLE**

7580 Centrale Street, 2nd floor, LaSalle, Montréal, QC, H8P 1K5

438 864-4385

Website: ciusss-ouestmtl.gouv.qc.ca/en/contact-location/aire-ouverte

Email: aireouverte.comtl@ssss.gouv.qc.ca

Services: Varied confidential services for youth 12 to 25 years old with or without an appointment. * Individual or family psychosocial follow-up. * Special education service. * Sexology services. * Sexual health clinic (nurse services). * Accompaniment to community and CIUSSS resources.

Eligibility: people 12 to 25 years old

Coverage area: West Island, Lachine, LaSalle

Hours: without appointment: Monday, Thursday and Friday 9h00 to 14h00, Tuesday 14h00 to 20h00

Fees: none

Financing: provincial

Legal status: parapublic organization

MAISON DES JEUNES DE LASALLE

170 Orchard Avenue, LaSalle, Montréal, QC, H8R 0A2

514 788-3938

Website: mdjlasalle.wixsite.com/mdjlasalle

Email: mdjlasalle@yahoo.ca

Services: Meeting place. * Listening and counselling. * Sporting and cultural activities. * Volunteering. * Homework assistance.

Eligibility: youth 12 to 17 years old

Coverage area: LaSalle

Hours: Monday to Friday 15h00 to 20h30

Fees: none

Financing: grants

Legal status: non-profit organization

Community Action

ADVISORY AND CITIZEN ACTION ORGANIZATIONS

COMMUNITY CENTRES

COMMUNITY DEVELOPMENT

INFORMATION AND REFERRAL

VOLUNTEERING AND VOLUNTEER CENTRES

Advisory and citizen action organizations

ÉCO-QUARTIER LASALLE

55 Dupras Avenue, Suite 405, LaSalle, Montréal, QC, H8R 4A8

514 367-6000 ext. 6500

Website: ecolasalle.org

Email: info@ecolasalle.org

Services: Raising awareness, educating and organizing activities or projects in partnership with local residents, organizations, businesses and institutions. * Clean-up operations. * Tree sales and planting. * Waste management. * Collection points: batteries, ink cartridges, #6 plastics and Styrofoam, phones, laptops and small electronic appliances. * Green patrol. * Workshops: recycling, composting and others. * Accompanying events. * Shower heads: exchanging old showerheads for a WaterSense-certified Ultra Ecofitt showerhead.

Eligibility: general public

Coverage area: LaSalle

Hours: by appointment

Fees: none

Financing: grants, self-financing

Legal status: non-profit organization

HÉRITAGE LAURENTIEN

55 Dupras Avenue, Suite 405, LaSalle, Montréal, QC, H8R 4A8

514 367-6540

Website: heritagelaurentien.org

Email: info@heritagelaurentien.org

Services: Promotion and enhancement of natural heritage. * Management of Parc des Rapides. * Educational workshops and activities for all ages: hiking, touring, discovery outings, conferences, etc. * Winter and summer day camps. * Awareness. * LaSalle Éco-quartier program.

Eligibility: general public

Coverage area: Le Sud-Ouest, LaSalle

Hours: by appointment

Financing: grants, self-financing, municipal

Legal status: non-profit organization

TABLE DE DÉVELOPPEMENT SOCIAL DE LASALLE

8700 Hardy Street, LaSalle, Montréal, QC, H8N 2P5

514 367-6340

Website: tds lasalle.org

Email: communication@tds lasalle.org

Services: Local, intersectoral and multinetwork concertation mechanism. * Permanent development tool within the community aiming for a constant improvement of citizen's living conditions. * Gathering of social, cultural and economic players within the community in an effort to achieve social development.

Eligibility: citizens, community organizations, public and parapublic organizations, social economy enterprises, early childhood centres, elected officials who live in or serve the population of LaSalle

Coverage area: LaSalle

Hours: variable

Financing: grants

Legal status: non-profit organization

Community centres

CENTRE CULTUREL ET COMMUNAUTAIRE HENRI-LEMIEUX

7644 Édouard Street, LaSalle, Montréal, QC, H8P 1T3

514 367-5000 Fax: 514 367-4471

Website: www.ccchl.ca

Email: info@ccchl.ca

Services: * Art classes and workshops: dance, ukulele, drawing, theatre, knitting, scrapbooking, etc. * Well-being classes and workshops: yoga, tai-chi, pilates, meditation, stress management, etc. * Classes for children: arts and crafts, choir, gymnastics, magic, sciences and theatre. * Classes for parents and children: pilates, dance and choir. * Computer classes. * Language classes: English, Spanish, Italian and Mandarin. * Various fitness classes. * Babysitting and first aid classes. * Shows and community events. * Grand Sault Theater. * Les Trois C art gallery. * Event organization services. * Room rental.

Eligibility: children, teenagers, adults, families

Coverage area: Le Sud-Ouest

Hours: Monday to Friday 10h00 to 18h00

Fees: variable

Financing: donations, self-financing, municipal

Legal status: non-profit organization

LOISIRS LAURENDEAU-DUNTON

8700 Hardy Street, LaSalle, Montréal, QC, H8N 1S2

514 364-5510

Website: loisirs-ld.org/wp/?lang=en

Email: info@loisirs-ld.org

Services: * Cultural, artistic, sports and leisure activities.

Eligibility: families

Coverage area: LaSalle

Hours: Monday to Friday 9h00 to 22h00, Sunday 10h00 to 20h00

Fees: variable

Financing: Centraide of Greater Montréal, federal, provincial

Legal status: non-profit organization

Community development

CENTRE CULTUREL ET COMMUNAUTAIRE HENRI-LEMIEUX

7644 Édouard Street, LaSalle, Montréal, QC, H8P 1T3

514 367-5000 Fax: 514 367-4471

Website: www.ccchl.ca

Email: info@ccchl.ca

Services: * Art classes and workshops: dance, ukulele, drawing, theatre, knitting, scrapbooking, etc. * Well-being classes and workshops: yoga, tai-chi, pilates, meditation, stress management, etc. * Classes for children: arts and crafts, choir, gymnastics, magic, sciences and theatre. * Classes for parents and children: pilates, dance and choir. * Computer classes. * Language classes: English, Spanish, Italian and Mandarin. * Various fitness classes. * Babysitting and first aid classes. * Shows and community events. * Grand Sault Theater. * Les Trois C art gallery. * Event organization services. * Room rental.

Eligibility: children, teenagers, adults, families

Coverage area: Le Sud-Ouest

Hours: Monday to Friday 10h00 to 18h00

Fees: variable

Financing: donations, self-financing, municipal

Legal status: non-profit organization

ÉCHANGE DE SERVICES DE LASALLE

7491 Cordner Street, LaSalle, Montréal, QC, H8N 2R5

514 363-2202 Fax: 514 363-2207

Website: www.lecadre.ca

Email: fouzia@lecadre.ca

Services: * Community luncheons and recreational activities for seniors. * Meals on wheel service (hot meals) and home delivery of frozen meals. * Rooms for meetings and events with on-site catering.

Eligibility: seniors and adults with temporary or permanent loss of autonomy and on a low income

Coverage area: Lachine, Lasalle, Dorval, Verdun, Saint-Henri, Côte-Saint-Paul, Ville-Émard, Saint-Henri and Pointe-Saint-Charles, hot meals of meals on wheel: LaSalle

Hours: Monday to Friday 8h30 to 16h30, meals on wheels and community luncheons: Tuesday and Thursday 10h30 à 14h30

Fees: annual membership: \$5, meals on wheels: \$5.50, community luncheons: \$6.50 (\$9.50 with transportation), frozen meal: \$5.50

Financing: provincial, donations

Legal status: non-profit organization

Information and referral

CENTRE DU VIEUX MOULIN DE LASALLE

7644 Édouard Street, Suite 210, LaSalle, Montréal, QC, H8P 1T3

514 364-1541 Fax: 514 364-6565

Website: cvmlasalle.org/eng/

Email: reception@cvmlasalle.org

Services: * Meals on wheels. * Friendly visits. * PAIR program: computerized safety and medication reminder phone calls. * Well-being and creative workshops. * Thematic lunches, conferences, coffee-meetings and social activities. * Information hub for seniors: documentation, information, referral. * Assistance with filling out forms. * Individual meetings. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Support and socialization groups: mourning, men's group, women's group, muscle your brain, participe présent (mental health and citizen participation). * Living and mutual aid environment. * Group community transportation to the grocery store. * Info-Fournisseur referral line: assistance and accompaniment with steps to find people or business offering paid, safe and trustworthy services of hairdressing, housekeeping, foot care, painting, etc. * Tax clinic.

Eligibility: people 50 years and over

Capacity: 100

Coverage area: LaSalle, PAIR program: West Island

Hours: Monday to Friday 8h30 to 16h30

Fees: member: \$10, meals on wheels: \$5 per meal

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

Volunteering and volunteer centres

DESTINATION TRAVAIL DU SUD-OUEST DE L'ÎLE DE MONTRÉAL

7576 Centrale Street, LaSalle, Montréal, QC, H8P 1K5

514 368-1832 Fax: 514 368-0711

Website: destinationtravail.org/en

Email: travail@destinationtravail.org

Community Action

Services: * Projet de Préparation à l'Emploi (PPE): 15 hours per week 3-month program for social and professional reintegration. * Academic and professional information. * Entrepreneurship and job search support: resume and letter writing, interview strategies, phone calls to prospective employers, internships. * Individual counselling and group workshops. * Access to office tools: phone, computers, printers, photocopier and internet. * Bonhomme à lunettes service point.

Eligibility: people 16 to 65 years old

Coverage area: Montréal Island

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

Fees: none

Financing: federal, provincial, foundations, fundraising campaigns

Legal status: non-profit organization

Disability**ADAPTED WORK AND EMPLOYABILITY SUPPORT****ADVOCACY FOR PEOPLE WITH A PHYSICAL DISABILITY****ADVOCACY FOR PEOPLE WITH AN INTELLECTUAL DISABILITY****MOBILITY AIDS****RECREATION AND CAMPS****RESPIRE SERVICES AND HOUSING****SUPPORT ASSOCIATIONS****SUPPORT AND INTEGRATION ORGANIZATIONS****THE BLIND**

Adapted work and employability support

CENTRE D'ACTION DE DÉVELOPPEMENT ET DE RECHERCHE EN EMPLOYABILITÉ

7491 Cordner Street, LaSalle, Montréal, QC, H8R 2R5

514 367-3576 Fax: 514 363-2207

Website: www.lecadre.ca

Email: administration@lecadre.ca

Services: * Labor insertion of people living with a severe and persistent mental illness through work structures designed to develop their employability. * Assistance services to adults with loss of autonomy and seniors provided by CADRE's community businesses and voluntary organization: Les Associés de l'entretien ménager/Logi+net, MaisonNette Sud-Ouest and Échange des services de LaSalle.

Eligibility: people living with a severe and persistent mental illness, adults with loss of autonomy, seniors

Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: grants, donations, self-financing

Legal status: non-profit organization

DESTINATION TRAVAIL DU SUD-OUEST DE L'ÎLE DE MONTRÉAL

7576 Centrale Street, LaSalle, Montréal, QC, H8P 1K5

514 368-1832 Fax: 514 368-0711

Website: destinationtravail.org/en

Email: travail@destinationtravail.org

Services: * Projet de Préparation à l'Emploi (PPE): 15 hours per week 3-month program for social and professional reintegration. * Academic and professional information. * Entrepreneurship and job search support: resume and letter writing, interview strategies, phone calls to prospective employers, internships. * Individual counselling and group workshops. * Access to office tools: phone, computers, printers, photocopier and internet. * Bonhomme à lunettes service point.

Eligibility: people 16 to 65 years old

Coverage area: Montréal Island

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

Fees: none

Financing: federal, provincial, foundations, fundraising campaigns

Legal status: non-profit organization

HANDICAP ACTION INTÉGRATION HAI

410 Lafleur Avenue, Suite 7, LaSalle, Montréal, QC, H8R 3H6

514 508-9199 Fax: 514 508-9811

Website: h-a-i.org/en

Email: admin@h-a-i.org

Services: Integration of people living with a physical disability. * Information and referrals regarding employment and housing. * Tax clinic.

Eligibility: people living with a physical disability seeking employment or accessible housing

Capacity: 6 to 8 people per day

Coverage area: Montréal Island

Hours: Monday to Saturday 16h15 to 19h30

Fees: annual membership: \$5

Financing: donations, fundraising campaigns

Legal status: non-profit organization

TRIADE HCT (LA)

8593 Centrale Street, LaSalle, Montréal, QC, H8P 1N3

514 368-3640 ext. 224 Fax: 514 368-3641

Website: latriade.ca/en

Email: hilairespess@hotmai.com

Services: Professional integration organization for people living with disabilities and for immigrants. * Pre-employability services. * Help with job search, integration and retention. * Awareness among employers. * Advocacy for people living with a disability and immigrants on the labour market. * Food assistance. * Community thrift shop. * Tax clinic.

Eligibility: people living with a physical, visual or mild intellectual disability, people on the autism spectrum or living with mental health problems, immigrant people, food assistance: people with a low income

Coverage area: Montréal Island, food assistance: Le Sud-Ouest, LaSalle, Verdun, Lachine, Ville-Émard

Hours: Monday to Friday 8h00 to 17h00, food assistance: Monday to Thursday 10h00 to 16h00

Fees: member: \$50, food assistance: \$7 per baskets

Financing: provincial, self-financing

Legal status: non-profit organization

Advocacy for people with a physical disability**CORPORATION L'ESPOIR**

55 Dupras Street, Suite 511, LaSalle, Montréal, QC, H8R 4A8

514 367-3757 Fax: 514 367-0444

Website: www.corporationespoir.org

Email: info@corporationespoir.org

Services: * Reception and referrals. * Support for parents. * Promotion and advocacy. * Support for people living with an intellectual disability or an autism spectrum disorder. * Integration and recreational programs. * Day camp. * Outdoor weekends. * Introduction to autonomous life. * Respite weekends.

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

Coverage area: Greater Montréal, mainly Le Sud-Ouest

Hours: Monday to Thursday 8h00 to 16h00, by appointment

Fees: annual membership: \$25

Financing: Centraide of Greater Montréal, membership fees

Legal status: non-profit organization

HANDICAP ACTION INTÉGRATION HAI

410 Lafleur Avenue, Suite 7, LaSalle, Montréal, QC, H8R 3H6

514 508-9199 Fax: 514 508-9811

Website: h-a-i.org/en

Email: admin@h-a-i.org

Services: Integration of people living with a physical disability. * Information and referrals regarding employment and housing. * Tax clinic.

Eligibility: people living with a physical disability seeking employment or accessible housing

Capacity: 6 to 8 people per day

Coverage area: Montréal Island

Hours: Monday to Saturday 16h15 to 19h30

Fees: annual membership: \$5

Financing: donations, fundraising campaigns

Legal status: non-profit organization

TRIADE HCT (LA)

8593 Centrale Street, LaSalle, Montréal, QC, H8P 1N3

514 368-3640 ext. 224 Fax: 514 368-3641

Website: latriade.ca/en

Email: hilairespesse@hotmail.com

Services: Professional integration organization for people living with disabilities and for immigrants. * Pre-employability services. * Help with job search, integration and retention. * Awareness among employers. * Advocacy for people living with a disability and immigrants on the labour market. * Food assistance. * Community thrift shop. * Tax clinic.

Eligibility: people living with a physical, visual or mild intellectual disability, people on the autism spectrum or living with mental health problems, immigrant people, food assistance: people with a low income

Coverage area: Montréal Island, food assistance: Le Sud-Ouest, LaSalle, Verdun, Lachine, Ville-Émard

Hours: Monday to Friday 8h00 to 17h00, food assistance: Monday to Thursday 10h00 to 16h00

Fees: member: \$50, food assistance: \$7 per baskets

Financing: provincial, self-financing

Legal status: non-profit organization

Advocacy for people with an intellectual disability**CORPORATION L'ESPOIR**

55 Dupras Street, Suite 511, LaSalle, Montréal, QC, H8R 4A8

514 367-3757 Fax: 514 367-0444

Website: www.corporationespoir.org

Email: info@corporationespoir.org

Services: * Reception and referrals. * Support for parents. * Promotion and advocacy. * Support for people living with an intellectual disability or an autism spectrum disorder. * Integration and recreational programs. * Day camp. * Outdoor weekends. * Introduction to autonomous life. * Respite weekends.

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

Coverage area: Greater Montréal, mainly Le Sud-Ouest

Hours: Monday to Thursday 8h00 to 16h00, by appointment

Fees: annual membership: \$25

Financing: Centraide of Greater Montréal, membership fees

Legal status: non-profit organization

TRIADE HCT (LA)

8593 Centrale Street, LaSalle, Montréal, QC, H8P 1N3

514 368-3640 ext. 224 Fax: 514 368-3641

Website: latriade.ca/en

Email: hilairespesse@hotmail.com

Services: Professional integration organization for people living with disabilities and for immigrants. * Pre-employability services. * Help with job search, integration and retention. * Awareness among employers. * Advocacy for people living with a disability and immigrants on the labour market. * Food assistance. * Community thrift shop. * Tax clinic.

Eligibility: people living with a physical, visual or mild intellectual disability, people on the autism spectrum or living with mental health problems, immigrant people, food assistance: people with a low income

Coverage area: Montréal Island, food assistance: Le Sud-Ouest, LaSalle, Verdun, Lachine, Ville-Émard

Hours: Monday to Friday 8h00 to 17h00, food assistance: Monday to Thursday 10h00 to 16h00

Fees: member: \$50, food assistance: \$7 per baskets

Financing: provincial, self-financing

Legal status: non-profit organization

Mobility aids

CLSC DE LASALLE

8550 Newman Boulevard, LaSalle, Montréal, QC, H8N 1Y5

514 364-2572

Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1918&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H8N1Y5

Services: Frontline services for routine health and social services. * Health insurance card authentication. * Crutches (rental). * Cane (rental). * Wheelchair (rental). * Breast pump (rental). * Bandage change and follow-up. * Minor surgery. * Contraception. * Emergency oral contraception * Prenatal classes. * Distribution of new injection equipment to drug users (free service). * Recovery of used needles and syringes. * Breastfeeding room. * General vaccination. * Flu vaccination: <https://portal3.clicsante.ca/>

Coverage area: LaSalle

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

Financing: provincial

Legal status: parapublic organization

Recreation and camps

CORPORATION L'ESPOIR

55 Dupras Street, Suite 511, LaSalle, Montréal, QC, H8R 4A8

514 367-3757 Fax: 514 367-0444

Website: www.corporationespoir.org

Email: info@corporationespoir.org

Services: * Reception and referrals. * Support for parents. * Promotion and advocacy. * Support for people living with an intellectual disability or an autism spectrum disorder. * Integration and recreational programs. * Day camp. * Outdoor weekends. * Introduction to autonomous life. * Respite weekends.

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

Coverage area: Greater Montréal, mainly Le Sud-Ouest

Hours: Monday to Thursday 8h00 to 16h00, by appointment

Fees: annual membership: \$25

Financing: Centraide of Greater Montréal, membership fees

Legal status: non-profit organization

Respite services and housing

CENTRE DU VIEUX MOULIN DE LASALLE

7644 Édouard Street, Suite 210, LaSalle, Montréal, QC, H8P 1T3

514 364-1541 Fax: 514 364-6565

Website: cvmlasalle.org/eng/

Email: reception@cvmlasalle.org

Services: * Meals on wheels. * Friendly visits. * PAIR program: computerized safety and medication reminder phone calls. * Well-being and creative workshops. * Thematic lunches, conferences, coffee-meetings and social activities. * Information hub for seniors: documentation, information, referral. * Assistance with filling out forms. * Individual meetings. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Support and socialization groups: mourning, men's group, women's group, muscle your brain, participe présent (mental health and citizen participation). * Living and mutual aid environment. * Group community transportation to the grocery store. * Info-Fournisseur referral line: assistance and accompaniment with steps to find people or business offering paid, safe and trustworthy services of hairdressing, housekeeping, foot care, painting, etc. * Tax clinic.

Eligibility: people 50 years and over

Capacity: 100

Coverage area: LaSalle, PAIR program: West Island

Hours: Monday to Friday 8h30 to 16h30

Fees: member: \$10, meals on wheels: \$5 per meal

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

CORPORATION L'ESPOIR

55 Dupras Street, Suite 511, LaSalle, Montréal, QC, H8R 4A8

514 367-3757 Fax: 514 367-0444

Website: www.corporationespoir.org

Email: info@corporationespoir.org

Services: * Reception and referrals. * Support for parents. * Promotion and advocacy. * Support for people living with an intellectual disability or an autism spectrum disorder. * Integration and recreational programs. * Day camp. * Outdoor weekends. * Introduction to autonomous life. * Respite weekends.

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

Coverage area: Greater Montréal, mainly Le Sud-Ouest

Hours: Monday to Thursday 8h00 to 16h00, by appointment

Fees: annual membership: \$25

Financing: Centraide of Greater Montréal, membership fees

Legal status: non-profit organization

Support Associations

EXPRESSION LASALLE, COMMUNITY MENTAL HEALTH CENTRE

405 Newman Terrace, Suite 210, LaSalle, Montréal, QC, H8R 2Y9

514 368-3736

Website: www.expressionlasalletherapies.ca/en

Email: expressionlasalle@yahoo.ca

Services: Professionally-led weekly therapeutic mental health services. * Individual sessions: art therapy, counselling and drama therapy. * Regular groups: art therapy, art therapy on the theme of sexual abuse, drama therapy, music therapy, relaxation and meditation therapy. * Groups offered on an intermittent basis: discussion, writing and therapy through dance and movement.

Eligibility: people 18 to 65 years old living with a mental health problem

Coverage area: Greater Montréal

Hours: by appointment only, Monday to Friday 9h00 to 17h00, therapeutic services: mainly during the day, some evening groups

Fees: annual membership: \$15, therapeutic services: free

Financing: provincial, donations, fundraising campaign

Legal status: non-profit organization

GROUPE DES AIDANTS DU SUD-OUEST

7475 Newman Boulevard, Suite 405, LaSalle, Montréal, QC, H8N 1X3

514 564-3061 Fax: 514 564-3081

Website: www.gaso.ca

Email: info@gaso.ca

Services: * Individual psychosocial support services. * Support groups for caregivers. * Music therapy. * Art therapy. * Relaxation workshops. * Monthly conferences. * Training programs for caregivers.

Eligibility: caregivers 18 years old and over

Capacity: support groups: about 7 people per group

Coverage area: Le Sud-Ouest, Verdun, LaSalle, Lachine, Dorval

Hours: Monday to Friday 9h00 to 17h00

Fees: membership: \$10

Financing: provincial

Legal status: non-profit organization

HANDICAP ACTION INTÉGRATION HAI - TAX CLINIC

410 Lafleur Avenue, Suite 7, LaSalle, Montréal, QC, H8R 3H6

514 508-9199 Fax: 514 508-9811

Website: h-a-i.org/en

Email: admin@h-a-i.org

Services: * Year-round tax clinic by appointment.

Eligibility: people living on a low income

Capacity: 8 to 13 people per day

Coverage area: Montréal Island

Hours: Saturday and Sunday 14h00 to 19h00

Fees: \$10 per person

Financing: donations, fundraising campaigns

Legal status: non-profit organization

Support and integration organizations**CORPORATION L'ESPOIR**

55 Dupras Street, Suite 511, LaSalle, Montréal, QC, H8R 4A8

514 367-3757 Fax: 514 367-0444

Website: www.corporationespoir.org

Email: info@corporationespoir.org

Services: * Reception and referrals. * Support for parents. * Promotion and advocacy. * Support for people living with an intellectual disability or an autism spectrum disorder. * Integration and recreational programs. * Day camp. * Outdoor weekends. * Introduction to autonomous life. * Respite weekends.

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

Coverage area: Greater Montréal, mainly Le Sud-Ouest

Hours: Monday to Thursday 8h00 to 16h00, by appointment

Fees: annual membership: \$25

Financing: Centraide of Greater Montréal, membership fees

Legal status: non-profit organization

The Blind

TRIADE HCT (LA)

8593 Centrale Street, LaSalle, Montréal, QC, H8P 1N3

514 368-3640 ext. 224 Fax: 514 368-3641

Website: latriade.ca/en

Email: hilairepesse@hotmail.com

Services: Professional integration organization for people living with disabilities and for immigrants. * Pre-employability services. * Help with job search, integration and retention. * Awareness among employers. * Advocacy for people living with a disability and immigrants on the labour market. * Food assistance. * Community thrift shop. * Tax clinic.

Eligibility: people living with a physical, visual or mild intellectual disability, people on the autism spectrum or living with mental health problems, immigrant people, food assistance: people with a low income

Coverage area: Montréal Island, food assistance: Le Sud-Ouest, LaSalle, Verdun, Lachine, Ville-Émard

Hours: Monday to Friday 8h00 to 17h00, food assistance: Monday to Thursday 10h00 to 16h00

Fees: member: \$50, food assistance: \$7 per baskets

Financing: provincial, self-financing

Legal status: non-profit organization

Education and Literacy

COMPUTER WORKSHOPS

DIFFICULTIES AND LEARNING DISABILITIES

HOMEWORK ASSISTANCE AND TUTORING

LANGUAGE COURSES

SCHOOL PERSEVERANCE

Computer workshops

CENTRE CULTUREL ET COMMUNAUTAIRE HENRI-LEMIEUX

7644 Édouard Street, LaSalle, Montréal, QC, H8P 1T3

514 367-5000 Fax: 514 367-4471

Website: www.ccchl.ca

Email: info@ccchl.ca

Services: * Art classes and workshops: dance, ukulele, drawing, theatre, knitting, scrapbooking, etc. * Well-being classes and workshops: yoga, tai-chi, pilates, meditation, stress management, etc. * Classes for children: arts and crafts, choir, gymnastics, magic, sciences and theatre. * Classes for parents and children: pilates, dance and choir. * Computer classes. * Language classes: English, Spanish, Italian and Mandarin. * Various fitness classes. * Babysitting and first aid classes. * Shows and community events. * Grand Sault Theater. * Les Trois C art gallery. * Event organization services. * Room rental.

Eligibility: children, teenagers, adults, families

Coverage area: Le Sud-Ouest

Hours: Monday to Friday 10h00 to 18h00

Fees: variable

Financing: donations, self-financing, municipal

Legal status: non-profit organization

Difficulties and learning disabilities

AIRE OUVERTE DE LASALLE

7580 Centrale Street, 2nd floor, LaSalle, Montréal, QC, H8P 1K5

438 864-4385

Website: ciusss-ouestmtl.gouv.qc.ca/en/contact-location/aire-ouverte

Email: aireouverte.comtl@ssss.gouv.qc.ca

Services: Varied confidential services for youth 12 to 25 years old with or without an appointment. * Individual or family psychosocial follow-up. * Special education service. * Sexology services. * Sexual health clinic (nurse services). * Accompaniment to community and CIUSSS resources.

Eligibility: people 12 to 25 years old

Coverage area: West Island, Lachine, LaSalle

Hours: without appointment: Monday, Thursday and Friday 9h00 to 14h00, Tuesday 14h00 to 20h00

Fees: none

Financing: provincial

Legal status: parapublic organization

CENTRE D'ACCOMPAGNEMENT CED'AKEDA

7979 Fontaine Street, LaSalle, Montréal, QC, H8N 2E7

514 662-1743

Website: cedakeda.com

Email: centrekeda@gmail.com

Services: Accompaniment of students with learning difficulties at school or living with an autism spectrum disorder. * Support and information. * Individual and personalized tutoring according to the student's needs: on site or online, follow-up with parents. * Specialized learning camp: reading and writing. * Work groups: 3 to 5 students. * Homework help. * Thematic workshops for parents: parenting, homework help.

Eligibility: families with children in elementary or secondary school, families with children living with an autism spectrum or behavioural disorder

Coverage area: Lasalle

Hours: Monday and Wednesday 15h00 to 20h00, Saturday 9h00 to 12h00

Fees: tutoring: variable, support and information: free

Financing: self-financing

Legal status: non-profit organization

Homework assistance and tutoring

CENTRE D'ACCOMPAGNEMENT CED'AKEDA

7979 Fontaine Street, LaSalle, Montréal, QC, H8N 2E7

514 662-1743

Website: cedakeda.com

Email: centrekeda@gmail.com

Services: Accompaniment of students with learning difficulties at school or living with an autism spectrum disorder. * Support and information. * Individual and personalized tutoring according to the student's needs: on site or online, follow-up with parents. * Specialized learning camp: reading and writing. * Work groups: 3 to 5 students. * Homework help. * Thematic workshops for parents: parenting, homework help.

Eligibility: families with children in elementary or secondary school, families with children living with an autism spectrum or behavioural disorder

Coverage area: LaSalle

Hours: Monday and Wednesday 15h00 to 20h00, Saturday 9h00 to 12h00

Fees: tutoring: variable, support and information: free

Financing: self-financing

Legal status: non-profit organization

MAISON DES JEUNES DE LASALLE

170 Orchard Avenue, LaSalle, Montréal, QC, H8R 0A2

514 788-3938

Website: mdjlasalle.wixsite.com/mdjlasalle

Email: mdjlasalle@yahoo.ca

Services: Meeting place. * Listening and counselling. * Sporting and cultural activities. * Volunteering. * Homework assistance.

Eligibility: youth 12 to 17 years old

Coverage area: LaSalle

Hours: Monday to Friday 15h00 to 20h30

Fees: none

Financing: grants

Legal status: non-profit organization

Language courses

ACCUEIL POUR IMMIGRANTS ET RÉFUGIÉS DU SUD-OUEST DE MONTRÉAL - CENTRE PRISME

414 Lafleur Street, Suite 1-10, LaSalle, Montréal, QC, H8R 3H6

514 364-0939 Fax: 514 364-9992

Website: www.airsomprisme.org/en

Email: info@airsomprisme.org

Services: * Welcoming, settlement assistance, information. * Housing search assistance. * French courses. * Drop-in daycare. * Training for parents. * Tax clinic.

Eligibility: immigrants, refugees and people on a low income

Capacity: 24

Coverage area: Lachine, LaSalle

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 21h00

Fees: daycare: variable

Financing: federal, provincial, municipal

Legal status: non-profit organization

BIENVENUE À L'IMMIGRANT

7580 Centrale Street, LaSalle, Montréal, QC, H8P 1K5

438 239-8828

Website: www.bienvenueimmigrant.org

Email: info@bienvenueimmigrant.org

Services: Reception and orientation of immigrants. * Help with socio-professional integration and general integration. * Financial education. * Francization, leadership, self-esteem and school retention for youth. * Psychosocial support for families * Ad hoc food aid * Tax clinics. * Christmas baskets. * School supplies distribution.

Eligibility: immigrants, food assistance: immigrant families in need

Coverage area: Montréal Island

Hours: Monday to Friday: by appointment

Financing: donations, grants, self-financing

Legal status: non-profit organization

CENTRE CULTUREL ET COMMUNAUTAIRE HENRI-LEMIEUX

7644 Édouard Street, LaSalle, Montréal, QC, H8P 1T3

514 367-5000 Fax: 514 367-4471

Website: www.ccchl.ca

Email: info@ccchl.ca

Services: * Art classes and workshops: dance, ukulele, drawing, theatre, knitting, scrapbooking, etc. * Well-being classes and workshops: yoga, tai-chi, pilates, meditation, stress management, etc. * Classes for children: arts and crafts, choir, gymnastics, magic, sciences and theatre. * Classes for parents and children: pilates, dance and choir. * Computer classes. * Language classes: English, Spanish, Italian and Mandarin. * Various fitness classes. * Babysitting and first aid classes. * Shows and community events. * Grand Sault Theater. * Les Trois C art gallery. * Event organization services. * Room rental.

Eligibility: children, teenagers, adults, families

Coverage area: Le Sud-Ouest

Hours: Monday to Friday 10h00 to 18h00

Fees: variable

Financing: donations, self-financing, municipal

Legal status: non-profit organization

School perseverance**CARREFOUR JEUNESSE EMPLOI DE LASALLE**

7576 Centrale Street, LaSalle, Montréal, QC, H8P 1K5

514 368-1832 Fax: 514 368-0711

Website: www.cjelasalle.org

Email: travail@destinationtravail.org

Services: * Academic and professional information. * Entrepreneurship support. * Job search assistance: resume and letter writing, interview strategies, phone calls to prospective employers, internships. * Individual counselling and group workshops. * International cooperation projects, school perseverance, youth cooperative services and snow removal for seniors.

Eligibility: youth 16 to 35 years old

Coverage area: LaSalle

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

Fees: none

Financing: provincial

Legal status: non-profit organization

DESTINATION TRAVAIL DU SUD-OUEST DE L'ÎLE DE MONTRÉAL

7576 Centrale Street, LaSalle, Montréal, QC, H8P 1K5

514 368-1832 Fax: 514 368-0711

Website: destinationtravail.org/en

Email: travail@destinationtravail.org

Services: * Projet de Préparation à l'Emploi (PPE): 15 hours per week 3-month program for social and professional reintegration. * Academic and professional information. * Entrepreneurship and job search support: resume and letter writing, interview strategies, phone calls to prospective employers, internships. * Individual counselling and group workshops. * Access to office tools: phone, computers, printers, photocopier and internet. * Bonhomme à lunettes service point.

Eligibility: people 16 to 65 years old

Coverage area: Montréal Island

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

Fees: none

Financing: federal, provincial, foundations, fundraising campaigns

Legal status: non-profit organization

ÉCOLE DU MILIEU LASALLE

7576 Centrale Street, LaSalle, Montréal, QC, H8P 1K5

514 368-1832 Fax: 514 368-0711

Website: destinationtravail.org/en

Email: travail@destinationtravail.org

Services: Secondary level academic training adapted for young dropouts. * French and math classes. * Personal development workshops. * Individual support. * Employment counselling. * Entrepreneurial and cooperative section. * Funding opportunity with Services Québec.

Eligibility: young adult dropouts 18 to 35 years old

Capacity: 18 people

Coverage area: Montréal Island

Hours: Monday to Thursday 9h00 to 15h30

Fees: none

Financing: provincial, municipal, donations, foundations

Legal status: non-profit organization

Employment and Income Support

ADVOCACY FOR WORKERS AND UNEMPLOYED

BUDGET MANAGEMENT AND CONSUMPTION

EMPLOYMENT SUPPORT AND TRAINING

EMPLOYMENT SUPPORT FOR IMMIGRANTS

EMPLOYMENT SUPPORT FOR YOUTH

TAX CLINICS

VOCATIONAL REHABILITATION AND DISABILITY-RELATED EMPLOYMENT

Advocacy for workers and unemployed

TRIADE HCT (LA)

8593 Centrale Street, LaSalle, Montréal, QC, H8P 1N3

514 368-3640 ext. 224 Fax: 514 368-3641

Website: latriade.ca/en

Email: hilairepesse@hotmail.com

Services: Professional integration organization for people living with disabilities and for immigrants. * Pre-employability services. * Help with job search, integration and retention. * Awareness among employers. * Advocacy for people living with a disability and immigrants on the labour market. * Food assistance. * Community thrift shop. * Tax clinic.

Eligibility: people living with a physical, visual or mild intellectual disability, people on the autism spectrum or living with mental health problems, immigrant people, food assistance: people with a low income

Coverage area: Montréal Island, food assistance: Le Sud-Ouest, LaSalle, Verdun, Lachine, Ville-Émard

Hours: Monday to Friday 8h00 to 17h00, food assistance: Monday to Thursday 10h00 to 16h00

Fees: member: \$50, food assistance: \$7 per baskets

Financing: provincial, self-financing

Legal status: non-profit organization

Budget management and consumption

MONTREAL SPECIAL NEEDS FAMILY ORGANIZATION

7491 Cordner Street, LaSalle, Montréal, QC, H8N 2R5

438 860-6663

Website: montrealspecialneedsfamilyorganization.com

Email: maddiep444@gmail.com

Services: * Financial assistance for therapy fees: occupational therapy, physiotherapy, specialized resources, etc. * Support to parents in directing them towards appropriate therapeutic services for their children. * Fundraising events.

Eligibility: financial assistance: children with special needs from families on a low income, support to parents: parents of children with special needs

Coverage area: Montréal Island

Financing: donations

Legal status: non-profit organization

Employment support and training

DESTINATION TRAVAIL DU SUD-OUEST DE L'ÎLE DE MONTRÉAL

7576 Centrale Street, LaSalle, Montréal, QC, H8P 1K5

514 368-1832 Fax: 514 368-0711

Website: destinationtravail.org/en

Email: travail@destinationtravail.org

Services: * Projet de Préparation à l'Emploi (PPE): 15 hours per week 3-month program for social and professional reintegration. * Academic and professional information. * Entrepreneurship and job search support: resume and letter writing, interview strategies, phone calls to prospective employers, internships. * Individual counselling and group workshops. * Access to office tools: phone, computers, printers, photocopier and internet. * Bonhomme à lunettes service point.

Eligibility: people 16 to 65 years old

Coverage area: Montréal Island

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

Fees: none

Financing: federal, provincial, foundations, fundraising campaigns

Legal status: non-profit organization

Employment support for immigrants

TRIADE HCT (LA)

8593 Centrale Street, LaSalle, Montréal, QC, H8P 1N3

514 368-3640 ext. 224 Fax: 514 368-3641

Website: latriade.ca/en

Email: hilairepesse@hotmail.com

Services: Professional integration organization for people living with disabilities and for immigrants. * Pre-employability services. * Help with job search, integration and retention. * Awareness among employers. * Advocacy for people living with a disability and immigrants on the labour market. * Food assistance. * Community thrift shop. * Tax clinic.

Eligibility: people living with a physical, visual or mild intellectual disability, people on the autism spectrum or living with mental health problems, immigrant people, food assistance: people with a low income

Coverage area: Montréal Island, food assistance: Le Sud-Ouest, LaSalle, Verdun, Lachine, Ville-Émard

Hours: Monday to Friday 8h00 to 17h00, food assistance: Monday to Thursday 10h00 to 16h00

Fees: member: \$50, food assistance: \$7 per baskets

Financing: provincial, self-financing

Legal status: non-profit organization

Employment support for youth

CARREFOUR JEUNESSE EMPLOI DE LASALLE

7576 Centrale Street, LaSalle, Montréal, QC, H8P 1K5

514 368-1832 Fax: 514 368-0711

Website: www.cjelasalle.org

Email: travail@destinationtravail.org

Services: * Academic and professional information. * Entrepreneurship support. * Job search assistance: resume and letter writing, interview strategies, phone calls to prospective employers, internships. * Individual counselling and group workshops. * International cooperation projects, school perseverance, youth cooperative services and snow removal for seniors.

Eligibility: youth 16 to 35 years old

Coverage area: LaSalle

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

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE CULTUREL ET COMMUNAUTAIRE HENRI-LEMIEUX

7644 Édouard Street, LaSalle, Montréal, QC, H8P 1T3

514 367-5000 Fax: 514 367-4471

Website: www.ccchl.ca

Email: info@ccchl.ca

Services: * Art classes and workshops: dance, ukulele, drawing, theatre, knitting, scrapbooking, etc. * Well-being classes and workshops: yoga, tai-chi, pilates, meditation, stress management, etc. * Classes for children: arts and crafts, choir, gymnastics, magic, sciences and theatre. * Classes for parents and children: pilates, dance and choir. * Computer classes. * Language classes: English, Spanish, Italian and Mandarin. * Various fitness classes. * Babysitting and first aid classes. * Shows and community events. * Grand Sault Theater. * Les Trois C art gallery. * Event organization services. * Room rental.

Eligibility: children, teenagers, adults, families

Coverage area: Le Sud-Ouest
Hours: Monday to Friday 10h00 to 18h00
Fees: variable
Financing: donations, self-financing, municipal
Legal status: non-profit organization

Tax clinics

HANDICAP ACTION INTÉGRATION HAI - TAX CLINIC

410 Lafleur Avenue, Suite 7, LaSalle, Montréal, QC, H8R 3H6

514 508-9199 Fax: 514 508-9811

Website: h-a-i.org/en

Email: admin@h-a-i.org

Services: * Year-round tax clinic by appointment.

Eligibility: people living on a low income

Capacity: 8 to 13 people per day

Coverage area: Montréal Island

Hours: Saturday and Sunday 14h00 to 19h00

Fees: \$10 per person

Financing: donations, fundraising campaigns

Legal status: non-profit organization

TRIADE HCT (LA) - TAX CLINIC

8593 Centrale Street, LaSalle, Montréal, QC, H8P 1N3

514 368-3640 Fax: 514 368-3641

Email: hilairespess@hotmai.com

Services: * Year-round tax clinic. * By document drop-off, without appointment or with appointment.

Eligibility: people living with a visual or hearing disability and with a low income

Coverage area: Montréal Island and surroundings

Hours: Monday to Friday 8h00 to 17h00, closed on public holidays

Fees: according to income, starting at \$30

Financing: provincial, self-financing

Legal status: non-profit organization

Vocational rehabilitation and disability-related employment

CENTRE D'ACTION DE DÉVELOPPEMENT ET DE RECHERCHE EN EMPLOYABILITÉ

7491 Cordner Street, LaSalle, Montréal, QC, H8R 2R5

514 367-3576 Fax: 514 363-2207

Website: www.lecadre.ca

Email: administration@lecadre.ca

Services: * Labor insertion of people living with a severe and persistent mental illness through work structures designed to develop their employability. * Assistance services to adults with loss of autonomy and seniors provided by CADRE's community businesses and voluntary organization: Les Associés de l'entretien ménager/Logi+net, MaisonNette Sud-Ouest and Échange des services de LaSalle.

Eligibility: people living with a severe and persistent mental illness, adults with loss of autonomy, seniors

Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: grants, donations, self-financing

Legal status: non-profit organization

DESTINATION TRAVAIL DU SUD-OUEST DE L'ÎLE DE MONTRÉAL

7576 Centrale Street, LaSalle, Montréal, QC, H8P 1K5

514 368-1832 Fax: 514 368-0711

Website: destinationtravail.org/en

Email: travail@destinationtravail.org

Services: * Projet de Préparation à l'Emploi (PPE): 15 hours per week 3-month program for social and professional reintegration. * Academic and professional information. * Entrepreneurship and job search support: resume and letter writing, interview strategies, phone calls to prospective employers, internships. * Individual counselling and group workshops. * Access to office tools: phone, computers, printers, photocopier and internet. * Bonhomme à lunettes service point.

Eligibility: people 16 to 65 years old

Coverage area: Montréal Island

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

Fees: none

Financing: federal, provincial, foundations, fundraising campaigns

Legal status: non-profit organization

HANDICAP ACTION INTÉGRATION HAI

410 Lafleur Avenue, Suite 7, LaSalle, Montréal, QC, H8R 3H6

514 508-9199 Fax: 514 508-9811

Website: h-a-i.org/en

Email: admin@h-a-i.org

Services: Integration of people living with a physical disability. * Information and referrals regarding employment and housing. * Tax clinic.

Eligibility: people living with a physical disability seeking employment or accessible housing

Capacity: 6 to 8 people per day

Coverage area: Montréal Island

Hours: Monday to Saturday 16h15 to 19h30

Fees: annual membership: \$5

Financing: donations, fundraising campaigns

Legal status: non-profit organization

TRIADE HCT (LA)

8593 Centrale Street, LaSalle, Montréal, QC, H8P 1N3

514 368-3640 ext. 224 Fax: 514 368-3641

Website: latriade.ca/en

Email: hilairepesse@hotmail.com

Services: Professional integration organization for people living with disabilities and for immigrants. * Pre-employability services. * Help with job search, integration and retention. * Awareness among employers. * Advocacy for people living with a disability and immigrants on the labour market. * Food assistance. * Community thrift shop. * Tax clinic.

Eligibility: people living with a physical, visual or mild intellectual disability, people on the autism spectrum or living with mental health problems, immigrant people, food assistance: people with a low income

Coverage area: Montréal Island, food assistance: Le Sud-Ouest, LaSalle, Verdun, Lachine, Ville-Émard

Hours: Monday to Friday 8h00 to 17h00, food assistance: Monday to Thursday 10h00 to 16h00

Fees: member: \$50, food assistance: \$7 per baskets

Financing: provincial, self-financing

Legal status: non-profit organization

Food

CHRISTMAS BASKET

COLLECTIVE KITCHENS AND COOKING WORKSHOPS

COMMUNITY GARDENS AND MARKETS

FOOD ASSISTANCE

FOOD ASSISTANCE COORDINATION

LOW COST OR FREE MEALS

PREPARED MEALS AND MEALS-ON-WHEELS

Christmas basket

BIENVENUE À L'IMMIGRANT

7580 Centrale Street, LaSalle, Montréal, QC, H8P 1K5

438 239-8828

Website: www.bienvenueimmigrant.org

Email: info@bienvenueimmigrant.org

Services: Reception and orientation of immigrants. * Help with socio-professional integration and general integration. * Financial education. * Francization, leadership, self-esteem and school retention for youth. * Psychosocial support for families * Ad hoc food aid * Tax clinics. * Christmas baskets. * School supplies distribution.

Eligibility: immigrants, food assistance: immigrant families in need

Coverage area: Montréal Island

Hours: Monday to Friday: by appointment

Financing: donations, grants, self-financing

Legal status: non-profit organization

SAINT-JOHN BRÉBEUF PARISH - HOPE FOOD BANK

855 Bishop-Power Boulevard, LaSalle, Montréal, QC, H8P 1C8

514 363-4578

Email: hope@johnbrebeuf.ca

Services: * Emergency food assistance. * Christmas baskets.

Eligibility: individuals in need with or without children, families in need

Capacity: 12 families per day

Coverage area: LaSalle

Hours: by appointment

Fees: none

Financing: donations

Legal status: non-profit organization

TRIADE HCT (LA)

8593 Centrale Street, LaSalle, Montréal, QC, H8P 1N3

514 368-3640 ext. 224 Fax: 514 368-3641

Website: latriade.ca/en

Email: hilairepesse@hotmail.com

Services: Professional integration organization for people living with disabilities and for immigrants. * Pre-employability services. * Help with job search, integration and retention. * Awareness among employers. * Advocacy for people living with a disability and immigrants on the labour market. * Food assistance. * Community thrift shop. * Tax clinic.

Eligibility: people living with a physical, visual or mild intellectual disability, people on the autism spectrum or living with mental health problems, immigrant people, food assistance: people with a low income

Coverage area: Montréal Island, food assistance: Le Sud-Ouest, LaSalle, Verdun, Lachine, Ville-Émard

Hours: Monday to Friday 8h00 to 17h00, food assistance: Monday to Thursday 10h00 to 16h00

Fees: member: \$50, food assistance: \$7 per baskets

Financing: provincial, self-financing

Legal status: non-profit organization

Collective kitchens and cooking workshops

NUTRI-CENTRE LASALLE

408-A Lafleur Avenue, LaSalle, Montréal, QC, H8R 3H6

514 365-3670

Website: nutricentrelasalle.com

Email: administration@nutricentrelasalle.com

Services: * Healthy eating educational workshops: lunch box, vegetarian recipes, seasonal fruits and vegetables. * Visits to the grocery store. * Group cooking workshops for families, single people, teenagers, parent-children, pregnant women, young mothers and seniors. * Collective garden and gardening workshops. * Coffee-chats and group discussions. * Local seasonal fresh fruits and vegetables baskets at reasonable price. * Neighbourhood markets.

Eligibility: individuals, children, families, seniors, people preoccupied or affected by the fight against poverty and food security

Coverage area: LaSalle

Hours: Monday to Friday 9h00 to 16h00, occasionally 17h30 to 20h30 and Saturday 9h00 to 12h00

Fees: variable, annual membership: \$10

Financing: Centraide of Greater Montréal, federal, provincial, municipal, foundations, donations, membership fees

Legal status: non-profit organization

Community gardens and markets

NUTRI-CENTRE LASALLE

408-A Lafleur Avenue, LaSalle, Montréal, QC, H8R 3H6

514 365-3670

Website: nutricentrelasalle.com

Email: administration@nutricentrelasalle.com

Services: * Healthy eating educational workshops: lunch box, vegetarian recipes, seasonal fruits and vegetables. * Visits to the grocery store. * Group cooking workshops for families, single people, teenagers, parent-children, pregnant women, young mothers and seniors. * Collective garden and gardening workshops. * Coffee-chats and group discussions. * Local seasonal fresh fruits and vegetables baskets at reasonable price. * Neighbourhood markets.

Eligibility: individuals, children, families, seniors, people preoccupied or affected by the fight against poverty and food security

Coverage area: LaSalle

Hours: Monday to Friday 9h00 to 16h00, occasionally 17h30 to 20h30 and Saturday 9h00 to 12h00

Fees: variable, annual membership: \$10

Financing: Centraide of Greater Montréal, federal, provincial, municipal, foundations, donations, membership fees

Legal status: non-profit organization

Food Assistance

BIENVENUE À L'IMMIGRANT

7580 Centrale Street, LaSalle, Montréal, QC, H8P 1K5

438 239-8828

Website: www.bienvenueimmigrant.org

Email: info@bienvenueimmigrant.org

Services: Reception and orientation of immigrants. * Help with socio-professional integration and general integration. * Financial education. * Francization, leadership, self-esteem and school retention for youth. * Psychosocial support for families * Ad hoc food aid * Tax clinics. * Christmas baskets. * School supplies distribution.

Eligibility: immigrants, food assistance: immigrant families in need

Coverage area: Montréal Island

Hours: Monday to Friday: by appointment

Financing: donations, grants, self-financing

Legal status: non-profit organization

LASALLE NEW LIFE SEVENTH-DAY ADVENTIST CHURCH - FOOD BANK

7780 Champlain Boulevard, LaSalle, Montréal, QC, H8P 1B2

514 368-9004

Email: lasallenewlifesda@gmail.com

Services: * Food bank.

Eligibility: people in need

Coverage area: LaSalle

Hours: Wednesday 9h00 to 12h00

Fees: none

Financing: donations

Legal status: non-profit organization

NUTRI-CENTRE LASALLE

408-A Lafleur Avenue, LaSalle, Montréal, QC, H8R 3H6

514 365-3670

Website: nutricentrelasalle.com

Email: administration@nutricentrelasalle.com

Services: * Healthy eating educational workshops: lunch box, vegetarian recipes, seasonal fruits and vegetables. * Visits to the grocery store. * Group cooking workshops for families, single people, teenagers, parent-children, pregnant women, young mothers and seniors. * Collective garden and gardening workshops. * Coffee-chats and group discussions. * Local seasonal fresh fruits and vegetables baskets at reasonable price. * Neighbourhood markets.

Eligibility: individuals, children, families, seniors, people preoccupied or affected by the fight against poverty and food security

Coverage area: LaSalle

Hours: Monday to Friday 9h00 to 16h00, occasionally 17h30 to 20h30 and Saturday 9h00 to 12h00

Fees: variable, annual membership: \$10

Financing: Centraide of Greater Montréal, federal, provincial, municipal, foundations, donations, membership fees

Legal status: non-profit organization

SAINT-JOHN BRÉBEUF PARISH - HOPE FOOD BANK

855 Bishop-Power Boulevard, LaSalle, Montréal, QC, H8P 1C8

514 363-4578

Email: hope@johnbrebeuf.ca

Services: * Emergency food assistance. * Christmas baskets.

Eligibility: individuals in need with or without children, families in need

Capacity: 12 families per day

Coverage area: LaSalle

Hours: by appointment

Fees: none

Financing: donations

Legal status: non-profit organization

TRIADE HCT (LA)

8593 Centrale Street, LaSalle, Montréal, QC, H8P 1N3

514 368-3640 ext. 224 Fax: 514 368-3641

Website: latriade.ca/en

Email: hilairespesse@hotmail.com

Services: Professional integration organization for people living with disabilities and for immigrants. * Pre-employability services. * Help with job search, integration and retention. * Awareness among employers. * Advocacy for people living with a disability and immigrants on the labour market. * Food assistance. * Community thrift shop. * Tax clinic.

Eligibility: people living with a physical, visual or mild intellectual disability, people on the autism spectrum or living with mental health problems, immigrant people, food assistance: people with a low income

Coverage area: Montréal Island, food assistance: Le Sud-Ouest, LaSalle, Verdun, Lachine, Ville-Émard

Hours: Monday to Friday 8h00 to 17h00, food assistance: Monday to Thursday 10h00 to 16h00

Fees: member: \$50, food assistance: \$7 per baskets

Financing: provincial, self-financing

Legal status: non-profit organization

Food assistance coordination**SAINT-JOHN BRÉBEUF PARISH - HOPE FOOD BANK**

855 Bishop-Power Boulevard, LaSalle, Montréal, QC, H8P 1C8

514 363-4578

Email: hope@johnbrebeuf.ca

Services: * Emergency food assistance. * Christmas baskets.

Eligibility: individuals in need with or without children, families in need

Capacity: 12 families per day

Coverage area: LaSalle

Hours: by appointment

Fees: none

Financing: donations

Legal status: non-profit organization

TRIADE HCT (LA)

8593 Centrale Street, LaSalle, Montréal, QC, H8P 1N3

514 368-3640 ext. 224 Fax: 514 368-3641

Website: latriade.ca/en

Email: hilairespesse@hotmail.com

Services: Professional integration organization for people living with disabilities and for immigrants. * Pre-employability services. * Help with job search, integration and retention. * Awareness among employers. * Advocacy for people living with a disability and immigrants on the labour market. * Food assistance. * Community thrift shop. * Tax clinic.

Eligibility: people living with a physical, visual or mild intellectual disability, people on the autism spectrum or living with mental health problems, immigrant people, food assistance: people with a low income

Coverage area: Montréal Island, food assistance: Le Sud-Ouest, LaSalle, Verdun, Lachine, Ville-Émard

Hours: Monday to Friday 8h00 to 17h00, food assistance: Monday to Thursday 10h00 to 16h00

Fees: member: \$50, food assistance: \$7 per baskets

Financing: provincial, self-financing

Legal status: non-profit organization

Low cost or free meals

CENTRE DU VIEUX MOULIN DE LASALLE

7644 Édouard Street, Suite 210, LaSalle, Montréal, QC, H8P 1T3

514 364-1541 Fax: 514 364-6565

Website: cvmlasalle.org/eng/

Email: reception@cvmlasalle.org

Services: * Meals on wheels. * Friendly visits. * PAIR program: computerized safety and medication reminder phone calls. * Well-being and creative workshops. * Thematic lunches, conferences, coffee-meetings and social activities. * Information hub for seniors: documentation, information, referral. * Assistance with filling out forms. * Individual meetings. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Support and socialization groups: mourning, men's group, women's group, muscle your brain, participe présent (mental health and citizen participation). * Living and mutual aid environment. * Group community transportation to the grocery store. * Info-Fournisseur referral line: assistance and accompaniment with steps to find people or business offering paid, safe and trustworthy services of hairdressing, housekeeping, foot care, painting, etc. * Tax clinic.

Eligibility: people 50 years and over

Capacity: 100

Coverage area: LaSalle, PAIR program: West Island

Hours: Monday to Friday 8h30 to 16h30

Fees: member: \$10, meals on wheels: \$5 per meal

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

COUNCIL FOR BLACK AGING COMMUNITY OF MONTRÉAL

7401 Newman Boulevard, Suite 6, LaSalle, Montréal, QC, H8N 1X3

514 935-4951

Website: cbacm.org

Email: cbacmtl@gmail.com

Services: Services and activities for seniors. * Support group. * Friendly visits. * Group activities. * Volunteering. * Monthly information sessions, conferences every two years. * Community lunch once a month. * Birthday brunches every three months.

Eligibility: people 55 years and over

Coverage area: Montréal Island

Hours: Monday through Friday 9h00 to 17h00

Fees: \$25 per year

Financing: federal, provincial, donations

Legal status: non-profit organization

ÉCHANGE DE SERVICES DE LASALLE

7491 Cordner Street, LaSalle, Montréal, QC, H8N 2R5

514 363-2202 Fax: 514 363-2207

Website: www.lecadre.ca

Email: fouzia@lecadre.ca

Services: * Community luncheons and recreational activities for seniors. * Meals on wheel service (hot meals) and home delivery of frozen meals. * Rooms for meetings and events with on-site catering.

Eligibility: seniors and adults with temporary or permanent loss of autonomy and on a low income

Coverage area: Lachine, Lasalle, Dorval, Verdun, Saint-Henri, Côte-Saint-Paul, Ville-Émard, Saint-Henri and Pointe-Saint-Charles, hot meals of meals on wheel: LaSalle

Hours: Monday to Friday 8h30 to 16h30, meals on wheels and community luncheons: Tuesday and Thursday 10h30 à 14h30

Fees: annual membership: \$5, meals on wheels: \$5.50, community luncheons: \$6.50 (\$9.50 with transportation), frozen meal: \$5.50

Financing: provincial, donations

Legal status: non-profit organization

Prepared meals and Meals-on-wheels

CENTRE DU VIEUX MOULIN DE LASALLE

7644 Édouard Street, Suite 210, LaSalle, Montréal, QC, H8P 1T3

514 364-1541 Fax: 514 364-6565

Website: cvmlasalle.org/eng/

Email: reception@cvmlasalle.org

Services: * Meals on wheels. * Friendly visits. * PAIR program: computerized safety and medication reminder phone calls. * Well-being and creative workshops. * Thematic lunches, conferences, coffee-meetings and social activities. * Information hub for seniors: documentation, information, referral. * Assistance with filling out forms. * Individual meetings. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Support and socialization groups: mourning, men's group, women's group, muscle your brain, participe présent (mental health and citizen participation). * Living and mutual aid environment. * Group community transportation to the grocery store. * Info-Fournisseur referral line: assistance and accompaniment with steps to find people or business offering paid, safe and trustworthy services of hairdressing, housekeeping, foot care, painting, etc. * Tax clinic.

Eligibility: people 50 years and over

Capacity: 100

Coverage area: LaSalle, PAIR program: West Island

Hours: Monday to Friday 8h30 to 16h30

Fees: member: \$10, meals on wheels: \$5 per meal

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

ÉCHANGE DE SERVICES DE LASALLE

7491 Cordner Street, LaSalle, Montréal, QC, H8N 2R5

514 363-2202 Fax: 514 363-2207

Website: www.lecadre.ca

Email: fouzia@lecadre.ca

Services: * Community luncheons and recreational activities for seniors. * Meals on wheel service (hot meals) and home delivery of frozen meals. * Rooms for meetings and events with on-site catering.

Eligibility: seniors and adults with temporary or permanent loss of autonomy and on a low income

Coverage area: Lachine, Lasalle, Dorval, Verdun, Saint-Henri, Côte-Saint-Paul, Ville-Émard, Saint-Henri and Pointe-Saint-Charles, hot meals of meals on wheel: LaSalle

Hours: Monday to Friday 8h30 to 16h30, meals on wheels and community luncheons: Tuesday and Thursday 10h30 à 14h30

Fees: annual membership: \$5, meals on wheels: \$5.50, community luncheons: \$6.50 (\$9.50 with transportation), frozen meal: \$5.50

Financing: provincial, donations

Legal status: non-profit organization

Government services

INCOME STATEMENTS

MUNICIPAL SERVICES

OFFICIAL DOCUMENTS

Income statements

LASALLE - BOROUGH

55 Dupras Avenue, LaSalle, Montréal, QC, H8R 4A8

311 Fax: 514 367-6603

Website: montreal.ca/en/lasalle

Email: lasalle@montreal.ca

Services: Points of service * Accès Montréal Office offering information on services and activities: montreal.ca/en/places/acces-montreal-office-lasalle * Permit counter: montreal.ca/en/places/permit-counter-lasalle Information * Info-collectes: servicesenligne2.ville.montreal.qc.ca/sel/infocollectes * INFO-travaux for location of infrastructure work: [click here](#) * Consultation of public notices: [click here](#) Services * Online services: montreal.ca/en/articles/use-our-online-services-4775 * Storage after an eviction: montreal.ca/en/how-to/recover-belongings-storage-after-eviction * Accès Montréal card subscription. * Cat and dog licenses. * Parking licenses. * Administration of oath. * Property assessment. * Information and payment of municipal taxes. * Ticket information and payment. * Municipal service intervention requests. * Low-cost housing application. * Removal of dead animals found on private or public property. * Subsidy for the use of sustainable menstrual products: reimbursement following a minimum purchase of \$20 worth of sustainable hygiene products (menstrual cups and 100% washable sanitary pants).

Coverage area: Lasalle

Hours: Monday, Tuesday 8h00 to 16h45, Wednesday, Thursday 8h00 to 19h00, Friday 8h00 to 12h00

Fees: subsidy for sustainable menstrual products: reimbursement of 50% of pre-tax costs, 100% of pre-tax costs for social pricing

Financing: municipal

Legal status: municipal agency

Municipal services

ÉCO-QUARTIER LASALLE

55 Dupras Avenue, Suite 405, LaSalle, Montréal, QC, H8R 4A8

514 367-6000 ext. 6500

Website: ecolasalle.org

Email: info@ecolasalle.org

Services: Raising awareness, educating and organizing activities or projects in partnership with local residents, organizations, businesses and institutions. * Clean-up operations. * Tree sales and planting. * Waste management. * Collection points: batteries, ink cartridges, #6 plastics and Styrofoam, phones, laptops and small electronic appliances. * Green patrol. * Workshops: recycling, composting and others. * Accompanying events. * Shower heads: exchanging old showerheads for a WaterSense-certified Ultra Ecofitt showerhead.

Eligibility: general public

Coverage area: LaSalle

Hours: by appointment

Fees: none

Financing: grants, self-financing

Legal status: non-profit organization

LASALLE - BOROUGH

55 Dupras Avenue, LaSalle, Montréal, QC, H8R 4A8

311 Fax: 514 367-6603

Website: montreal.ca/en/lasalle

Email: lasalle@montreal.ca

Services: Points of service * Accès Montréal Office offering information on services and activities: montreal.ca/en/places/acces-montreal-office-lasalle * Permit counter: montreal.ca/en/places/permit-counter-lasalle Information * Info-collectes: servicesenligne2.ville.montreal.qc.ca/sel/infocollectes * INFO-travaux for location of infrastructure work: [click here](#) * Consultation of public notices: [click here](#) Services * Online services: montreal.ca/en/articles/use-our-online-services-4775 * Storage after an eviction: montreal.ca/en/how-to/recover-belongings-storage-after-eviction * Accès Montréal card subscription. * Cat and dog licenses. * Parking licenses. * Administration of oath. * Property assessment. * Information and payment of municipal taxes. * Ticket information and payment. * Municipal service intervention requests. * Low-cost housing application. * Removal of dead animals found on private or public property. * Subsidy for the use of sustainable menstrual products: reimbursement following a minimum purchase of \$20 worth of sustainable hygiene products (menstrual cups and 100% washable sanitary pants).

Coverage area: Lasalle

Hours: Monday, Tuesday 8h00 to 16h45, Wednesday, Thursday 8h00 to 19h00, Friday 8h00 to 12h00

Fees: subsidy for sustainable menstrual products: reimbursement of 50% of pre-tax costs, 100% of pre-tax costs for social pricing

Financing: municipal

Legal status: municipal agency

MONTRÉAL - CITY - ÉCOCENTRE LASALLE

7272 Saint-Patrick Street, LaSalle, Montréal, QC, H8N 2W7

514 872-0384

Website: montreal.ca/en/places/ecocentre-lasalle

Services: Waste recovery and reuse site. * Cooling and freezing appliances containing halocarbons. * Appliances. * Large padded furniture. * Recyclable waste. * Electronics. * Construction waste. * Hazardous household waste: paint, oil, sprays, batteries, light bulbs, etc. * Green waste: leaves, branches, etc.

Eligibility: residents, owners of multi-unit buildings, non-profit organizations, construction companies

Coverage area: Montréal Island

Hours: mid-October to mid-April: Tuesday to Saturday 10h00 to 18h00, mid-April to mid-October: 7 days, 8h00 to 18h00

Fees: free or fee-based, depending on clientele

Financing: municipal

Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 13 - LASALLE

8745 LaSalle Boulevard, LaSalle, Montréal, QC, H8P 1Z2

514 280-0113 Fax: 514 280-0613

Website: spvm.qc.ca/en/pdq13

Email: pdq13@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: LaSalle

Hours: Monday to Sunday 9h00 to 19h00

Financing: municipal, provincial

Legal status: municipal agency

Official documents

LASALLE - BOROUGH

55 Dupras Avenue, LaSalle, Montréal, QC, H8R 4A8

311 Fax: 514 367-6603

Website: montreal.ca/en/lasalle

Email: lasalle@montreal.ca

Services: Points of service * Accès Montréal Office offering information on services and activities: montreal.ca/en/places/acces-montreal-office-lasalle * Permit counter: montreal.ca/en/places/permit-counter-lasalle Information * Info-collectes: servicesenligne2.ville.montreal.qc.ca/sel/infocollectes * INFO-travaux for location of infrastructure work: [click here](#) * Consultation of public notices: [click here](#) Services * Online services: montreal.ca/en/articles/use-our-online-services-4775 * Storage after an eviction: montreal.ca/en/how-to/recover-belongings-storage-after-eviction * Accès Montréal card subscription. * Cat and dog licenses. * Parking licenses. * Administration of oath. * Property assessment. * Information and payment of municipal taxes. * Ticket information and payment. * Municipal service intervention requests. * Low-cost housing application. * Removal of dead animals found on private or public property. * Subsidy for the use of sustainable menstrual products: reimbursement following a minimum purchase of \$20 worth of sustainable hygiene products (menstrual cups and 100% washable sanitary pants).

Coverage area: Lasalle

Hours: Monday, Tuesday 8h00 to 16h45, Wednesday, Thursday 8h00 to 19h00, Friday 8h00 to 12h00

Fees: subsidy for sustainable menstrual products: reimbursement of 50% of pre-tax costs, 100% of pre-tax costs for social pricing

Financing: municipal

Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 13 - LASALLE

8745 LaSalle Boulevard, LaSalle, Montréal, QC, H8P 1Z2

514 280-0113 Fax: 514 280-0613

Website: spvm.qc.ca/en/pdq13

Email: pdq13@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: LaSalle

Hours: Monday to Sunday 9h00 to 19h00

Financing: municipal, provincial

Legal status: municipal agency

Health

EYE CARE

FAMILY PLANNING

PATIENT SUPPORT ASSOCIATIONS

PUBLIC HEALTH

Eye care

DESTINATION TRAVAIL DU SUD-OUEST DE L'ÎLE DE MONTRÉAL

7576 Centrale Street, LaSalle, Montréal, QC, H8P 1K5

514 368-1832 Fax: 514 368-0711

Website: destinationtravail.org/en

Email: travail@destinationtravail.org

Services: * Projet de Préparation à l'Emploi (PPE): 15 hours per week 3-month program for social and professional reintegration. * Academic and professional information. * Entrepreneurship and job search support: resume and letter writing, interview strategies, phone calls to prospective employers, internships. * Individual counselling and group workshops. * Access to office tools: phone, computers, printers, photocopier and internet. * Bonhomme à lunettes service point.

Eligibility: people 16 to 65 years old

Coverage area: Montréal Island

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

Fees: none

Financing: federal, provincial, foundations, fundraising campaigns

Legal status: non-profit organization

Family planning

HÔPITAL DE LASALLE

8585 Terrasse Champlain, LaSalle, Montréal, QC, H8P 1C1

514 362-8000

Website: www.ciusss-ouestmtl.gouv.qc.ca/en/facilities/general-and-specialized-care-hospitals/hopital-de-lasalle

Services: General hospital services. * Emergency care. * Family planning: contraception, abortion. * Testing centre. * Medical imaging. * Detoxification.

Coverage area: Province of Québec

Hours: 24 hours / 7 days

Financing: provincial

Legal status: parapublic organization

Patient support associations

CLSC DE LASALLE

8550 Newman Boulevard, LaSalle, Montréal, QC, H8N 1Y5

514 364-2572

Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1918&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H8N1Y5

Services: Frontline services for routine health and social services. * Health insurance card authentication. * Crutches (rental). * Cane (rental). * Wheelchair (rental). * Breast pump (rental). * Bandage change and follow-up. * Minor surgery. * Contraception. * Emergency oral contraception * Prenatal classes. * Distribution of new injection equipment to drug users (free service). * Recovery of used needles and syringes. * Breastfeeding room. * General vaccination. * Flu vaccination: <https://portal3.clcsante.ca/>

Coverage area: LaSalle

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

Financing: provincial

Legal status: parapublic organization

MONTREAL SPECIAL NEEDS FAMILY ORGANIZATION

7491 Cordner Street, LaSalle, Montréal, QC, H8N 2R5

438 860-6663

Website: montrealspecialneedsfamilyorganization.com

Email: maddiep444@gmail.com

Services: * Financial assistance for therapy fees: occupational therapy, physiotherapy, specialized resources, etc. * Support to parents in directing them towards appropriate therapeutic services for their children. * Fundraising events.

Eligibility: financial assistance: children with special needs from families on a low income, support to parents: parents of children with special needs

Coverage area: Montréal Island

Financing: donations

Legal status: non-profit organization

Public Health**CENTRE CULTUREL ET COMMUNAUTAIRE HENRI-LEMIEUX**

7644 Édouard Street, LaSalle, Montréal, QC, H8P 1T3

514 367-5000 Fax: 514 367-4471

Website: www.ccchl.ca

Email: info@ccchl.ca

Services: * Art classes and workshops: dance, ukulele, drawing, theatre, knitting, scrapbooking, etc. * Well-being classes and workshops: yoga, tai-chi, pilates, meditation, stress management, etc. * Classes for children: arts and crafts, choir, gymnastics, magic, sciences and theatre. * Classes for parents and children: pilates, dance and choir. * Computer classes. * Language classes: English, Spanish, Italian and Mandarin. * Various fitness classes. * Babysitting and first aid classes. * Shows and community events. * Grand Sault Theater. * Les Trois C art gallery. * Event organization services. * Room rental.

Eligibility: children, teenagers, adults, families

Coverage area: Le Sud-Ouest

Hours: Monday to Friday 10h00 to 18h00

Fees: variable

Financing: donations, self-financing, municipal

Legal status: non-profit organization

CLSC DE LASALLE

8550 Newman Boulevard, LaSalle, Montréal, QC, H8N 1Y5

514 364-2572

Website: sante.gouv.qc.ca/en/repertoire-

ressources/ressource/?nofiche=1918&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H8N1Y5

Services: Frontline services for routine health and social services. * Health insurance card authentication. * Crutches (rental). * Cane (rental). * Wheelchair (rental). * Breast pump (rental). * Bandage change and follow-up. * Minor surgery. * Contraception. * Emergency oral contraception * Prenatal classes. * Distribution of new injection equipment to drug users (free service). * Recovery of used needles and syringes. * Breastfeeding room. * General vaccination. * Flu vaccination: <https://portal3.clicsante.ca/>

Coverage area: LaSalle

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

Financing: provincial

Legal status: parapublic organization

GROUPE DES AIDANTS DU SUD-OUEST

7475 Newman Boulevard, Suite 405, LaSalle, Montréal, QC, H8N 1X3

514 564-3061 Fax: 514 564-3081

Website: www.gaso.ca

Email: info@gaso.ca

Services: * Individual psychosocial support services. * Support groups for caregivers. * Music therapy. * Art therapy. * Relaxation workshops. * Monthly conferences. * Training programs for caregivers.

Eligibility: caregivers 18 years old and over

Capacity: support groups: about 7 people per group

Coverage area: Le Sud-Ouest, Verdun, LaSalle, Lachine, Dorval

Hours: Monday to Friday 9h00 to 17h00

Fees: membership: \$10

Financing: provincial

Legal status: non-profit organization

LASALLE - BOROUGH

55 Dupras Avenue, LaSalle, Montréal, QC, H8R 4A8

311 Fax: 514 367-6603

Website: montreal.ca/en/lasalle

Email: lasalle@montreal.ca

Services: Points of service * Accès Montréal Office offering information on services and activities: montreal.ca/en/places/acces-montreal-office-lasalle * Permit counter: montreal.ca/en/places/permit-counter-lasalle Information * Info-collectes: servicesenligne2.ville.montreal.qc.ca/sel/infocollectes * INFO-travaux for location of infrastructure work: [click here](#) * Consultation of public notices: [click here](#) Services * Online services: montreal.ca/en/articles/use-our-online-services-4775 * Storage after an eviction: montreal.ca/en/how-to/recover-belongings-storage-after-eviction * Accès Montréal card subscription. * Cat and dog licenses. * Parking licenses. * Administration of oath. * Property assessment. * Information and payment of municipal taxes. * Ticket information and payment. * Municipal service intervention requests. * Low-cost housing application. * Removal of dead animals found on private or public property. * Subsidy for the use of sustainable menstrual products: reimbursement following a minimum purchase of \$20 worth of sustainable hygiene products (menstrual cups and 100% washable sanitary pants).

Coverage area: Lasalle

Hours: Monday, Tuesday 8h00 to 16h45, Wednesday, Thursday 8h00 to 19h00, Friday 8h00 to 12h00

Fees: subsidy for sustainable menstrual products: reimbursement of 50% of pre-tax costs, 100% of pre-tax costs for social pricing

Financing: municipal

Legal status: municipal agency

NUTRI-CENTRE LASALLE

408-A Lafleur Avenue, LaSalle, Montréal, QC, H8R 3H6

514 365-3670

Website: nutricentrelasalle.com

Email: administration@nutricentrelasalle.com

Services: * Healthy eating educational workshops: lunch box, vegetarian recipes, seasonal fruits and vegetables. * Visits to the grocery store. * Group cooking workshops for families, single people, teenagers, parent-children, pregnant women, young mothers and seniors. * Collective garden and gardening workshops. * Coffee-chats and group discussions. * Local seasonal fresh fruits and vegetables baskets at reasonable price. * Neighbourhood markets.

Eligibility: individuals, children, families, seniors, people preoccupied or affected by the fight against poverty and food security

Coverage area: LaSalle

Hours: Monday to Friday 9h00 to 16h00, occasionally 17h30 to 20h30 and Saturday 9h00 to 12h00

Fees: variable, annual membership: \$10

Financing: Centraide of Greater Montréal, federal, provincial, municipal, foundations, donations, membership fees

Legal status: non-profit organization

Housing

HOUSING SEARCH ASSISTANCE

Housing search assistance

ACCUEIL POUR IMMIGRANTS ET RÉFUGIÉS DU SUD-OUEST DE MONTRÉAL - CENTRE PRISME

414 Lafleur Street, Suite 1-10, LaSalle, Montréal, QC, H8R 3H6

514 364-0939 Fax: 514 364-9992

Website: www.airsomprisme.org/en

Email: info@airsomprisme.org

Services: * Welcoming, settlement assistance, information. * Housing search assistance. * French courses. * Drop-in daycare. * Training for parents. * Tax clinic.

Eligibility: immigrants, refugees and people on a low income

Capacity: 24

Coverage area: Lachine, LaSalle

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 21h00

Fees: daycare: variable

Financing: federal, provincial, municipal

Legal status: non-profit organization

Immigration and cultural communities

FRENCH COURSES

INTERPRETATION AND TRANSLATION

MULTICULTURAL ORGANIZATIONS

PREVENTION AND FIGHT AGAINST RACISM

SETTLEMENT SERVICES FOR NEWCOMERS

French courses

ACCUEIL POUR IMMIGRANTS ET RÉFUGIÉS DU SUD-OUEST DE MONTRÉAL - CENTRE PRISME

414 Lafleur Street, Suite 1-10, LaSalle, Montréal, QC, H8R 3H6

514 364-0939 Fax: 514 364-9992

Website: www.airsomprisme.org/en

Email: info@airsomprisme.org

Services: * Welcoming, settlement assistance, information. * Housing search assistance. * French courses. * Drop-in daycare. * Training for parents. * Tax clinic.

Eligibility: immigrants, refugees and people on a low income

Capacity: 24

Coverage area: Lachine, LaSalle

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 21h00

Fees: daycare: variable

Financing: federal, provincial, municipal

Legal status: non-profit organization

Interpretation and translation

OTU NDI IGBO QUEBEC

7565 Newman Boulevard, Suite 3183, LaSalle, Montréal, QC, H8N 3H3

514 702-7653

Email: umuigboquebec@gmail.com

Services: Promotion of the cultural, artistic, social and intellectual heritage of the Igbo people of Nigeria. * Community activities.

Eligibility: people from the Igbo community

Capacity: over 200 members

Coverage area: Province of Québec

Hours: every last Saturday of the month 17h00 to 22h00

Fees: \$50 per year

Financing: self-financing

Legal status: non-profit organization

Multicultural organizations

BIENVENUE À L'IMMIGRANT

7580 Centrale Street, LaSalle, Montréal, QC, H8P 1K5

438 239-8828

Website: www.bienvenueimmigrant.org

Email: info@bienvenueimmigrant.org

Services: Reception and orientation of immigrants. * Help with socio-professional integration and general integration. * Financial education. * Francization, leadership, self-esteem and school retention for youth. * Psychosocial support for families * Ad hoc food aid * Tax clinics. * Christmas baskets. * School supplies distribution.

Eligibility: immigrants, food assistance: immigrant families in need

Coverage area: Montréal Island

Hours: Monday to Friday: by appointment

Financing: donations, grants, self-financing

Legal status: non-profit organization

COUNCIL FOR BLACK AGING COMMUNITY OF MONTRÉAL

7401 Newman Boulevard, Suite 6, LaSalle, Montréal, QC, H8N 1X3

514 935-4951

Website: cbacm.org

Email: cbacmtl@gmail.com

Services: Services and activities for seniors. * Support group. * Friendly visits. * Group activities. * Volunteering. * Monthly information sessions, conferences every two years. * Community lunch once a month. * Birthday brunches every three months.

Eligibility: people 55 years and over

Coverage area: Montréal Island

Hours: Monday through Friday 9h00 to 17h00

Fees: \$25 per year

Financing: federal, provincial, donations

Legal status: non-profit organization

MONTRÉAL PUBLIC LIBRAIRIES NETWORK - L'OCTOGONE LIBRARY

1080 Dollard Avenue, LaSalle, Montréal, QC, H8N 2T9

514 367-6376

Website: montreal.ca/en/places/bibliotheque-loctogone

Email: adultesoctogone@ville.montreal.qc.ca

Services: * Loan and consultation of books, audiovisual and digital documents. * Computers, Internet access and printing devices. * Reference and reader assistance. * Toys and educative games. * Story time. * Book club for children. * Workshops, conferences and exhibitions. * Rental of music instruments.

Eligibility: general public

Coverage area: Montréal

Hours: Adult and children's collections, room A (door 1): Monday to Friday 10h00 to 20h00, Saturday and Sunday 10h00 to 17h00, comic books, DVDs and computer stations, room B (door 4): Monday to Friday 10h00 to 18h00., Saturday and Sunday 12h00 to 17h00

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

Financing: municipal, provincial

Legal status: municipal agency

OTU NDI IGBO QUEBEC

7565 Newman Boulevard, Suite 3183, LaSalle, Montréal, QC, H8N 3H3

514 702-7653

Email: umuigboquebec@gmail.com

Services: Promotion of the cultural, artistic, social and intellectual heritage of the Igbo people of Nigeria. * Community activities.

Eligibility: people from the Igbo community

Capacity: over 200 members

Coverage area: Province of Québec

Hours: every last Saturday of the month 17h00 to 22h00

Fees: \$50 per year

Financing: self-financing

Legal status: non-profit organization

Prevention and fight against racism

BIENVENUE À L'IMMIGRANT

7580 Centrale Street, LaSalle, Montréal, QC, H8P 1K5

438 239-8828

Website: www.bienvenueimmigrant.org

Email: info@bienvenueimmigrant.org

Services: Reception and orientation of immigrants. * Help with socio-professional integration and general integration. * Financial education. * Francization, leadership, self-esteem and school retention for youth. * Psychosocial support for families * Ad hoc food aid * Tax clinics. * Christmas baskets. * School supplies distribution.

Eligibility: immigrants, food assistance: immigrant families in need

Coverage area: Montréal Island

Hours: Monday to Friday: by appointment

Financing: donations, grants, self-financing

Legal status: non-profit organization

Settlement services for newcomers

ACCUEIL POUR IMMIGRANTS ET RÉFUGIÉS DU SUD-OUEST DE MONTRÉAL - CENTRE PRISME

414 Lafleur Street, Suite 1-10, LaSalle, Montréal, QC, H8R 3H6

514 364-0939 Fax: 514 364-9992

Website: www.airsomprisme.org/en

Email: info@airsomprisme.org

Services: * Welcoming, settlement assistance, information. * Housing search assistance. * French courses. * Drop-in daycare. * Training for parents. * Tax clinic.

Eligibility: immigrants, refugees and people on a low income

Capacity: 24

Coverage area: Lachine, LaSalle

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 21h00

Fees: daycare: variable

Financing: federal, provincial, municipal

Legal status: non-profit organization

BIENVENUE À L'IMMIGRANT

7580 Centrale Street, LaSalle, Montréal, QC, H8P 1K5

438 239-8828

Website: www.bienvenueimmigrant.org

Email: info@bienvenueimmigrant.org

Services: Reception and orientation of immigrants. * Help with socio-professional integration and general integration. * Financial education. * Francization, leadership, self-esteem and school retention for youth. * Psychosocial support for families * Ad hoc food aid * Tax clinics. * Christmas baskets. * School supplies distribution.

Eligibility: immigrants, food assistance: immigrant families in need

Coverage area: Montréal Island

Hours: Monday to Friday: by appointment

Financing: donations, grants, self-financing

Legal status: non-profit organization

TRIADE HCT (LA)

8593 Centrale Street, LaSalle, Montréal, QC, H8P 1N3

514 368-3640 ext. 224 Fax: 514 368-3641

Website: latriade.ca/en

Email: hilairepesse@hotmail.com

Services: Professional integration organization for people living with disabilities and for immigrants. * Pre-employability services. * Help with job search, integration and retention. * Awareness among employers. * Advocacy for people living with a disability and immigrants on the labour market. * Food assistance. * Community thrift shop. * Tax clinic.

Eligibility: people living with a physical, visual or mild intellectual disability, people on the autism spectrum or living with mental health problems, immigrant people, food assistance: people with a low income

Coverage area: Montréal Island, food assistance: Le Sud-Ouest, LaSalle, Verdun, Lachine, Ville-Émard

Hours: Monday to Friday 8h00 to 17h00, food assistance: Monday to Thursday 10h00 to 16h00

Fees: member: \$50, food assistance: \$7 per baskets

Financing: provincial, self-financing

Legal status: non-profit organization

Justice and Advocacy

ADVOCACY GROUPS

CONSUMER PROTECTION AND COMPLAINTS

LEGAL ASSISTANCE AND INFORMATION

Advocacy groups

CORPORATION L'ESPOIR

55 Dupras Street, Suite 511, LaSalle, Montréal, QC, H8R 4A8

514 367-3757 Fax: 514 367-0444

Website: www.corporationespoir.org

Email: info@corporationespoir.org

Services: * Reception and referrals. * Support for parents. * Promotion and advocacy. * Support for people living with an intellectual disability or an autism spectrum disorder. * Integration and recreational programs. * Day camp. * Outdoor weekends. * Introduction to autonomous life. * Respite weekends.

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

Coverage area: Greater Montréal, mainly Le Sud-Ouest

Hours: Monday to Thursday 8h00 to 16h00, by appointment

Fees: annual membership: \$25

Financing: Centraide of Greater Montréal, membership fees

Legal status: non-profit organization

DORVAL-LACHINE-LASALLE FACILITIES USERS' COMMITTEE

8585 Terrasse Champlain, LaSalle, Montréal, QC, H8P 1C1

514 362-8000 ext. 31987

Website: ciusss-ouestmtl.gouv.qc.ca/en/users-info/users-rights/users

Email: comite_usagers.dll@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 LaSalle Hospital, Dorval, LaSalle, Nazaine Piché or Lachine CHSLDs, Dorval-Lachine or LaSalle CLSCs

Coverage area: Montréal Island

Financing: provincial

Legal status: parapublic organization

ÉCO-QUARTIER LASALLE

55 Dupras Avenue, Suite 405, LaSalle, Montréal, QC, H8R 4A8

514 367-6000 ext. 6500

Website: ecolasalle.org

Email: info@ecolasalle.org

Services: Raising awareness, educating and organizing activities or projects in partnership with local residents, organizations, businesses and institutions. * Clean-up operations. * Tree sales and planting. * Waste management. * Collection points: batteries, ink cartridges, #6 plastics and Styrofoam, phones, laptops and small electronic appliances. * Green patrol. * Workshops: recycling, composting and others. * Accompanying events. * Shower heads: exchanging old showerheads for a WaterSense-certified Ultra Ecofitt showerhead.

Eligibility: general public

Coverage area: LaSalle

Hours: by appointment

Fees: none

Financing: grants, self-financing

Legal status: non-profit organization

HANDICAP ACTION INTÉGRATION HAI

410 Lafleur Avenue, Suite 7, LaSalle, Montréal, QC, H8R 3H6

514 508-9199 Fax: 514 508-9811

Website: h-a-i.org/en

Email: admin@h-a-i.org

Services: Integration of people living with a physical disability. * Information and referrals regarding employment and housing. * Tax clinic.

Eligibility: people living with a physical disability seeking employment or accessible housing

Capacity: 6 to 8 people per day

Coverage area: Montréal Island

Hours: Monday to Saturday 16h15 to 19h30

Fees: annual membership: \$5

Financing: donations, fundraising campaigns

Legal status: non-profit organization

HÉRITAGE LAURENTIEN

55 Dupras Avenue, Suite 405, LaSalle, Montréal, QC, H8R 4A8

514 367-6540

Website: heritagelaurentien.org

Email: info@heritagelaurentien.org

Services: Promotion and enhancement of natural heritage. * Management of Parc des Rapides. * Educational workshops and activities for all ages: hiking, touring, discovery outings, conferences, etc. * Winter and summer day camps. * Awareness. * LaSalle Éco-quartier program.

Eligibility: general public

Coverage area: Le Sud-Ouest, LaSalle

Hours: by appointment

Financing: grants, self-financing, municipal

Legal status: non-profit organization

TRIADE HCT (LA)

8593 Centrale Street, LaSalle, Montréal, QC, H8P 1N3

514 368-3640 ext. 224 Fax: 514 368-3641

Website: latriade.ca/en

Email: hilairepesse@hotmail.com

Services: Professional integration organization for people living with disabilities and for immigrants. * Pre-employability services. * Help with job search, integration and retention. * Awareness among employers. * Advocacy for people living with a disability and immigrants on the labour market. * Food assistance. * Community thrift shop. * Tax clinic.

Eligibility: people living with a physical, visual or mild intellectual disability, people on the autism spectrum or living with mental health problems, immigrant people, food assistance: people with a low income

Coverage area: Montréal Island, food assistance: Le Sud-Ouest, LaSalle, Verdun, Lachine, Ville-Émard

Hours: Monday to Friday 8h00 to 17h00, food assistance: Monday to Thursday 10h00 to 16h00

Fees: member: \$50, food assistance: \$7 per baskets

Financing: provincial, self-financing

Legal status: non-profit organization

Consumer protection and complaints

DORVAL-LACHINE-LASALLE FACILITIES USERS' COMMITTEE

8585 Terrasse Champlain, LaSalle, Montréal, QC, H8P 1C1

514 362-8000 ext. 31987

Website: ciuss-ouestmtl.gouv.qc.ca/en/users-info/users-rights/users

Email: comite_usagers.dll@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 LaSalle Hospital, Dorval, LaSalle, Nazaine Piché or Lachine CHSLDs, Dorval-Lachine or LaSalle CLSCs

Coverage area: Montréal Island

Financing: provincial

Legal status: parapublic organization

Legal assistance and information

LASALLE - BOROUGH

55 Dupras Avenue, LaSalle, Montréal, QC, H8R 4A8

311 Fax: 514 367-6603

Website: montreal.ca/en/lasalle

Email: lasalle@montreal.ca

Services: Points of service * Accès Montréal Office offering information on services and activities: montreal.ca/en/places/acces-montreal-office-lasalle * Permit counter: montreal.ca/en/places/permit-counter-lasalle Information * Info-collectes: servicesenligne2.ville.montreal.qc.ca/sel/infocollectes * INFO-travaux for location of infrastructure work: [click here](#) * Consultation of public notices: [click here](#) Services * Online services: montreal.ca/en/articles/use-our-online-services-4775 * Storage after an eviction: montreal.ca/en/how-to/recover-belongings-storage-after-eviction * Accès Montréal card subscription. * Cat and dog licenses. * Parking licenses. * Administration of oath. * Property assessment. * Information and payment of municipal taxes. * Ticket information and payment. * Municipal service intervention requests. * Low-cost housing application. * Removal of dead animals found on private or public property. * Subsidy for the use of sustainable menstrual products: reimbursement following a minimum purchase of \$20 worth of sustainable hygiene products (menstrual cups and 100% washable sanitary pants).

Coverage area: Lasalle

Hours: Monday, Tuesday 8h00 to 16h45, Wednesday, Thursday 8h00 to 19h00, Friday 8h00 to 12h00

Fees: subsidy for sustainable menstrual products: reimbursement of 50% of pre-tax costs, 100% of pre-tax costs for social pricing

Financing: municipal

Legal status: municipal agency

Mental Health and addictions

ADDICTION PREVENTION

ADDICTION TREATMENT

COMMUNITY SUPPORT IN MENTAL HEALTH

MENTAL HEALTH ADVOCACY GROUPS

SELF-HELP GROUPS FOR ADDICTION ISSUES

SELF-HELP GROUPS FOR MENTAL HEALTH ISSUES

Addiction prevention

SERVICES DE PROXIMITÉS EN DÉPENDANCE - OUEST-DE-L'ÎLE-DE-MONTRÉAL

8550 Newman Boulevard, LaSalle, Montréal, QC, H8N 1Y5

514 364-2572 ext. 24731

Email: proximitedependance.comtl@ssss.gouv.qc.ca

Services: Front-line addiction services. * Short-term individual follow-up (10 to 12 meetings). * Relapse prevention. * Mes choix Alcool. * Mes choix Cannabis. * Mes choix Toutes substances. * Mes choix Jeu. * Support group. * Co-intervention. * Training.

Eligibility: people wondering about their habits of consumption of alcohol, drugs, gambling or Internet use, their loved ones

Coverage area: Ouest-de-l'Île

Legal status: non-profit organization

Addiction treatment

HÔPITAL DE LASALLE

8585 Terrasse Champlain, LaSalle, Montréal, QC, H8P 1C1

514 362-8000

Website: www.ciusss-ouestmtl.gouv.qc.ca/en/facilities/general-and-specialized-care-hospitals/hopital-de-lasalle

Services: General hospital services. * Emergency care. * Family planning: contraception, abortion. * Testing centre. * Medical imaging. * Detoxification.

Coverage area: Province of Québec

Hours: 24 hours / 7 days

Financing: provincial

Legal status: parapublic organization

SERVICES DE PROXIMITÉS EN DÉPENDANCE - OUEST-DE-L'ÎLE-DE-MONTRÉAL

8550 Newman Boulevard, LaSalle, Montréal, QC, H8N 1Y5

514 364-2572 ext. 24731

Email: proximitedependance.comtl@ssss.gouv.qc.ca

Services: Front-line addiction services. * Short-term individual follow-up (10 to 12 meetings). * Relapse prevention. * Mes choix Alcool. * Mes choix Cannabis. * Mes choix Toutes substances. * Mes choix Jeu. * Support group. * Co-intervention. * Training.

Eligibility: people wondering about their habits of consumption of alcohol, drugs, gambling or Internet use, their loved ones

Coverage area: Ouest-de-l'Île

Legal status: non-profit organization

Community support in mental health

BIENVENUE À L'IMMIGRANT

7580 Centrale Street, LaSalle, Montréal, QC, H8P 1K5

438 239-8828

Website: www.bienvenueimmigrant.org

Email: info@bienvenueimmigrant.org

Services: Reception and orientation of immigrants. * Help with socio-professional integration and general integration. * Financial education. * Francization, leadership, self-esteem and school retention for youth. * Psychosocial support for families * Ad hoc food aid * Tax clinics. * Christmas baskets. * School supplies distribution.

Eligibility: immigrants, food assistance: immigrant families in need

Coverage area: Montréal Island
Hours: Monday to Friday: by appointment
Financing: donations, grants, self-financing
Legal status: non-profit organization

EXPRESSION LASALLE, COMMUNITY MENTAL HEALTH CENTRE

405 Newman Terrace, Suite 210, LaSalle, Montréal, QC, H8R 2Y9
514 368-3736

Website: www.expressionlasalletherapies.ca/en
Email: expressionlasalle@yahoo.ca

Services: Professionally-led weekly therapeutic mental health services. * Individual sessions: art therapy, counselling and drama therapy. * Regular groups: art therapy, art therapy on the theme of sexual abuse, drama therapy, music therapy, relaxation and meditation therapy. * Groups offered on an intermittent basis: discussion, writing and therapy through dance and movement.

Eligibility: people 18 to 65 years old living with a mental health problem

Coverage area: Greater Montréal

Hours: by appointment only, Monday to Friday 9h00 to 17h00, therapeutic services: mainly during the day, some evening groups

Fees: annual membership: \$15, therapeutic services: free

Financing: provincial, donations, fundraising campaign

Legal status: non-profit organization

MONTREAL SPECIAL NEEDS FAMILY ORGANIZATION

7491 Cordner Street, LaSalle, Montréal, QC, H8N 2R5
438 860-6663

Website: montrealspecialneedsfamilyorganization.com
Email: maddiep444@gmail.com

Services: * Financial assistance for therapy fees: occupational therapy, physiotherapy, specialized resources, etc. * Support to parents in directing them towards appropriate therapeutic services for their children. * Fundraising events.

Eligibility: financial assistance: children with special needs from families on a low income, support to parents: parents of children with special needs

Coverage area: Montréal Island

Financing: donations

Legal status: non-profit organization

Mental health advocacy groups

TRIADE HCT (LA)

8593 Centrale Street, LaSalle, Montréal, QC, H8P 1N3
514 368-3640 ext. 224 Fax: 514 368-3641

Website: latriade.ca/en

Email: hilairepesse@hotmail.com

Services: Professional integration organization for people living with disabilities and for immigrants. * Pre-employability services. * Help with job search, integration and retention. * Awareness among employers. * Advocacy for people living with a disability and immigrants on the labour market. * Food assistance. * Community thrift shop. * Tax clinic.

Eligibility: people living with a physical, visual or mild intellectual disability, people on the autism spectrum or living with mental health problems, immigrant people, food assistance: people with a low income

Coverage area: Montréal Island, food assistance: Le Sud-Ouest, LaSalle, Verdun, Lachine, Ville-Émard

Hours: Monday to Friday 8h00 to 17h00, food assistance: Monday to Thursday 10h00 to 16h00

Fees: member: \$50, food assistance: \$7 per baskets

Financing: provincial, self-financing

Legal status: non-profit organization

Self-help groups for addiction issues

SERVICES DE PROXIMITÉS EN DÉPENDANCE - OUEST-DE-L'ÎLE-DE-MONTRÉAL

8550 Newman Boulevard, LaSalle, Montréal, QC, H8N 1Y5

514 364-2572 ext. 24731

Email: proximitedependance.comtl@ssss.gouv.qc.ca

Services: Front-line addiction services. * Short-term individual follow-up (10 to 12 meetings). * Relapse prevention. * Mes choix Alcool. * Mes choix Cannabis. * Mes choix Toutes substances. * Mes choix Jeu. * Support group. * Co-intervention. * Training.

Eligibility: people wondering about their habits of consumption of alcohol, drugs, gambling or Internet use, their loved ones

Coverage area: Ouest-de-l'Île

Legal status: non-profit organization

Self-help groups for mental health issues

CENTRE DU VIEUX MOULIN DE LASALLE

7644 Édouard Street, Suite 210, LaSalle, Montréal, QC, H8P 1T3

514 364-1541 Fax: 514 364-6565

Website: cvmlasalle.org/eng/

Email: reception@cvmlasalle.org

Services: * Meals on wheels. * Friendly visits. * PAIR program: computerized safety and medication reminder phone calls. * Well-being and creative workshops. * Thematic lunches, conferences, coffee-meetings and social activities. * Information hub for seniors: documentation, information, referral. * Assistance with filling out forms. * Individual meetings. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Support and socialization groups: mourning, men's group, women's group, muscle your brain, participe présent (mental health and citizen participation). * Living and mutual aid environment. * Group community transportation to the grocery store. * Info-Fournisseur referral line: assistance and accompaniment with steps to find people or business offering paid, safe and trustworthy services of hairdressing, housekeeping, foot care, painting, etc. * Tax clinic.

Eligibility: people 50 years and over

Capacity: 100

Coverage area: LaSalle, PAIR program: West Island

Hours: Monday to Friday 8h30 to 16h30

Fees: member: \$10, meals on wheels: \$5 per meal

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

Seniors

CAREGIVERS

COMMUNITY AND RECREATION CENTRES

DAY CENTRES AND RESPITE

FRIENDLY VISITS AND SAFETY CALLS

HOME SUPPORT

HOUSING FOR SENIORS

MEALS ON WHEELS

SENIORS' ADVOCACY AND ASSISTANCE ASSOCIATIONS

VOLUNTEER TRANSPORTATION

Caregivers

GROUPE DES AIDANTS DU SUD-OUEST

7475 Newman Boulevard, Suite 405, LaSalle, Montréal, QC, H8N 1X3

514 564-3061 Fax: 514 564-3081

Website: www.gaso.ca

Email: info@gaso.ca

Services: * Individual psychosocial support services. * Support groups for caregivers. * Music therapy. * Art therapy. * Relaxation workshops. * Monthly conferences. * Training programs for caregivers.

Eligibility: caregivers 18 years old and over

Capacity: support groups: about 7 people per group

Coverage area: Le Sud-Ouest, Verdun, LaSalle, Lachine, Dorval

Hours: Monday to Friday 9h00 to 17h00

Fees: membership: \$10

Financing: provincial

Legal status: non-profit organization

Community and Recreation Centres

ÂGE D'OR SAINT-TÉLESPHORE DE LASALLE

8811 Centrale Street, LaSalle, Montréal, QC, H8P 1P1

514 367-4665

Services: * Card games. * Dance lessons and dances. * Petanque. * Holiday dinner and seasonal outings.

Eligibility: seniors 50 years old and over

Coverage area: LaSalle

Hours: cards: Monday 13h00 to 16h00, dance lesson: Wednesday, dance: Thursday evening, pétanque: Monday, Wednesday and Friday 18h30 to 20h30

Fees: none

Financing: contributions, self-financing

Legal status: non-profit organization

CENTRE CULTUREL ET COMMUNAUTAIRE HENRI-LEMIEUX

7644 Édouard Street, LaSalle, Montréal, QC, H8P 1T3

514 367-5000 Fax: 514 367-4471

Website: www.ccchl.ca

Email: info@ccchl.ca

Services: * Art classes and workshops: dance, ukulele, drawing, theatre, knitting, scrapbooking, etc. * Well-being classes and workshops: yoga, tai-chi, pilates, meditation, stress management, etc. * Classes for children: arts and crafts, choir, gymnastics, magic, sciences and theatre. * Classes for parents and children: pilates, dance and choir. * Computer classes. * Language classes: English, Spanish, Italian and Mandarin. * Various fitness classes. * Babysitting and first aid classes. * Shows and community events. * Grand Sault Theater. * Les Trois C art gallery. * Event organization services. * Room rental.

Eligibility: children, teenagers, adults, families

Coverage area: Le Sud-Ouest

Hours: Monday to Friday 10h00 to 18h00

Fees: variable

Financing: donations, self-financing, municipal

Legal status: non-profit organization

CENTRE DU VIEUX MOULIN DE LASALLE

7644 Édouard Street, Suite 210, LaSalle, Montréal, QC, H8P 1T3

514 364-1541 Fax: 514 364-6565

Website: cvmlasalle.org/eng/

Email: reception@cvmlasalle.org

Services: * Meals on wheels. * Friendly visits. * PAIR program: computerized safety and medication reminder phone calls. * Well-being and creative workshops. * Thematic lunches, conferences, coffee-meetings and social activities. * Information hub for seniors: documentation, information, referral. * Assistance with filling out forms. * Individual meetings. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Support and socialization groups: mourning, men's group, women's group, muscle your brain, participe présent (mental health and citizen participation). * Living and mutual aid environment. * Group community transportation to the grocery store. * Info-Fournisseur referral line: assistance and accompaniment with steps to find people or business offering paid, safe and trustworthy services of hairdressing, housekeeping, foot care, painting, etc. * Tax clinic.

Eligibility: people 50 years and over

Capacity: 100

Coverage area: LaSalle, PAIR program: West Island

Hours: Monday to Friday 8h30 to 16h30

Fees: member: \$10, meals on wheels: \$5 per meal

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR MARGHERITE D'ORO

Chalet, 8181 Robert Street, LaSalle, Montréal, QC, H8R 4A2

514 363-0978

Services: * Social and recreational activities: bingo, bocce, social dancing, line dancing, cards. * Outings. * Monthly dancing dinner.

Eligibility: seniors 55 years and over of all origins

Coverage area: LaSalle and surroundings

Fees: membership: \$10 per year

Financing: contributions

Legal status: non-profit organization

CLUB LES AÎNÉS DE LASALLE

564 Terrasse de la Loire, LaSalle, Montréal, QC, H8R 2Y1

514 367-0777

Email: lalonde.hm@videotron.ca

Services: * Physical activities: skating and cycling. * Social and cultural activities.

Eligibility: individuals 55 years and over

Capacity: 200 members

Coverage area: Montréal Island

Hours: variable

Fees: annual membership: \$15

Financing: self-financing, provincial, municipal

Legal status: non-profit organization

CLUB RENAISSANCE - NOTRE-DAME-DU-SACRÉ-COEUR

7675 Édouard Street, LaSalle, Montréal, QC, H8P 1T5

514 363-5437

Email: clubrenaissancendsc@gmail.com

Services: * Social and recreational activities: dancing, bowling. * Dancing dinners.

Eligibility: people 50 years old and over

Coverage area: LaSalle

Fees: membership: \$7

Financing: contributions

Legal status: non-profit organization

COUNCIL FOR BLACK AGING COMMUNITY OF MONTRÉAL

7401 Newman Boulevard, Suite 6, LaSalle, Montréal, QC, H8N 1X3

514 935-4951

Website: cbacm.org

Email: cbacmtl@gmail.com

Services: Services and activities for seniors. * Support group. * Friendly visits. * Group activities. * Volunteering. * Monthly information sessions, conferences every two years. * Community lunch once a month. * Birthday brunches every three months.

Eligibility: people 55 years and over

Coverage area: Montréal Island

Hours: Monday through Friday 9h00 to 17h00

Fees: \$25 per year

Financing: federal, provincial, donations

Legal status: non-profit organization

ÉCHANGÉ DE SERVICES DE LASALLE

7491 Cordner Street, LaSalle, Montréal, QC, H8N 2R5

514 363-2202 Fax: 514 363-2207

Website: www.lecadre.ca

Email: fouzia@lecadre.ca

Services: * Community luncheons and recreational activities for seniors. * Meals on wheel service (hot meals) and home delivery of frozen meals. * Rooms for meetings and events with on-site catering.

Eligibility: seniors and adults with temporary or permanent loss of autonomy and on a low income

Coverage area: Lachine, Lasalle, Dorval, Verdun, Saint-Henri, Côte-Saint-Paul, Ville-Émard, Saint-Henri and Pointe-Saint-Charles, hot meals of meals on wheel: LaSalle

Hours: Monday to Friday 8h30 to 16h30, meals on wheels and community luncheons: Tuesday and Thursday 10h30 à 14h30

Fees: annual membership: \$5, meals on wheels: \$5.50, community luncheons: \$6.50 (\$9.50 with transportation), frozen meal: \$5.50

Financing: provincial, donations

Legal status: non-profit organization

Day centres and respite

CENTRE D'HÉBERGEMENT DE LASALLE

8686 Centrale Street, LaSalle, Montréal, QC, H8P 3N4

514 364-6700

Website: www.ciusss-ouestmtl.gouv.qc.ca/en/facilities/chsld/centre-dhebergement-de-lasalle

Services: Public care 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, people with a loss of autonomy

Coverage area: West Island, LaSalle

Financing: provincial

Legal status: parapublic organization

CENTRE DU VIEUX MOULIN DE LASALLE

7644 Édouard Street, Suite 210, LaSalle, Montréal, QC, H8P 1T3

514 364-1541 Fax: 514 364-6565

Website: cvmlasalle.org/eng/

Email: reception@cvmlasalle.org

Services: * Meals on wheels. * Friendly visits. * PAIR program: computerized safety and medication reminder phone calls. * Well-being and creative workshops. * Thematic lunches, conferences, coffee-meetings and social activities. * Information hub for seniors: documentation, information, referral. * Assistance with filling out forms. * Individual meetings. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Support and socialization groups: mourning, men's group, women's group, muscle your brain, participe présent (mental health and citizen participation). * Living and mutual aid environment. * Group community transportation to the grocery store. * Info-Fournisseur referral line: assistance and accompaniment with steps to find people or business offering paid, safe and trustworthy services of hairdressing, housekeeping, foot care, painting, etc. * Tax clinic.

Eligibility: people 50 years and over

Capacity: 100

Coverage area: LaSalle, PAIR program: West Island

Hours: Monday to Friday 8h30 to 16h30

Fees: member: \$10, meals on wheels: \$5 per meal

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

Friendly visits and safety calls**CENTRE DU VIEUX MOULIN DE LASALLE**

7644 Édouard Street, Suite 210, LaSalle, Montréal, QC, H8P 1T3

514 364-1541 Fax: 514 364-6565

Website: cvmlasalle.org/eng/

Email: reception@cvmlasalle.org

Services: * Meals on wheels. * Friendly visits. * PAIR program: computerized safety and medication reminder phone calls. * Well-being and creative workshops. * Thematic lunches, conferences, coffee-meetings and social activities. * Information hub for seniors: documentation, information, referral. * Assistance with filling out forms. * Individual meetings. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Support and socialization groups: mourning, men's group, women's group, muscle your brain, participe présent (mental health and citizen participation). * Living and mutual aid environment. * Group community transportation to the grocery store. * Info-Fournisseur referral line: assistance and accompaniment with steps to find people or business offering paid, safe and trustworthy services of hairdressing, housekeeping, foot care, painting, etc. * Tax clinic.

Eligibility: people 50 years and over

Capacity: 100

Coverage area: LaSalle, PAIR program: West Island

Hours: Monday to Friday 8h30 to 16h30

Fees: member: \$10, meals on wheels: \$5 per meal

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

CENTRE DU VIEUX MOULIN DE LASALLE - INITIATIVE DE TRAVAIL DE MILIEU AUPRÈS DES AÎNÉS EN SITUATION DE VULNÉRABILITÉ

7644 Édouard Street, Suite 210, LaSalle, Montréal, QC, H8P 1T3

514 364-1541 Fax: 514 364-6565

Website: cvmlasalle.org/eng/

Email: reception@cvmlasalle.org

Services: Community outreach work for vulnerable seniors.

Eligibility: people 50 years and over
Coverage area: LaSalle
Hours: Monday to Friday 8h30 to 17h00
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

COUNCIL FOR BLACK AGING COMMUNITY OF MONTRÉAL

7401 Newman Boulevard, Suite 6, LaSalle, Montréal, QC, H8N 1X3
514 935-4951
Website: cbacm.org
Email: cbacmtl@gmail.com

Services: Services and activities for seniors. * Support group. * Friendly visits. * Group activities. * Volunteering. * Monthly information sessions, conferences every two years. * Community lunch once a month. * Birthday brunches every three months.

Eligibility: people 55 years and over
Coverage area: Montréal Island
Hours: Monday through Friday 9h00 to 17h00
Fees: \$25 per year
Financing: federal, provincial, donations
Legal status: non-profit organization

Home support

ASSOCIÉS DE L'ENTRETIEN MÉNAGER (LES)

7491 Cordner Street, LaSalle, Montréal, QC, H8N 2R5
514 363-8686 Fax: 514 367-3043
Email: administration@lecadre.ca

Services: * Homekeeping services: regular home cleaning and heavy interior cleaning.
Eligibility: seniors, people living with health issues, families on a low income
Coverage area: Dorval, Lachine, LaSalle
Hours: Monday to Friday 8h30 to 16h30
Fees: hourly rate established according to family income, gouvernement assistance available through the Financial Assistance Program for Domestic Help Services)
Financing: self-financing, provincial
Legal status: non-profit organization

CENTRE DU VIEUX MOULIN DE LASALLE

7644 Édouard Street, Suite 210, LaSalle, Montréal, QC, H8P 1T3
514 364-1541 Fax: 514 364-6565
Website: cvmlasalle.org/eng/
Email: reception@cvmlasalle.org

Services: * Meals on wheels. * Friendly visits. * PAIR program: computerized safety and medication reminder phone calls. * Well-being and creative workshops. * Thematic lunches, conferences, coffee-meetings and social activities. * Information hub for seniors: documentation, information, referral. * Assistance with filling out forms. * Individual meetings. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Support and socialization groups: mourning, men's group, women's group, muscle your brain, participe présent (mental health and citizen participation). * Living and mutual aid environment. * Group community transportation to the grocery store. * Info-Fournisseur referral line: assistance and accompaniment with steps to find people or business offering paid, safe and trustworthy services of hairdressing, housekeeping, foot care, painting, etc. * Tax clinic.

Eligibility: people 50 years and over
Capacity: 100
Coverage area: LaSalle, PAIR program: West Island

Hours: Monday to Friday 8h30 to 16h30

Fees: member: \$10, meals on wheels: \$5 per meal

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

ÉCHANGE DE SERVICES DE LASALLE

7491 Cordner Street, LaSalle, Montréal, QC, H8N 2R5

514 363-2202 Fax: 514 363-2207

Website: www.lecadre.ca

Email: fouzia@lecadre.ca

Services: * Community luncheons and recreational activities for seniors. * Meals on wheel service (hot meals) and home delivery of frozen meals. * Rooms for meetings and events with on-site catering.

Eligibility: seniors and adults with temporary or permanent loss of autonomy and on a low income

Coverage area: Lachine, Lasalle, Dorval, Verdun, Saint-Henri, Côte-Saint-Paul, Ville-Émard, Saint-Henri and Pointe-Saint-Charles, hot meals of meals on wheel: LaSalle

Hours: Monday to Friday 8h30 to 16h30, meals on wheels and community luncheons: Tuesday and Thursday 10h30 à 14h30

Fees: annual membership: \$5, meals on wheels: \$5.50, community luncheons: \$6.50 (\$9.50 with transportation), frozen meal: \$5.50

Financing: provincial, donations

Legal status: non-profit organization

Housing for seniors

CENTRE D'HÉBERGEMENT DE LASALLE

8686 Centrale Street, LaSalle, Montréal, QC, H8P 3N4

514 364-6700

Website: www.ciusss-ouestmtl.gouv.qc.ca/en/facilities/chsld/centre-dhebergement-de-lasalle

Services: Public care 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, people with a loss of autonomy

Coverage area: West Island, LaSalle

Financing: provincial

Legal status: parapublic organization

Meals on Wheels

CENTRE DU VIEUX MOULIN DE LASALLE

7644 Édouard Street, Suite 210, LaSalle, Montréal, QC, H8P 1T3

514 364-1541 Fax: 514 364-6565

Website: cvmlasalle.org/eng/

Email: reception@cvmlasalle.org

Services: * Meals on wheels. * Friendly visits. * PAIR program: computerized safety and medication reminder phone calls. * Well-being and creative workshops. * Thematic lunches, conferences, coffee-meetings and social activities. * Information hub for seniors: documentation, information, referral. * Assistance with filling out forms. * Individual meetings. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Support and socialization groups: mourning, men's group, women's group, muscle your brain, participe présent (mental health and citizen participation). * Living and mutual aid environment. * Group community transportation to the grocery store. * Info-Fournisseur referral line: assistance and accompaniment with steps to find people or business offering paid, safe and trustworthy services of hairdressing, housekeeping, foot care, painting, etc. * Tax clinic.

Eligibility: people 50 years and over

Capacity: 100

Coverage area: LaSalle, PAIR program: West Island

Hours: Monday to Friday 8h30 to 16h30

Fees: member: \$10, meals on wheels: \$5 per meal

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

ÉCHANGE DE SERVICES DE LASALLE

7491 Cordner Street, LaSalle, Montréal, QC, H8N 2R5

514 363-2202 Fax: 514 363-2207

Website: www.lecadre.ca

Email: fouzia@lecadre.ca

Services: * Community luncheons and recreational activities for seniors. * Meals on wheel service (hot meals) and home delivery of frozen meals. * Rooms for meetings and events with on-site catering.

Eligibility: seniors and adults with temporary or permanent loss of autonomy and on a low income

Coverage area: Lachine, Lasalle, Dorval, Verdun, Saint-Henri, Côte-Saint-Paul, Ville-Émard, Saint-Henri and Pointe-Saint-Charles, hot meals of meals on wheel: LaSalle

Hours: Monday to Friday 8h30 to 16h30, meals on wheels and community luncheons: Tuesday and Thursday 10h30 à 14h30

Fees: annual membership: \$5, meals on wheels: \$5.50, community luncheons: \$6.50 (\$9.50 with transportation), frozen meal: \$5.50

Financing: provincial, donations

Legal status: non-profit organization

Seniors' Advocacy and Assistance Associations

DORVAL-LACHINE-LASALLE FACILITIES USERS' COMMITTEE

8585 Terrasse Champlain, LaSalle, Montréal, QC, H8P 1C1

514 362-8000 ext. 31987

Website: ciusss-ouestmtl.gouv.qc.ca/en/users-info/users-rights/users

Email: comite_usagers.dll@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 LaSalle Hospital, Dorval, LaSalle, Nazaine Piché or Lachine CHSLDs, Dorval-Lachine or LaSalle CLSCs

Coverage area: Montréal Island

Financing: provincial

Legal status: parapublic organization

Volunteer Transportation

CENTRE DU VIEUX MOULIN DE LASALLE

7644 Édouard Street, Suite 210, LaSalle, Montréal, QC, H8P 1T3

514 364-1541 Fax: 514 364-6565

Website: cvmlasalle.org/eng/

Email: reception@cvmlasalle.org

Services: * Meals on wheels. * Friendly visits. * PAIR program: computerized safety and medication reminder phone calls. * Well-being and creative workshops. * Thematic lunches, conferences, coffee-meetings and social activities. * Information hub for seniors: documentation, information, referral. * Assistance with filling out forms. * Individual meetings. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Support and socialization groups: mourning, men's group, women's group, muscle your brain, participe présent (mental health and citizen participation). * Living and mutual aid environment. * Group community transportation to the grocery store. * Info-Fournisseur referral line: assistance and accompaniment with steps to find people or business offering paid, safe and trustworthy services of hairdressing, housekeeping, foot care, painting, etc. * Tax clinic.

Eligibility: people 50 years and over

Capacity: 100

Coverage area: LaSalle, PAIR program: West Island

Hours: Monday to Friday 8h30 to 16h30

Fees: member: \$10, meals on wheels: \$5 per meal

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

CENTRE DU VIEUX MOULIN DE LASALLE - ACCOMPANIMENT-TRANSPORTATION

7644 Édouard Street, Suite 210, LaSalle, Montréal, QC, H8P 1T3

514 364-1541 Fax: 514 364-6565

Website: cvmlasalle.org/eng/

Email: reception@cvmlasalle.org

Services: * Transportation and accompaniment to medical appointments, shopping and social activities by volunteers.

Eligibility: people 50 years and over

Coverage area: LaSalle

Hours: office: Monday to Friday 8h30 to 17h00, appointments: Monday to Friday 8h00 to 17h00

Fees: transportation: 10 to \$30

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

ÉCHANGE DE SERVICES DE LASALLE - ACCOMPANIMENT-TRANSPORTATION

7491 Cordner Street, LaSalle, Montréal, QC, H8N 2R5

514 363-2202 Fax: 514 363-2207

Website: www.lecadre.ca

Email: fouzia@lecadre.ca

Services: * Accompaniment and transportation to medical appointments by volunteers.

Eligibility: seniors and adults with temporary or permanent loss of autonomy and on a low income

Coverage area: Lachine, LaSalle, Dorval, Verdun, Saint-Henri, Côte-Saint-Paul, Ville-Émard, appointments: Montréal Island

Hours: appointments: 7h00 to 17h00 according to availabilities, office: Monday to Friday 8h30 to 16h30

Fees: membership: \$5 per year, transportation: around \$15 for a round-trip in LaSalle, around \$30 to \$35 for a round-trip to Montréal

Financing: provincial, donations

Legal status: non-profit organization

OTU NDI IGBO QUEBEC

7565 Newman Boulevard, Suite 3183, LaSalle, Montréal, QC, H8N 3H3

514 702-7653

Email: umuigboquebec@gmail.com

Services: Promotion of the cultural, artistic, social and intellectual heritage of the Igbo people of Nigeria. * Community activities.

Eligibility: people from the Igbo community

Capacity: over 200 members

Coverage area: Province of Québec

Hours: every last Saturday of the month 17h00 to 22h00

Fees: \$50 per year

Financing: self-financing

Legal status: non-profit organization

Sex and gender

MEN'S ASSOCIATIONS

WOMEN'S ASSOCIATIONS

Men's associations

CENTRE DU VIEUX MOULIN DE LASALLE

7644 Édouard Street, Suite 210, LaSalle, Montréal, QC, H8P 1T3

514 364-1541 Fax: 514 364-6565

Website: cvmlasalle.org/eng/

Email: reception@cvmlasalle.org

Services: * Meals on wheels. * Friendly visits. * PAIR program: computerized safety and medication reminder phone calls. * Well-being and creative workshops. * Thematic lunches, conferences, coffee-meetings and social activities. * Information hub for seniors: documentation, information, referral. * Assistance with filling out forms. * Individual meetings. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Support and socialization groups: mourning, men's group, women's group, muscle your brain, participe présent (mental health and citizen participation). * Living and mutual aid environment. * Group community transportation to the grocery store. * Info-Fournisseur referral line: assistance and accompaniment with steps to find people or business offering paid, safe and trustworthy services of hairdressing, housekeeping, foot care, painting, etc. * Tax clinic.

Eligibility: people 50 years and over

Capacity: 100

Coverage area: LaSalle, PAIR program: West Island

Hours: Monday to Friday 8h30 to 16h30

Fees: member: \$10, meals on wheels: \$5 per meal

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

Women's associations

CENTRE DU VIEUX MOULIN DE LASALLE

7644 Édouard Street, Suite 210, LaSalle, Montréal, QC, H8P 1T3

514 364-1541 Fax: 514 364-6565

Website: cvmlasalle.org/eng/

Email: reception@cvmlasalle.org

Services: * Meals on wheels. * Friendly visits. * PAIR program: computerized safety and medication reminder phone calls. * Well-being and creative workshops. * Thematic lunches, conferences, coffee-meetings and social activities. * Information hub for seniors: documentation, information, referral. * Assistance with filling out forms. * Individual meetings. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Support and socialization groups: mourning, men's group, women's group, muscle your brain, participe présent (mental health and citizen participation). * Living and mutual aid environment. * Group community transportation to the grocery store. * Info-Fournisseur referral line: assistance and accompaniment with steps to find people or business offering paid, safe and trustworthy services of hairdressing, housekeeping, foot care, painting, etc. * Tax clinic.

Eligibility: people 50 years and over

Capacity: 100

Coverage area: LaSalle, PAIR program: West Island

Hours: Monday to Friday 8h30 to 16h30

Fees: member: \$10, meals on wheels: \$5 per meal

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

Sports, Recreation and Culture

ARTS AND CULTURE

CLUBS AND SOCIAL EVENTS

COMMUNITY RECREATION CENTRES

DAY CAMPS AND SPECIALIZED CAMPS

HOBBIES

LIBRARIES

SPORT

SPORTS AND RECREATION FOR PEOPLE WITH A DISABILITY

Arts and culture

CENTRE CULTUREL ET COMMUNAUTAIRE HENRI-LEMIEUX

7644 Édouard Street, LaSalle, Montréal, QC, H8P 1T3

514 367-5000 Fax: 514 367-4471

Website: www.ccchl.ca

Email: info@ccchl.ca

Services: * Art classes and workshops: dance, ukulele, drawing, theatre, knitting, scrapbooking, etc. * Well-being classes and workshops: yoga, tai-chi, pilates, meditation, stress management, etc. * Classes for children: arts and crafts, choir, gymnastics, magic, sciences and theatre. * Classes for parents and children: pilates, dance and choir. * Computer classes. * Language classes: English, Spanish, Italian and Mandarin. * Various fitness classes. * Babysitting and first aid classes. * Shows and community events. * Grand Sault Theater. * Les Trois C art gallery. * Event organization services. * Room rental.

Eligibility: children, teenagers, adults, families

Coverage area: Le Sud-Ouest

Hours: Monday to Friday 10h00 to 18h00

Fees: variable

Financing: donations, self-financing, municipal

Legal status: non-profit organization

MONTRÉAL PUBLIC LIBRAIRIES NETWORK - L'OCTOGONE LIBRARY

1080 Dollard Avenue, LaSalle, Montréal, QC, H8N 2T9

514 367-6376

Website: montreal.ca/en/places/bibliotheque-loctogone

Email: adultesoctogone@ville.montreal.qc.ca

Services: * Loan and consultation of books, audiovisual and digital documents. * Computers, Internet access and printing devices. * Reference and reader assistance. * Toys and educative games. * Story time. * Book club for children. * Workshops, conferences and exhibitions. * Rental of music instruments.

Eligibility: general public

Coverage area: Montréal

Hours: Adult and children's collections, room A (door 1): Monday to Friday 10h00 to 20h00, Saturday and Sunday 10h00 to 17h00, comic books, DVDs and computer stations, room B (door 4): Monday to Friday 10h00 to 18h00., Saturday and Sunday 12h00 to 17h00

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

Financing: municipal, provincial

Legal status: municipal agency

Clubs and social events

ÂGE D'OR SAINT-TÉLESPHORE DE LASALLE

8811 Centrale Street, LaSalle, Montréal, QC, H8P 1P1

514 367-4665

Services: * Card games. * Dance lessons and dances. * Petanque. * Holiday dinner and seasonal outings.

Eligibility: seniors 50 years old and over

Coverage area: LaSalle

Hours: cards: Monday 13h00 to 16h00, dance lesson: Wednesday, dance: Thursday evening, pétanque: Monday, Wednesday and Friday 18h30 to 20h30

Fees: none

Financing: contributions, self-financing

Legal status: non-profit organization

BIENVENUE À L'IMMIGRANT

7580 Centrale Street, LaSalle, Montréal, QC, H8P 1K5

438 239-8828

Website: www.bienvenueimmigrant.org

Email: info@bienvenueimmigrant.org

Services: Reception and orientation of immigrants. * Help with socio-professional integration and general integration. * Financial education. * Francization, leadership, self-esteem and school retention for youth. * Psychosocial support for families * Ad hoc food aid * Tax clinics. * Christmas baskets. * School supplies distribution.

Eligibility: immigrants, food assistance: immigrant families in need

Coverage area: Montréal Island

Hours: Monday to Friday: by appointment

Financing: donations, grants, self-financing

Legal status: non-profit organization

CENTRE DU VIEUX MOULIN DE LASALLE

7644 Édouard Street, Suite 210, LaSalle, Montréal, QC, H8P 1T3

514 364-1541 Fax: 514 364-6565

Website: cvmlasalle.org/eng/

Email: reception@cvmlasalle.org

Services: * Meals on wheels. * Friendly visits. * PAIR program: computerized safety and medication reminder phone calls. * Well-being and creative workshops. * Thematic lunches, conferences, coffee-meetings and social activities. * Information hub for seniors: documentation, information, referral. * Assistance with filling out forms. * Individual meetings. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Support and socialization groups: mourning, men's group, women's group, muscle your brain, participe présent (mental health and citizen participation). * Living and mutual aid environment. * Group community transportation to the grocery store. * Info-Fournisseur referral line: assistance and accompaniment with steps to find people or business offering paid, safe and trustworthy services of hairdressing, housekeeping, foot care, painting, etc. * Tax clinic.

Eligibility: people 50 years and over

Capacity: 100

Coverage area: LaSalle, PAIR program: West Island

Hours: Monday to Friday 8h30 to 16h30

Fees: member: \$10, meals on wheels: \$5 per meal

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR MARGHERITE D'ORO

Chalet, 8181 Robert Street, LaSalle, Montréal, QC, H8R 4A2

514 363-0978

Services: * Social and recreational activities: bingo, bocce, social dancing, line dancing, cards. * Outings. * Monthly dancing dinner.

Eligibility: seniors 55 years and over of all origins

Coverage area: LaSalle and surroundings

Fees: membership: \$10 per year

Financing: contributions

Legal status: non-profit organization

CLUB LES AÎNÉS DE LASALLE

564 Terrasse de la Loire, LaSalle, Montréal, QC, H8R 2Y1

514 367-0777

Email: lalonde.hm@videotron.ca

Services: * Physical activities: skating and cycling. * Social and cultural activities.

Eligibility: individuals 55 years and over

Capacity: 200 members

Coverage area: Montréal Island

Hours: variable

Fees: annual membership: \$15

Financing: self-financing, provincial, municipal

Legal status: non-profit organization

CLUB RENAISSANCE - NOTRE-DAME-DU-SACRÉ-COEUR

7675 Édouard Street, LaSalle, Montréal, QC, H8P 1T5

514 363-5437

Email: clubrenaissancendsc@gmail.com

Services: * Social and recreational activities: dancing, bowling. * Dancing dinners.

Eligibility: people 50 years old and over

Coverage area: LaSalle

Fees: membership: \$7

Financing: contributions

Legal status: non-profit organization

COUNCIL FOR BLACK AGING COMMUNITY OF MONTRÉAL

7401 Newman Boulevard, Suite 6, LaSalle, Montréal, QC, H8N 1X3

514 935-4951

Website: cbacm.org

Email: cbacmtl@gmail.com

Services: Services and activities for seniors. * Support group. * Friendly visits. * Group activities. * Volunteering. * Monthly information sessions, conferences every two years. * Community lunch once a month. * Birthday brunches every three months.

Eligibility: people 55 years and over

Coverage area: Montréal Island

Hours: Monday through Friday 9h00 to 17h00

Fees: \$25 per year

Financing: federal, provincial, donations

Legal status: non-profit organization

ÉCHANGE DE SERVICES DE LASALLE

7491 Cordner Street, LaSalle, Montréal, QC, H8N 2R5

514 363-2202 Fax: 514 363-2207

Website: www.lecadre.ca

Email: fouzia@lecadre.ca

Services: * Community luncheons and recreational activities for seniors. * Meals on wheel service (hot meals) and home delivery of frozen meals. * Rooms for meetings and events with on-site catering.

Eligibility: seniors and adults with temporary or permanent loss of autonomy and on a low income

Coverage area: Lachine, Lasalle, Dorval, Verdun, Saint-Henri, Côte-Saint-Paul, Ville-Émard, Saint-Henri and Pointe-Saint-Charles, hot meals of meals on wheel: LaSalle

Hours: Monday to Friday 8h30 to 16h30, meals on wheels and community luncheons: Tuesday and Thursday 10h30 à 14h30

Fees: annual membership: \$5, meals on wheels: \$5.50, community luncheons: \$6.50 (\$9.50 with transportation), frozen meal: \$5.50

Financing: provincial, donations

Legal status: non-profit organization

OTU NDI IGBO QUEBEC

7565 Newman Boulevard, Suite 3183, LaSalle, Montréal, QC, H8N 3H3

514 702-7653

Email: umuigboquebec@gmail.com

Services: Promotion of the cultural, artistic, social and intellectual heritage of the Igbo people of Nigeria. * Community activities.

Eligibility: people from the Igbo community

Capacity: over 200 members

Coverage area: Province of Québec

Hours: every last Saturday of the month 17h00 to 22h00

Fees: \$50 per year

Financing: self-financing

Legal status: non-profit organization

WEST MONTREAL SOCIAL SINGLES 40 PLUS MEETUP GROUP (THE)

Confidential Address

Website: www.meetup.com/fr-FR/singles-539

Email: spasource@bell.net

Services: Single adults grouping. * Sports and social activities. * Community events.

Eligibility: single adults 40 years and over

Coverage area: Greater Montréal

Fees: none

Financing: donations

Legal status: non-profit organization

Community recreation centres**CENTRE CULTUREL ET COMMUNAUTAIRE HENRI-LEMIEUX**

7644 Édouard Street, LaSalle, Montréal, QC, H8P 1T3

514 367-5000 Fax: 514 367-4471

Website: www.ccchl.ca

Email: info@ccchl.ca

Services: * Art classes and workshops: dance, ukulele, drawing, theatre, knitting, scrapbooking, etc. * Well-being classes and workshops: yoga, tai-chi, pilates, meditation, stress management, etc. * Classes for children: arts and crafts, choir, gymnastics, magic, sciences and theatre. * Classes for parents and children: pilates, dance and choir. * Computer classes. * Language classes: English, Spanish, Italian and Mandarin. * Various fitness classes. * Babysitting and first aid classes. * Shows and community events. * Grand Sault Theater. * Les Trois C art gallery. * Event organization services. * Room rental.

Eligibility: children, teenagers, adults, families

Coverage area: Le Sud-Ouest

Hours: Monday to Friday 10h00 to 18h00

Fees: variable

Financing: donations, self-financing, municipal

Legal status: non-profit organization

CLUB LES AÎNÉS DE LASALLE

564 Terrasse de la Loire, LaSalle, Montréal, QC, H8R 2Y1

514 367-0777

Email: lalonde.hm@videotron.ca

Services: * Physical activities: skating and cycling. * Social and cultural activities.

Eligibility: individuals 55 years and over

Capacity: 200 members

Coverage area: Montréal Island

Hours: variable

Fees: annual membership: \$15

Financing: self-financing, provincial, municipal

Legal status: non-profit organization

LOISIRS LAURENDEAU-DUNTON

8700 Hardy Street, LaSalle, Montréal, QC, H8N 1S2

514 364-5510

Website: loisirs-ld.org/wp/?lang=en

Email: info@loisirs-ld.org

Services: * Cultural, artistic, sports and leisure activities.

Eligibility: families

Coverage area: LaSalle

Hours: Monday to Friday 9h00 to 22h00, Sunday 10h00 to 20h00

Fees: variable

Financing: Centraide of Greater Montréal, federal, provincial

Legal status: non-profit organization

MAISON DES JEUNES DE LASALLE

170 Orchard Avenue, LaSalle, Montréal, QC, H8R 0A2

514 788-3938

Website: mdjlasalle.wixsite.com/mdjlasalle

Email: mdjlasalle@yahoo.ca

Services: Meeting place. * Listening and counselling. * Sporting and cultural activities. * Volunteering. * Homework assistance.

Eligibility: youth 12 to 17 years old

Coverage area: LaSalle

Hours: Monday to Friday 15h00 to 20h30

Fees: none

Financing: grants

Legal status: non-profit organization

Day camps and specialized camps

HÉRITAGE LAURENTIEN

55 Dupras Avenue, Suite 405, LaSalle, Montréal, QC, H8R 4A8

514 367-6540

Website: heritagelaurentien.org

Email: info@heritagelaurentien.org

Services: Promotion and enhancement of natural heritage. * Management of Parc des Rapides. * Educational workshops and activities for all ages: hiking, touring, discovery outings, conferences, etc. * Winter and summer day camps. * Awareness. * LaSalle Éco-quartier program.

Eligibility: general public

Coverage area: Le Sud-Ouest, LaSalle

Hours: by appointment

Financing: grants, self-financing, municipal

Legal status: non-profit organization

Hobbies

ÂGE D'OR SAINT-TÉLESPHORE DE LASALLE

8811 Centrale Street, LaSalle, Montréal, QC, H8P 1P1

514 367-4665

Services: * Card games. * Dance lessons and dances. * Petanque. * Holiday dinner and seasonal outings.

Eligibility: seniors 50 years old and over

Coverage area: LaSalle

Hours: cards: Monday 13h00 to 16h00, dance lesson: Wednesday, dance: Thursday evening, pétanque: Monday, Wednesday and Friday 18h30 to 20h30

Fees: none

Financing: contributions, self-financing

Legal status: non-profit organization

CENTRE CULTUREL ET COMMUNAUTAIRE HENRI-LEMIEUX

7644 Édouard Street, LaSalle, Montréal, QC, H8P 1T3

514 367-5000 Fax: 514 367-4471

Website: www.ccchl.ca

Email: info@ccchl.ca

Services: * Art classes and workshops: dance, ukulele, drawing, theatre, knitting, scrapbooking, etc. * Well-being classes and workshops: yoga, tai-chi, pilates, meditation, stress management, etc. * Classes for children: arts and crafts, choir, gymnastics, magic, sciences and theatre. * Classes for parents and children: pilates, dance and choir. * Computer classes. * Language classes: English, Spanish, Italian and Mandarin. * Various fitness classes. * Babysitting and first aid classes. * Shows and community events. * Grand Sault Theater. * Les Trois C art gallery. * Event organization services. * Room rental.

Eligibility: children, teenagers, adults, families

Coverage area: Le Sud-Ouest

Hours: Monday to Friday 10h00 to 18h00

Fees: variable

Financing: donations, self-financing, municipal

Legal status: non-profit organization

HÉRITAGE LAURENTIEN

55 Dupras Avenue, Suite 405, LaSalle, Montréal, QC, H8R 4A8

514 367-6540

Website: heritagelaurentien.org

Email: info@heritagelaurentien.org

Services: Promotion and enhancement of natural heritage. * Management of Parc des Rapides. * Educational workshops and activities for all ages: hiking, touring, discovery outings, conferences, etc. * Winter and summer day camps. * Awareness. * LaSalle Éco-quartier program.

Eligibility: general public

Coverage area: Le Sud-Ouest, LaSalle

Hours: by appointment

Financing: grants, self-financing, municipal

Legal status: non-profit organization

MONTRÉAL PUBLIC LIBRAIRIES NETWORK - L'OCTOGONE LIBRARY

1080 Dollard Avenue, LaSalle, Montréal, QC, H8N 2T9

514 367-6376

Website: montreal.ca/en/places/bibliotheque-loctogone

Email: adultesoctogone@ville.montreal.qc.ca

Services: * Loan and consultation of books, audiovisual and digital documents. * Computers, Internet access and printing devices. * Reference and reader assistance. * Toys and educative games. * Story time. * Book club for children. * Workshops, conferences and exhibitions. * Rental of music instruments.

Eligibility: general public

Coverage area: Montréal

Hours: Adult and children's collections, room A (door 1): Monday to Friday 10h00 to 20h00, Saturday and Sunday 10h00 to 17h00, comic books, DVDs and computer stations, room B (door 4): Monday to Friday 10h00 to 18h00., Saturday and Sunday 12h00 to 17h00

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

Financing: municipal, provincial

Legal status: municipal agency

NUTRI-CENTRE LASALLE

408-A Lafleur Avenue, LaSalle, Montréal, QC, H8R 3H6

514 365-3670

Website: nutricentrelasalle.com

Email: administration@nutricentrelasalle.com

Services: * Healthy eating educational workshops: lunch box, vegetarian recipes, seasonal fruits and vegetables. * Visits to the grocery store. * Group cooking workshops for families, single people, teenagers, parent-children, pregnant women, young mothers and seniors. * Collective garden and gardening workshops. * Coffee-chats and group discussions. * Local seasonal fresh fruits and vegetables baskets at reasonable price. * Neighbourhood markets.

Eligibility: individuals, children, families, seniors, people preoccupied or affected by the fight against poverty and food security

Coverage area: LaSalle

Hours: Monday to Friday 9h00 to 16h00, occasionally 17h30 to 20h30 and Saturday 9h00 to 12h00

Fees: variable, annual membership: \$10

Financing: Centraide of Greater Montréal, federal, provincial, municipal, foundations, donations, membership fees

Legal status: non-profit organization

Libraries

MONTRÉAL PUBLIC LIBRAIRIES NETWORK - L'OCTOGONE LIBRARY

1080 Dollard Avenue, LaSalle, Montréal, QC, H8N 2T9

514 367-6376

Website: montreal.ca/en/places/bibliotheque-loctogone

Email: adultesoctogone@ville.montreal.qc.ca

Services: * Loan and consultation of books, audiovisual and digital documents. * Computers, Internet access and printing devices. * Reference and reader assistance. * Toys and educative games. * Story time. * Book club for children. * Workshops, conferences and exhibitions. * Rental of music instruments.

Eligibility: general public

Coverage area: Montréal

Hours: Adult and children's collections, room A (door 1): Monday to Friday 10h00 to 20h00, Saturday and Sunday 10h00 to 17h00, comic books, DVDs and computer stations, room B (door 4): Monday to Friday 10h00 to 18h00., Saturday and Sunday 12h00 to 17h00

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

Financing: municipal, provincial

Legal status: municipal agency

Sport

CENTRE CULTUREL ET COMMUNAUTAIRE HENRI-LEMIEUX

7644 Édouard Street, LaSalle, Montréal, QC, H8P 1T3

514 367-5000 Fax: 514 367-4471

Website: www.ccchl.ca

Email: info@ccchl.ca

Services: * Art classes and workshops: dance, ukulele, drawing, theatre, knitting, scrapbooking, etc. * Well-being classes and workshops: yoga, tai-chi, pilates, meditation, stress management, etc. * Classes for children: arts and crafts, choir, gymnastics, magic, sciences and theatre. * Classes for parents and children: pilates, dance and choir. * Computer classes. * Language classes: English, Spanish, Italian and Mandarin. * Various fitness classes. * Babysitting and first aid classes. * Shows and community events. * Grand Sault Theater. * Les Trois C art gallery. * Event organization services. * Room rental.

Eligibility: children, teenagers, adults, families

Coverage area: Le Sud-Ouest

Hours: Monday to Friday 10h00 to 18h00

Fees: variable

Financing: donations, self-financing, municipal

Legal status: non-profit organization

HÉRITAGE LAURENTIEN

55 Dupras Avenue, Suite 405, LaSalle, Montréal, QC, H8R 4A8

514 367-6540

Website: heritagelaurentien.org

Email: info@heritagelaurentien.org

Services: Promotion and enhancement of natural heritage. * Management of Parc des Rapides. * Educational workshops and activities for all ages: hiking, touring, discovery outings, conferences, etc. * Winter and summer day camps. * Awareness. * LaSalle Éco-quartier program.

Eligibility: general public

Coverage area: Le Sud-Ouest, LaSalle

Hours: by appointment

Financing: grants, self-financing, municipal

Legal status: non-profit organization

Sports and recreation for people with a disability

CORPORATION L'ESPOIR

55 Dupras Street, Suite 511, LaSalle, Montréal, QC, H8R 4A8

514 367-3757 Fax: 514 367-0444

Website: www.corporationespoir.org

Email: info@corporationespoir.org

Services: * Reception and referrals. * Support for parents. * Promotion and advocacy. * Support for people living with an intellectual disability or an autism spectrum disorder. * Integration and recreational programs. * Day camp. * Outdoor weekends. * Introduction to autonomous life. * Respite weekends.

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

Coverage area: Greater Montréal, mainly Le Sud-Ouest

Hours: Monday to Thursday 8h00 to 16h00, by appointment

Fees: annual membership: \$25

Financing: Centraide of Greater Montréal, membership fees

Legal status: non-profit organization

Thrift store and material aid

SCHOOL SUPPLIES

THRIFT STORES

School supplies

BIENVENUE À L'IMMIGRANT

7580 Centrale Street, LaSalle, Montréal, QC, H8P 1K5

438 239-8828

Website: www.bienvenueimmigrant.org

Email: info@bienvenueimmigrant.org

Services: Reception and orientation of immigrants. * Help with socio-professional integration and general integration. * Financial education. * Francization, leadership, self-esteem and school retention for youth. * Psychosocial support for families * Ad hoc food aid * Tax clinics. * Christmas baskets. * School supplies distribution.

Eligibility: immigrants, food assistance: immigrant families in need

Coverage area: Montréal Island

Hours: Monday to Friday: by appointment

Financing: donations, grants, self-financing

Legal status: non-profit organization

Thrift Stores

TRIADÉ HCT (LA)

8593 Centrale Street, LaSalle, Montréal, QC, H8P 1N3

514 368-3640 ext. 224 Fax: 514 368-3641

Website: latriade.ca/en

Email: hilairepesse@hotmail.com

Services: Professional integration organization for people living with disabilities and for immigrants. * Pre-employability services. * Help with job search, integration and retention. * Awareness among employers. * Advocacy for people living with a disability and immigrants on the labour market. * Food assistance. * Community thrift shop. * Tax clinic.

Eligibility: people living with a physical, visual or mild intellectual disability, people on the autism spectrum or living with mental health problems, immigrant people, food assistance: people with a low income

Coverage area: Montréal Island, food assistance: Le Sud-Ouest, LaSalle, Verdun, Lachine, Ville-Émard

Hours: Monday to Friday 8h00 to 17h00, food assistance: Monday to Thursday 10h00 to 16h00

Fees: member: \$50, food assistance: \$7 per baskets

Financing: provincial, self-financing

Legal status: non-profit organization

Transportation

ACCOMPANIED TRANSPORT

ACCOMPANIED TRANSPORT FOR MEDICAL REASONS

Accompanied transport

CENTRE DU VIEUX MOULIN DE LASALLE

7644 Édouard Street, Suite 210, LaSalle, Montréal, QC, H8P 1T3

514 364-1541 Fax: 514 364-6565

Website: cvmlasalle.org/eng/

Email: reception@cvmlasalle.org

Services: * Meals on wheels. * Friendly visits. * PAIR program: computerized safety and medication reminder phone calls. * Well-being and creative workshops. * Thematic lunches, conferences, coffee-meetings and social activities. * Information hub for seniors: documentation, information, referral. * Assistance with filling out forms. * Individual meetings. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Support and socialization groups: mourning, men's group, women's group, muscle your brain, participe présent (mental health and citizen participation). * Living and mutual aid environment. * Group community transportation to the grocery store. * Info-Fournisseur referral line: assistance and accompaniment with steps to find people or business offering paid, safe and trustworthy services of hairdressing, housekeeping, foot care, painting, etc. * Tax clinic.

Eligibility: people 50 years and over

Capacity: 100

Coverage area: LaSalle, PAIR program: West Island

Hours: Monday to Friday 8h30 to 16h30

Fees: member: \$10, meals on wheels: \$5 per meal

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

CENTRE DU VIEUX MOULIN DE LASALLE - ACCOMPANIMENT-TRANSPORTATION

7644 Édouard Street, Suite 210, LaSalle, Montréal, QC, H8P 1T3

514 364-1541 Fax: 514 364-6565

Website: cvmlasalle.org/eng/

Email: reception@cvmlasalle.org

Services: * Transportation and accompaniment to medical appointments, shopping and social activities by volunteers.

Eligibility: people 50 years and over

Coverage area: LaSalle

Hours: office: Monday to Friday 8h30 to 17h00, appointments: Monday to Friday 8h00 to 17h00

Fees: transportation: 10 to \$30

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

ÉCHANGE DE SERVICES DE LASALLE - ACCOMPANIMENT-TRANSPORTATION

7491 Cordner Street, LaSalle, Montréal, QC, H8N 2R5

514 363-2202 Fax: 514 363-2207

Website: www.lecadre.ca

Email: fouzia@lecadre.ca

Services: * Accompaniment and transportation to medical appointments by volunteers.

Eligibility: seniors and adults with temporary or permanent loss of autonomy and on a low income

Coverage area: Lachine, LaSalle, Dorval, Verdun, Saint-Henri, Côte-Saint-Paul, Ville-Émard, appointments: Montréal Island

Hours: appointments: 7h00 to 17h00 according to availabilities, office: Monday to Friday 8h30 to 16h30

Fees: membership: \$5 per year, transportation: around \$15 for a round-trip in LaSalle, around \$30 to \$35 for a round-trip to Montréal

Financing: provincial, donations

Legal status: non-profit organization

OTU NDI IGBO QUEBEC

7565 Newman Boulevard, Suite 3183, LaSalle, Montréal, QC, H8N 3H3

514 702-7653

Email: umuigboquebec@gmail.com

Services: Promotion of the cultural, artistic, social and intellectual heritage of the Igbo people of Nigeria. *
Community activities.

Eligibility: people from the Igbo community

Capacity: over 200 members

Coverage area: Province of Québec

Hours: every last Saturday of the month 17h00 to 22h00

Fees: \$50 per year

Financing: self-financing

Legal status: non-profit organization

Accompanied transport for medical reasons**CENTRE DU VIEUX MOULIN DE LASALLE - ACCOMPANIMENT-TRANSPORTATION**

7644 Édouard Street, Suite 210, LaSalle, Montréal, QC, H8P 1T3

514 364-1541 Fax: 514 364-6565

Website: cvmlasalle.org/eng/

Email: reception@cvmlasalle.org

Services: * Transportation and accompaniment to medical appointments, shopping and social activities by volunteers.

Eligibility: people 50 years and over

Coverage area: LaSalle

Hours: office: Monday to Friday 8h30 to 17h00, appointments: Monday to Friday 8h00 to 17h00

Fees: transportation: 10 to \$30

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

ÉCHANGE DE SERVICES DE LASALLE - ACCOMPANIMENT-TRANSPORTATION

7491 Cordner Street, LaSalle, Montréal, QC, H8N 2R5

514 363-2202 Fax: 514 363-2207

Website: www.lecadre.ca

Email: fouzia@lecadre.ca

Services: * Accompaniment and transportation to medical appointments by volunteers.

Eligibility: seniors and adults with temporary or permanent loss of autonomy and on a low income

Coverage area: Lachine, LaSalle, Dorval, Verdun, Saint-Henri, Côte-Saint-Paul, Ville-Émard, appointments: Montréal Island

Hours: appointments: 7h00 to 17h00 according to availabilities, office: Monday to Friday 8h30 to 16h30

Fees: membership: \$5 per year, transportation: around \$15 for a round-trip in LaSalle, around \$30 to \$35 for a round-trip to Montréal

Financing: provincial, donations

Legal status: non-profit organization

Violence and abuse

PREVENTION OF VIOLENCE AND CRIME

SEXUAL ASSAULT AND INCEST

THERAPY AND COUNSELLING

Prevention of violence and crime

BIENVENUE À L'IMMIGRANT

7580 Centrale Street, LaSalle, Montréal, QC, H8P 1K5

438 239-8828

Website: www.bienvenueimmigrant.org

Email: info@bienvenueimmigrant.org

Services: Reception and orientation of immigrants. * Help with socio-professional integration and general integration. * Financial education. * Francization, leadership, self-esteem and school retention for youth. * Psychosocial support for families * Ad hoc food aid * Tax clinics. * Christmas baskets. * School supplies distribution.

Eligibility: immigrants, food assistance: immigrant families in need

Coverage area: Montréal Island

Hours: Monday to Friday: by appointment

Financing: donations, grants, self-financing

Legal status: non-profit organization

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 13 - LASALLE

8745 LaSalle Boulevard, LaSalle, Montréal, QC, H8P 1Z2

514 280-0113 Fax: 514 280-0613

Website: spvm.qc.ca/en/pdq13

Email: pdq13@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: LaSalle

Hours: Monday to Sunday 9h00 to 19h00

Financing: municipal, provincial

Legal status: municipal agency

Sexual assault and incest

EXPRESSION LASALLE, COMMUNITY MENTAL HEALTH CENTRE

405 Newman Terrace, Suite 210, LaSalle, Montréal, QC, H8R 2Y9

514 368-3736

Website: www.expressionlasalletherapies.ca/en

Email: expressionlasalle@yahoo.ca

Services: Professionally-led weekly therapeutic mental health services. * Individual sessions: art therapy, counselling and drama therapy. * Regular groups: art therapy, art therapy on the theme of sexual abuse, drama therapy, music therapy, relaxation and meditation therapy. * Groups offered on an intermittent basis: discussion, writing and therapy through dance and movement.

Eligibility: people 18 to 65 years old living with a mental health problem

Coverage area: Greater Montréal

Hours: by appointment only, Monday to Friday 9h00 to 17h00, therapeutic services: mainly during the day, some evening groups

Fees: annual membership: \$15, therapeutic services: free

Financing: provincial, donations, fundraising campaign

Legal status: non-profit organization

Therapy and counselling

AIRE OUVERTE DE LASALLE

7580 Centrale Street, 2nd floor, LaSalle, Montréal, QC, H8P 1K5

438 864-4385

Website: ciusss-ouestmtl.gouv.qc.ca/en/contact-location/aire-ouverte

Email: aireouverte.comtl@ssss.gouv.qc.ca

Services: Varied confidential services for youth 12 to 25 years old with or without an appointment. * Individual or family psychosocial follow-up. * Special education service. * Sexology services. * Sexual health clinic (nurse services). * Accompaniment to community and CIUSSS resources.

Eligibility: people 12 to 25 years old

Coverage area: West Island, Lachine, LaSalle

Hours: without appointment: Monday, Thursday and Friday 9h00 to 14h00, Tuesday 14h00 to 20h00

Fees: none

Financing: provincial

Legal status: parapublic organization

CENTRE CULTUREL ET COMMUNAUTAIRE HENRI-LEMIEUX

7644 Édouard Street, LaSalle, Montréal, QC, H8P 1T3

514 367-5000 Fax: 514 367-4471

Website: www.ccchl.ca

Email: info@ccchl.ca

Services: * Art classes and workshops: dance, ukulele, drawing, theatre, knitting, scrapbooking, etc. * Well-being classes and workshops: yoga, tai-chi, pilates, meditation, stress management, etc. * Classes for children: arts and crafts, choir, gymnastics, magic, sciences and theatre. * Classes for parents and children: pilates, dance and choir. * Computer classes. * Language classes: English, Spanish, Italian and Mandarin. * Various fitness classes. * Babysitting and first aid classes. * Shows and community events. * Grand Sault Theater. * Les Trois C art gallery. * Event organization services. * Room rental.

Eligibility: children, teenagers, adults, families

Coverage area: Le Sud-Ouest

Hours: Monday to Friday 10h00 to 18h00

Fees: variable

Financing: donations, self-financing, municipal

Legal status: non-profit organization

CENTRE DU VIEUX MOULIN DE LASALLE

7644 Édouard Street, Suite 210, LaSalle, Montréal, QC, H8P 1T3

514 364-1541 Fax: 514 364-6565

Website: cvmlasalle.org/eng/

Email: reception@cvmlasalle.org

Services: * Meals on wheels. * Friendly visits. * PAIR program: computerized safety and medication reminder phone calls. * Well-being and creative workshops. * Thematic lunches, conferences, coffee-meetings and social activities. * Information hub for seniors: documentation, information, referral. * Assistance with filling out forms. * Individual meetings. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Support and socialization groups: mourning, men's group, women's group, muscle your brain, participe présent (mental health and citizen participation). * Living and mutual aid environment. * Group community transportation to the grocery store. * Info-Fournisseur referral line: assistance and accompaniment with steps to find people or business offering paid, safe and trustworthy services of hairdressing, housekeeping, foot care, painting, etc. * Tax clinic.

Eligibility: people 50 years and over

Capacity: 100

Coverage area: LaSalle, PAIR program: West Island

Hours: Monday to Friday 8h30 to 16h30

Fees: member: \$10, meals on wheels: \$5 per meal
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

EXPRESSION LASALLE, COMMUNITY MENTAL HEALTH CENTRE

405 Newman Terrace, Suite 210, LaSalle, Montréal, QC, H8R 2Y9
514 368-3736

Website: www.expressionlasalletherapies.ca/en

Email: expressionlasalle@yahoo.ca

Services: Professionally-led weekly therapeutic mental health services. * Individual sessions: art therapy, counselling and drama therapy. * Regular groups: art therapy, art therapy on the theme of sexual abuse, drama therapy, music therapy, relaxation and meditation therapy. * Groups offered on an intermittent basis: discussion, writing and therapy through dance and movement.

Eligibility: people 18 to 65 years old living with a mental health problem

Coverage area: Greater Montréal

Hours: by appointment only, Monday to Friday 9h00 to 17h00, therapeutic services: mainly during the day, some evening groups

Fees: annual membership: \$15, therapeutic services: free

Financing: provincial, donations, fundraising campaign

Legal status: non-profit organization

GROUPE DES AIDANTS DU SUD-OUEST

7475 Newman Boulevard, Suite 405, LaSalle, Montréal, QC, H8N 1X3
514 564-3061 Fax: 514 564-3081

Website: www.gaso.ca

Email: info@gaso.ca

Services: * Individual psychosocial support services. * Support groups for caregivers. * Music therapy. * Art therapy. * Relaxation workshops. * Monthly conferences. * Training programs for caregivers.

Eligibility: caregivers 18 years old and over

Capacity: support groups: about 7 people per group

Coverage area: Le Sud-Ouest, Verdun, LaSalle, Lachine, Dorval

Hours: Monday to Friday 9h00 to 17h00

Fees: membership: \$10

Financing: provincial

Legal status: non-profit organization

MONTREAL SPECIAL NEEDS FAMILY ORGANIZATION

7491 Cordner Street, LaSalle, Montréal, QC, H8N 2R5
438 860-6663

Website: montrealspecialneedsfamilyorganization.com

Email: maddiep444@gmail.com

Services: * Financial assistance for therapy fees: occupational therapy, physiotherapy, specialized resources, etc. * Support to parents in directing them towards appropriate therapeutic services for their children. * Fundraising events.

Eligibility: financial assistance: children with special needs from families on a low income, support to parents: parents of children with special needs

Coverage area: Montréal Island

Financing: donations

Legal status: non-profit organization

Alphabetical Index

ACCUEIL POUR IMMIGRANTS ET RÉFUGIÉS DU SUD-OUEST DE MONTRÉAL - CENTRE PRISME	53
ÂGE D'OR SAINT-TÉLESPHORE DE LASALLE	80
AIRE OUVERTE DE LASALLE	90
ASSOCIÉS DE L'ENTRETIEN MÉNAGER (LES)	68
BIENVENUE À L'IMMIGRANT	90
CARREFOUR JEUNESSE EMPLOI DE LASALLE	29
CENTRE CULTUREL ET COMMUNAUTAIRE HENRI-LEMIEUX	91
CENTRE D'ACCOMPAGNEMENT CED'AKEDA	23
CENTRE D'ACTION DE DÉVELOPPEMENT ET DE RECHERCHE EN EMPLOYABILITÉ	30
CENTRE D'HÉBERGEMENT DE LASALLE	69
CENTRE DU VIEUX MOULIN DE LASALLE	91
CENTRE DU VIEUX MOULIN DE LASALLE - ACCOMPANIMENT-TRANSPORTATION	88
CENTRE DU VIEUX MOULIN DE LASALLE - INITIATIVE DE TRAVAIL DE MILIEU AUPRÈS DES AÎNÉS EN SITUATION DE VULNÉRABILITÉ	67
CLSC DE LASALLE	45
CLUB DE L'ÂGE D'OR MARGHERITE D'ORO	77
CLUB LES AÎNÉS DE LASALLE	79
CLUB RENAISSANCE - NOTRE-DAME-DU-SACRÉ-COEUR	78
CORPORATION L'ESPOIR	83
COUNCIL FOR BLACK AGING COMMUNITY OF MONTRÉAL	78
DESTINATION TRAVAIL DU SUD-OUEST DE L'ÎLE DE MONTRÉAL	44
DORVAL-LACHINE-LASALLE FACILITIES USERS' COMMITTEE	70
ÉCHANGE DE SERVICES DE LASALLE	78
ÉCHANGE DE SERVICES DE LASALLE - ACCOMPANIMENT-TRANSPORTATION	88
ÉCO-QUARTIER LASALLE	56
ÉCOLE DU MILIEU LASALLE	26
EXPRESSION LASALLE, COMMUNITY MENTAL HEALTH CENTRE	92
GROUPE DES AIDANTS DU SUD-OUEST	92
HANDICAP ACTION INTÉGRATION HAI	56
HANDICAP ACTION INTÉGRATION HAI - TAX CLINIC	30
HÉRITAGE LAURENTIEN	83
HÔPITAL DE LASALLE	60
LASALLE - BOROUGH	58
LASALLE NEW LIFE SEVENTH-DAY ADVENTIST CHURCH - FOOD BANK	35
LOISIRS LAURENDEAU-DUNTON	80
MAISON DES FAMILLES DE LASALLE	5
MAISON DES JEUNES DE LASALLE	80
MONTRÉAL - CITY - ÉCOCENTRE LASALLE	41
MONTRÉAL PUBLIC LIBRARIES NETWORK - L'OCTOGONE LIBRARY	82
MONTREAL SPECIAL NEEDS FAMILY ORGANIZATION	92
NUTRI-CENTRE LASALLE	82
OTU NDI IGBO QUEBEC	87
SAINT-JOHN BRÉBEUF PARISH - HOPE FOOD BANK	36
SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 13 - LASALLE	90
SERVICES DE PROXIMITÉS EN DÉPENDANCE - OUEST-DE-L'ÎLE-DE-MONTRÉAL	62
TABLE DE DÉVELOPPEMENT SOCIAL DE LASALLE	10
TRIADE HCT (LA)	85
TRIADE HCT (LA) - TAX CLINIC	30
WEST MONTREAL SOCIAL SINGLES 40 PLUS MEETUP GROUP (THE)	79