



# DIRECTORY OF SOCIAL AND COMMUNITY RESOURCES

MONTREAL / CENTRE-OUEST WEST CENTRAL / SAINT-LAURENT



2-1-1



[WWW.211.QC.CA](http://WWW.211.QC.CA)

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## **Child, Youth and Family**

**DAYCARE AND RESPITE**

**FAMILY SUPPORT**

**JUVENILE DELINQUENCY**

**MATERNITY SUPPORT AND ADOPTION**

**PARENTING EDUCATION**

**RECREATIONAL ACTIVITIES**

**YOUTH CENTRES AND SUPPORT**

**YOUTH EMPLOYMENT**

**YOUTH SHELTERS AND SUPPORT**

## Daycare and respite

### CENTRE DE PÉDIATRIE SOCIALE DE SAINT-LAURENT - AU COEUR DE L'ENFANCE

1159 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Z2

**514 333-8989 ext. 521** Fax: 514 940-3321

**Website:** [aucoeurdelenfance.ca](http://aucoeurdelenfance.ca)

**Email:** [cps@aucoeurdelenfance.ca](mailto:cps@aucoeurdelenfance.ca)

**Services:** Reception, clinical assessment and support for children and families. \* Social perinatality: pregnancy care, multidisciplinary preventive services and pediatric follow-up. \* Language development support and stimulation workshops. \* Kindergarten preparation camps. \* Motor skills development. \* Parent-children workshops. \* Support group for parents of children with special needs. \* Social and leisure activities. \* Community garden. \* Donations collected on site: toys, clothing and sports equipment for children aged 0 to 12 years.

**Eligibility:** children, families

**Coverage area:** Saint-Laurent

**Hours:** depending on activities

**Fees:** none

**Financing:** foundations, fundraising campaigns

**Legal status:** non-profit organization

### CENTRE DES FEMMES DE SAINT-LAURENT

685 Décarie Boulevard, Suite 101, Saint-Laurent, Montréal, QC, H4L 5G4

**514 744-3513** Fax: 514 744-5609

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

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

**Services:** \* Reception, support, listening and referral by phone or in person. \* Educational activities: discussions, workshops, personal development workshops, educational outings. \* Drop-in daycare. \* Collective actions. \* Promotion of women's living conditions.

**Eligibility:** women

**Coverage area:** Saint-Laurent

**Hours:** Monday to Thursday 9h00 to 12h00 and 13h00 to 16h30

**Fees:** annual membership: \$10

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

**Legal status:** non-profit organization

### MAISON DES FAMILLES DE SAINT-LAURENT

1159 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Z2

**514 333-8989 ext. 321**

**Website:** [maisondesfamilles.org](http://maisondesfamilles.org)

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

**Services:** Meeting place for parents and socialization place for children. \* Parent-child workshops and stimulation activities. \* Perinatality: prenatal courses and accompaniment. \* Family outings. \* Discussion groups. \* Daycare. \* Parent-child homework assistance. \* Winter clothes sales once a year: winter clothing at low cost for babies, children and adults.

**Eligibility:** families with children between 0 and 10 years, new parents, newcomers

**Coverage area:** Saint-Laurent

**Hours:** Monday to Friday 9h00 to 18h00

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

**SAINT-LAURENT YMCA**

1745 Décarie Boulevard, Saint-Laurent, Montréal, QC, H4L 3N5

**514 747-5353** Fax: 514 747-9453

**Website:** www.ymcaquebec.org/en

**Services:** \* Community programs related to food, youth, families and seniors. \* Homework assistance and tutoring program. \* Toy lending library. \* Youth zone. \* Daycare.

**Eligibility:** children, youth, adults and seniors

**Coverage area:** Saint-Laurent and surroundings

**Hours:** Monday to Friday 6h45 to 18h00

**Fees:** depending on the activities and programs

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

**Family Support****CENTRE D'INITIATIVES POUR LE DÉVELOPPEMENT COMMUNAUTAIRE L'UNITÉ**

710 Décarie Boulevard, Saint-Laurent, Montréal, QC, H4L 3L5

**514 744-1239**

**Website:** www.centre-unite.com

**Email:** info@centre-unite.com

**Services:** \* 8 to 12 year olds field intervention: animation, prevention, intervention and accompaniment by counsellors in parks, schoolyards, gymnasiums and other meeting places after school. \* 12 to 17 year olds field intervention: prevention, intervention and accompaniment by counsellors at the Centre des Ados. School and community intervention: project seeking to offer support and accompaniment to parents and their families in all that concerns the integration process and the academic success of their children through referrals, listening, information workshops, parents-children activities and other school events.

**Eligibility:** young people from 8 to 17 years old, parents

**Coverage area:** Saint-Laurent

**Hours:** office: Monday to Friday 9h00 to 16h00, variable depending on activities

**Fees:** none

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

**Legal status:** non-profit organization

**CENTRE DE PÉDIATRIE SOCIALE DE SAINT-LAURENT - AU COEUR DE L'ENFANCE**

1159 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Z2

**514 333-8989 ext. 521** Fax: 514 940-3321

**Website:** aucoeurdelenfance.ca

**Email:** cps@aucoeurdelenfance.ca

**Services:** Reception, clinical assessment and support for children and families. \* Social perinatality: pregnancy care, multidisciplinary preventive services and pediatric follow-up. \* Language development support and stimulation workshops. \* Kindergarten preparation camps. \* Motor skills development. \* Parent-children workshops. \* Support group for parents of children with special needs. \* Social and leisure activities. \* Community garden. \* Donations collected on site: toys, clothing and sports equipment for children aged 0 to 12 years.

**Eligibility:** children, families

**Coverage area:** Saint-Laurent

**Hours:** depending on activities

**Fees:** none

**Financing:** foundations, fundraising campaigns

**Legal status:** non-profit organization

**MAISON DES FAMILLES DE SAINT-LAURENT**

1159 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Z2

**514 333-8989 ext. 321**

**Website:** maisondesfamilles.org

**Email:** info@maisondesfamilles.org

**Services:** Meeting place for parents and socialization place for children. \* Parent-child workshops and stimulation activities. \* Perinatal: prenatal courses and accompaniment. \* Family outings. \* Discussion groups. \* Daycare. \* Parent-child homework assistance. \* Winter clothes sales once a year: winter clothing at low cost for babies, children and adults.

**Eligibility:** families with children between 0 and 10 years, new parents, newcomers

**Coverage area:** Saint-Laurent

**Hours:** Monday to Friday 9h00 to 18h00

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

**PLACE BENOÎT COMMUNITY CENTRE**

155 Benoît Place, Suite 02, Saint-Laurent, Montréal, QC, H4N 2H4

**514 744-0897 Fax: 514 744-6205**

**Website:** www.centreboncourage.org

**Email:** infos@centreboncourage.org

**Services:** Children and youth \* Youth programs for academic success and popular education. \* Early childhood program. \* Leadership program for youth from the black community. \* Day camp. Seniors \* Seniors program. Food \* Community meals. \* Community kitchen. \* Occasional buying groups. \* Food bank. Other \* Christmas activities for members. \* Neighbourhood committee. \* Community radio. \* Furniture and household items donation pairing for newcomers. \* Help with errands for the residents of Place Benoît.

**Eligibility:** multiethnic communities, people on a low income, seniors, families

**Coverage area:** Hodge-Place-Benoît neighborhood, Ward-Gold neighbourhood and surroundings

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

**Fees:** membership: \$5 to \$7

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

**Legal status:** non-profit organization

**SAINT-LAURENT YMCA - TOY LIBRARY AND FAMILY PROGRAM DEPARTMENT**

1745 Décarie Boulevard, Saint-Laurent, Montréal, QC, H4L 3N5

**514 747-9801 Fax: 514 744-6268**

**Website:** www.ymcaquebec.org/en/Community-Programs/Child-Family-Development-/Family-Resource-Centre

**Email:** joujoutheque.sl@ymcaquebec.org

**Services:** Place for meeting and relaxing for children et parents. \* Loan of educational toys. \* Homework assistance for 6 to 12 year olds. \* À la découvert de l'eau: swimming courses with parents for children 4 months to 5 years. \* Sports and leadership activities for 6 to 12 year olds. \* 40 developmental assets: workshops for parents. \* Parent-child sewing courses. \* Family outings.

**Eligibility:** families with children 0 to 12 years old

**Coverage area:** Saint-Laurent

**Hours:** variable

**Fees:** Toy library: \$65 per year per family

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

**Legal status:** non-profit organization



## Juvenile Delinquency

### CENTRE D'INITIATIVES POUR LE DÉVELOPPEMENT COMMUNAUTAIRE L'UNITÉ

710 Décarie Boulevard, Saint-Laurent, Montréal, QC, H4L 3L5

**514 744-1239**

**Website:** [www.centre-unite.com](http://www.centre-unite.com)

**Email:** [info@centre-unite.com](mailto:info@centre-unite.com)

**Services:** \* 8 to 12 year olds field intervention: animation, prevention, intervention and accompaniment by counsellors in parks, schoolyards, gymnasiums and other meeting places after school. \* 12 to 17 year olds field intervention: prevention, intervention and accompaniment by counsellors at the Centre des Ados. School and community intervention: project seeking to offer support and accompaniment to parents and their families in all that concerns the integration process and the academic success of their children through referrals, listening, information workshops, parents-children activities and other school events.

**Eligibility:** young people from 8 to 17 years old, parents

**Coverage area:** Saint-Laurent

**Hours:** office: Monday to Friday 9h00 to 16h00, variable depending on activities

**Fees:** none

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

**Legal status:** non-profit organization

### SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 7 - SAINT-LAURENT

1761 Grenet Street, Saint-Laurent, Montréal, QC, H4L 2R6

**514 280-0107 Fax:** 514 280-0607

**Website:** [spvm.qc.ca/en/PDQ7](http://spvm.qc.ca/en/PDQ7)

**Email:** [pdq7@spvm.qc.ca](mailto:pdq7@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:** Saint-Laurent

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

**Financing:** municipal, provincial

**Legal status:** municipal agency

## Maternity support and adoption

### CENTRE DE PÉDIATRIE SOCIALE DE SAINT-LAURENT - AU COEUR DE L'ENFANCE

1159 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Z2

**514 333-8989 ext. 521 Fax:** 514 940-3321

**Website:** [aucoeurdelenfance.ca](http://aucoeurdelenfance.ca)

**Email:** [cps@aucoeurdelenfance.ca](mailto:cps@aucoeurdelenfance.ca)

**Services:** Reception, clinical assessment and support for children and families. \* Social perinatality: pregnancy care, multidisciplinary preventive services and pediatric follow-up. \* Language development support and stimulation workshops. \* Kindergarten preparation camps. \* Motor skills development. \* Parent-children workshops. \* Support group for parents of children with special needs. \* Social and leisure activities. \* Community garden. \* Donations collected on site: toys, clothing and sports equipment for children aged 0 to 12 years.

**Eligibility:** children, families

**Coverage area:** Saint-Laurent

**Hours:** depending on activities

**Fees:** none

**Financing:** foundations, fundraising campaigns

**Legal status:** non-profit organization

### MAISON DES FAMILLES DE SAINT-LAURENT

1159 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Z2

**514 333-8989 ext. 321**

**Website:** maisondesfamilles.org

**Email:** info@maisondesfamilles.org

**Services:** Meeting place for parents and socialization place for children. \* Parent-child workshops and stimulation activities. \* Perinatal: prenatal courses and accompaniment. \* Family outings. \* Discussion groups. \* Daycare. \* Parent-child homework assistance. \* Winter clothes sales once a year: winter clothing at low cost for babies, children and adults.

**Eligibility:** families with children between 0 and 10 years, new parents, newcomers

**Coverage area:** Saint-Laurent

**Hours:** Monday to Friday 9h00 to 18h00

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

### SAINT-LAURENT VOLUNTEER BUREAU

910 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Y6

**514 744-5511 Fax: 514 744-1206**

**Website:** www.centreabc.org/en

**Email:** services@centreabc.org

**Services:** Seniors \* Meals on wheels. \* Friendly visits and phone calls. \* Respite for caregivers. \* Support group and grieving workshops. \* In-home assistance with reading and writing mail. \* Tax clinic. \* Medical transportation. \* Assistance for errands. Food \* Community fridge. Maternal assistance \* Mairaine-tendresse: pairing for new mothers. Community action \* Volunteers recruitment, guidance and training. \* Referral towards organizations. \* Support for Montréal community organizations. \* Distribution of parking stickers for organizations offering accompaniment or transportation.

**Eligibility:** people 12 years and over interested in volunteering, seniors 65 years and over with a loss of autonomy, new mothers, community fridge: general population

**Coverage area:** Saint-Laurent

**Hours:** Monday, Tuesday, Wednesday and Friday 8h00 to 17h30, Thursday 8h00 to 20h00

**Fees:** \$10 per year for beneficiary only

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

**Legal status:** non-profit organization

## Parenting Education

### CENTRE DE PÉDIATRIE SOCIALE DE SAINT-LAURENT - AU COEUR DE L'ENFANCE

1159 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Z2

**514 333-8989 ext. 521 Fax: 514 940-3321**

**Website:** aucoeurdelenfance.ca

**Email:** cps@aucoeurdelenfance.ca

**Services:** Reception, clinical assessment and support for children and families. \* Social perinatal: pregnancy care, multidisciplinary preventive services and pediatric follow-up. \* Language development support and stimulation workshops. \* Kindergarten preparation camps. \* Motor skills development. \* Parent-children workshops. \* Support group for parents of children with special needs. \* Social and leisure activities. \* Community garden. \* Donations collected on site: toys, clothing and sports equipment for children aged 0 to 12 years.

**Eligibility:** children, families

**Coverage area:** Saint-Laurent

**Hours:** depending on activities

**Fees:** none

**Financing:** foundations, fundraising campaigns

**Legal status:** non-profit organization

### **SAINT-LAURENT YMCA - TOY LIBRARY AND FAMILY PROGRAM DEPARTMENT**

1745 Décarie Boulevard, Saint-Laurent, Montréal, QC, H4L 3N5

**514 747-9801 Fax:** 514 744-6268

**Website:** [www.ymcaquebec.org/en/Community-Programs/Child-Family-Development-/Family-Resource-Centre](http://www.ymcaquebec.org/en/Community-Programs/Child-Family-Development-/Family-Resource-Centre)

**Email:** [joujoutheque.sl@ymcaquebec.org](mailto:joujoutheque.sl@ymcaquebec.org)

**Services:** Place for meeting and relaxing for children et parents. \* Loan of educational toys. \* Homework assistance for 6 to 12 year olds. \* À la découvert de l'eau: swimming courses with parents for children 4 months to 5 years. \* Sports and leadership activities for 6 to 12 year olds. \* 40 developmental assets: workshops for parents. \* Parent-child sewing courses. \* Family outings.

**Eligibility:** families with children 0 to 12 years old

**Coverage area:** Saint-Laurent

**Hours:** variable

**Fees:** Toy library: \$65 per year per family

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

**Legal status:** non-profit organization

## **Recreational Activities**

### **CENTRE D'INITIATIVES POUR LE DÉVELOPPEMENT COMMUNAUTAIRE L'UNITÉ**

710 Décarie Boulevard, Saint-Laurent, Montréal, QC, H4L 3L5

**514 744-1239**

**Website:** [www.centre-unite.com](http://www.centre-unite.com)

**Email:** [info@centre-unite.com](mailto:info@centre-unite.com)

**Services:** \* 8 to 12 year olds field intervention: animation, prevention, intervention and accompaniment by counsellors in parks, schoolyards, gymnasiums and other meeting places after school. \* 12 to 17 year olds field intervention: prevention, intervention and accompaniment by counsellors at the Centre des Ados. School and community intervention: project seeking to offer support and accompaniment to parents and their families in all that concerns the integration process and the academic success of their children through referrals, listening, information workshops, parents-children activities and other school events.

**Eligibility:** young people from 8 to 17 years old, parents

**Coverage area:** Saint-Laurent

**Hours:** office: Monday to Friday 9h00 to 16h00, variable depending on activities

**Fees:** none

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

**Legal status:** non-profit organization

### **CENTRE DE PÉDIATRIE SOCIALE DE SAINT-LAURENT - AU COEUR DE L'ENFANCE**

1159 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Z2

**514 333-8989 ext. 521 Fax:** 514 940-3321

**Website:** [aucoeurdelenfance.ca](http://aucoeurdelenfance.ca)

**Email:** [cps@aucoeurdelenfance.ca](mailto:cps@aucoeurdelenfance.ca)

**Services:** Reception, clinical assessment and support for children and families. \* Social perinatality: pregnancy care, multidisciplinary preventive services and pediatric follow-up. \* Language development support and stimulation workshops. \* Kindergarten preparation camps. \* Motor skills development. \* Parent-children workshops. \* Support group for parents of children with special needs. \* Social and leisure activities. \* Community garden. \* Donations collected on site: toys, clothing and sports equipment for children aged 0 to 12 years.

**Eligibility:** children, families

**Coverage area:** Saint-Laurent  
**Hours:** depending on activities  
**Fees:** none  
**Financing:** foundations, fundraising campaigns  
**Legal status:** non-profit organization

### MAISON DES FAMILLES DE SAINT-LAURENT

1159 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Z2

**514 333-8989 ext. 321**

**Website:** [maisondesfamilles.org](http://maisondesfamilles.org)

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

**Services:** Meeting place for parents and socialization place for children. \* Parent-child workshops and stimulation activities. \* Perinatal: prenatal courses and accompaniment. \* Family outings. \* Discussion groups. \* Daycare. \* Parent-child homework assistance. \* Winter clothes sales once a year: winter clothing at low cost for babies, children and adults.

**Eligibility:** families with children between 0 and 10 years, new parents, newcomers

**Coverage area:** Saint-Laurent

**Hours:** Monday to Friday 9h00 to 18h00

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

### MONTRÉAL PUBLIC LIBRAIRIES NETWORK - VIEUX-SAINT-LAURENT LIBRARY

1380 de l'Église Street, Saint-Laurent, Montréal, QC, H4L 2H2

**514 855-6130**

**Website:** [montreal.ca/en/places/bibliotheque-du-vieux-saint-laurent](http://montreal.ca/en/places/bibliotheque-du-vieux-saint-laurent)

**Services:** \* Loan and consultation of books, audiovisual and digital documents. \* Computers, Internet access and printing devices. \* FabricARThèque: space of artisanal creation. \* Music listening stations. \* Story time. \* Book club for children. \* Home book loan for people 65 years and over or with reduced mobility. \* Workshops, conferences and exhibitions.

**Eligibility:** general public

**Coverage area:** Montréal

**Hours:** Monday to Wednesday 10h00 to 19h00, Thursday and Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 16h00

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

**Financing:** municipal, provincial

**Legal status:** municipal agency

### MONTRÉAL PUBLIC LIBRARIES NETWORK - DU BOISÉ LIBRARY

2727 Thimens Boulevard, Saint-Laurent, Montréal, QC, H4R 1T4

**514 855-6130**

**Website:** [montreal.ca/en/places/bibliotheque-du-boise](http://montreal.ca/en/places/bibliotheque-du-boise)

**Services:** \* Loan and consultation of printed, audiovisual and digital documents. \* Computers, Internet access and printing devices. \* Music listening stations. \* 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:** Monday to Wednesday 11h00 to 21h00, Thursday and Friday 11h00 to 20h00, Saturday and Sunday 10h00 to 17h00

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

**Financing:** municipal, provincial

**Legal status:** municipal agency

**SAINT-LAURENT YMCA**

1745 Décarie Boulevard, Saint-Laurent, Montréal, QC, H4L 3N5

**514 747-5353** Fax: 514 747-9453

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

**Services:** \* Community programs related to food, youth, families and seniors. \* Homework assistance and tutoring program. \* Toy lending library. \* Youth zone. \* Daycare.

**Eligibility:** children, youth, adults and seniors

**Coverage area:** Saint-Laurent and surroundings

**Hours:** Monday to Friday 6h45 to 18h00

**Fees:** depending on the activities and programs

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

**SAINT-LAURENT YMCA - TOY LIBRARY AND FAMILY PROGRAM DEPARTMENT**

1745 Décarie Boulevard, Saint-Laurent, Montréal, QC, H4L 3N5

**514 747-9801** Fax: 514 744-6268

**Website:** [www.ymcaquebec.org/en/Community-Programs/Child-Family-Development-/Family-Resource-Centre](http://www.ymcaquebec.org/en/Community-Programs/Child-Family-Development-/Family-Resource-Centre)

**Email:** [joujoutheque.sl@ymcaquebec.org](mailto:joujoutheque.sl@ymcaquebec.org)

**Services:** Place for meeting and relaxing for children et parents. \* Loan of educational toys. \* Homework assistance for 6 to 12 year olds. \* À la découverte de l'eau: swimming courses with parents for children 4 months to 5 years. \* Sports and leadership activities for 6 to 12 year olds. \* 40 developmental assets: workshops for parents. \* Parent-child sewing courses. \* Family outings.

**Eligibility:** families with children 0 to 12 years old

**Coverage area:** Saint-Laurent

**Hours:** variable

**Fees:** Toy library: \$65 per year per family

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

**Legal status:** non-profit organization

**Youth Centres and Support****CENTRE D'INITIATIVES POUR LE DÉVELOPPEMENT COMMUNAUTAIRE L'UNITÉ**

710 Décarie Boulevard, Saint-Laurent, Montréal, QC, H4L 3L5

**514 744-1239**

**Website:** [www.centre-unite.com](http://www.centre-unite.com)

**Email:** [info@centre-unite.com](mailto:info@centre-unite.com)

**Services:** \* 8 to 12 year olds field intervention: animation, prevention, intervention and accompaniment by counsellors in parks, schoolyards, gymnasiums and other meeting places after school. \* 12 to 17 year olds field intervention: prevention, intervention and accompaniment by counsellors at the Centre des Ados. School and community intervention: project seeking to offer support and accompaniment to parents and their families in all that concerns the integration process and the academic success of their children through referrals, listening, information workshops, parents-children activities and other school events.

**Eligibility:** young people from 8 to 17 years old, parents

**Coverage area:** Saint-Laurent

**Hours:** office: Monday to Friday 9h00 to 16h00, variable depending on activities

**Fees:** none

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

**Legal status:** non-profit organization

**PLACE BENOÎT COMMUNITY CENTRE**

155 Benoît Place, Suite 02, Saint-Laurent, Montréal, QC, H4N 2H4

**514 744-0897 Fax:** 514 744-6205

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

**Email:** [infos@centreboncourage.org](mailto:infos@centreboncourage.org)

**Services:** Children and youth \* Youth programs for academic success and popular education. \* Early childhood program. \* Leadership program for youth from the black community. \* Day camp. Seniors \* Seniors program. Food \* Community meals. \* Community kitchen. \* Occasional buying groups. \* Food bank. Other \* Christmas activities for members. \* Neighbourhood committee. \* Community radio. \* Furniture and household items donation pairing for newcomers. \* Help with errands for the residents of Place Benoît.

**Eligibility:** multiethnic communities, people on a low income, seniors, families

**Coverage area:** Hodge-Place-Benoît neighborhood, Ward-Gold neighbourhood and surroundings

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

**Fees:** membership: \$5 to \$7

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

**Legal status:** non-profit organization

**SAINT-LAURENT YMCA**

1745 Décarie Boulevard, Saint-Laurent, Montréal, QC, H4L 3N5

**514 747-5353 Fax:** 514 747-9453

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

**Services:** \* Community programs related to food, youth, families and seniors. \* Homework assistance and tutoring program. \* Toy lending library. \* Youth zone. \* Daycare.

**Eligibility:** children, youth, adults and seniors

**Coverage area:** Saint-Laurent and surroundings

**Hours:** Monday to Friday 6h45 to 18h00

**Fees:** depending on the activities and programs

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

**Youth Employment****CARREFOUR JEUNESSE-EMPLOI SAINT-LAURENT**

404 Décarie Boulevard, Suite 300, Saint-Laurent, Montréal, QC, H4L 5E6

**514 855-1616 Fax:** 514 747-0008

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

**Email:** [cje@cjestlaurent.org](mailto:cje@cjestlaurent.org)

**Services:** Employability assistance. \* Job search assistance. \* Academic and professional information. \* School perseverance and motivation. \* Business start-up advice. \* Paid job search group. \* Départ@9: group program to help develop the skills needed in the labour market. \* Focus: individual employability program for people with functional limitations. \* Job search room. \* Residential snow removal. \* Bonhomme à lunettes service point.

**Eligibility:** mainly for people 16 to 35 years old, Départ@9: youth 15 to 30 years old far from the labour market, focus: youth with a physical or psychological limitation

**Coverage area:** Saint-Laurent

**Hours:** Monday and Thursday 9h00 to 12h00 and 13h00 to 16h00, Tuesday 10h00 to 12h00 and 13h00 to 16h00, Wednesday 13h00 to 16h00, Friday 9h00 to 12h00

**Fees:** none

**Financing:** provincial, federal

**Legal status:** non-profit organization

## Youth Shelters and Support

### RESSOURCES JEUNESSE DE SAINT-LAURENT - MAISON D'HÉBERGEMENT

1410 O'Brien Street, Saint-Laurent, Montréal, QC, H4L 3W4

**514 748-0202 ext. 231**

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

**Email:** [coordo.admin@rjst.ca](mailto:coordo.admin@rjst.ca)

**Services:** Short-term shelter to a maximum of 6 months with meals. \* Information and referral phone service. \*  
Post-housing follow-up.

**Eligibility:** youth experiencing homelessness 16 to 22 years old

**Capacity:** 11 permanent beds, 1 emergency bed

**Coverage area:** Montréal Island

**Hours:** 24 hours / 7 days

**Fees:** \$8 per day

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

**Legal status:** non-profit organization

## **Community Action**

**ADVISORY AND CITIZEN ACTION ORGANIZATIONS**

**CHARITY ORGANIZATIONS**

**COMMUNITY CENTRES**

**COMMUNITY DEVELOPMENT**

**INFORMATION AND REFERRAL**

**VOLUNTEERING AND VOLUNTEER CENTRES**



## Advisory and citizen action organizations

### COMITÉ DES ORGANISMES SOCIAUX DE SAINT-LAURENT

1375 Grenet Street, Saint-Laurent, Montréal, QC, H4L 5K3

**514 748-2000**

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

**Email:** [liaison@cossl.org](mailto:liaison@cossl.org)

**Services:** Consultation of neighbourhood community resources. \* Biannual sharing store: back-to-school supplies and food for the holiday season.

**Eligibility:** community organizations and institutions, sharing store: people on a low income

**Coverage area:** Saint-Laurent

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

**Fees:** annual contribution: \$10 for citizens, \$35 for community organizations and \$100 for institutions, sharing store: 10% of the regular price for residents of Saint-Laurent

**Financing:** Centraide of Greater Montréal, grants, contributions

**Legal status:** non-profit organization

### PLACE BENOÎT COMMUNITY CENTRE

155 Benoît Place, Suite 02, Saint-Laurent, Montréal, QC, H4N 2H4

**514 744-0897 Fax:** 514 744-6205

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

**Email:** [infos@centreboncourage.org](mailto:infos@centreboncourage.org)

**Services:** Children and youth \* Youth programs for academic success and popular education. \* Early childhood program. \* Leadership program for youth from the black community. \* Day camp. Seniors \* Seniors program. Food \* Community meals. \* Community kitchen. \* Occasional buying groups. \* Food bank. Other \* Christmas activities for members. \* Neighbourhood committee. \* Community radio. \* Furniture and household items donation pairing for newcomers. \* Help with errands for the residents of Place Benoît.

**Eligibility:** multiethnic communities, people on a low income, seniors, families

**Coverage area:** Hodge-Place-Benoît neighborhood, Ward-Gold neighbourhood and surroundings

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

**Fees:** membership: \$5 to \$7

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

**Legal status:** non-profit organization

### VERTCITÉ

685 Décarie Boulevard, Suite 100, Saint-Laurent, Montréal, QC, H4L 5G4

**514 744-8333**

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

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

**Services:** Citizens' environmental projects and services. \* Éco-quartier Saint-Laurent-Pierrefonds-Roxboro: environmental education and awareness, tips, advice and accompaniment through sustainable development projects, information about waste management, greening and embellishment, etc. \* Green-shop: sale of green, organic and ethic products. \* Urban farming: creation of gardens and gardening classes. \* Management of public pianos in the district. \* Workshops, conferences, educational outings, etc. \* Christmas sharing-store.

**Coverage area:** Saint-Laurent, Pierrefonds-Roxboro

**Hours:** Tuesday and Wednesday 12h00 to 18h00, Thursday and Friday 12h00 to 19h00, Saturday 12h00 to 16h00

**Fees:** none

**Financing:** grants, self-financing

**Legal status:** non-profit organization

## Charity Organizations

### CENTRE CULTUREL SYRIEN (LE)

Confidential Address

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

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

**Services:** Help to Syrian people. \* Benefits events: concerts, special evenings, etc. \* Collaboration with charitable organizations: financial support to Canadian organizations working in Syria and support for the integration of newcomers. \* Study bursaries for newcomers (continuing education). \* Promotion of Syrian culture through various events. \* Public and media awareness on issues related to refugees from the Middle East.

**Eligibility:** Syrian refugees and immigrants, Canadian organizations working on humanitarian projects in Syria

**Coverage area:** Canada

**Fees:** none

**Financing:** fundraising campaigns

**Legal status:** non-profit organization

### PRESIDENT'S CHOICE CHILDREN'S CHARITY

400 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4N 3L4

**1 800 361-1168 ext. 646218 Fax:** 514 383-2964

**Website:** [pcchildrenscharity.ca](http://pcchildrenscharity.ca)

**Email:** [fondationlcp@provigo.ca](mailto:fondationlcp@provigo.ca)

**Services:** Promotion of children's healthy nutrition. \* Financial assistance to organizations and schools.

**Eligibility:** non-profit organizations, schools

**Coverage area:** Canada

**Financing:** donations, fundraising campaigns

**Legal status:** non-profit organization

## Community centres

### PLACE BENOÎT COMMUNITY CENTRE

155 Benoît Place, Suite 02, Saint-Laurent, Montréal, QC, H4N 2H4

**514 744-0897 Fax:** 514 744-6205

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

**Email:** [infos@centreboncourage.org](mailto:infos@centreboncourage.org)

**Services:** Children and youth \* Youth programs for academic success and popular education. \* Early childhood program. \* Leadership program for youth from the black community. \* Day camp. Seniors \* Seniors program. Food \* Community meals. \* Community kitchen. \* Occasional buying groups. \* Food bank. Other \* Christmas activities for members. \* Neighbourhood committee. \* Community radio. \* Furniture and household items donation pairing for newcomers. \* Help with errands for the residents of Place Benoît.

**Eligibility:** multiethnic communities, people on a low income, seniors, families

**Coverage area:** Hodge-Place-Benoît neighborhood, Ward-Gold neighbourhood and surroundings

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

**Fees:** membership: \$5 to \$7

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

**Legal status:** non-profit organization

## Community development

### SAINT-JACQUES SYRIAC ORTHODOX CHURCH

4375 Henri-Bourassa Boulevard, Saint-Laurent, Montréal, QC, H4L 1A5

**514 334-6993**

**Email:** immigrationst-jacques@outlook.com

**Services:** Help and assistance in the reception of Syrian newcomers. \* Support, information, integration and follow-up. \* Sponsoring of refugees. \* Assistance with filling out forms. \* Donations matching service: matching between donators and people who have material needs, possibility of transportation if needed. \* Room rental.

**Eligibility:** Syrian newcomers, refugees

**Coverage area:** Montréal Island, Laval

**Hours:** by appointment

**Fees:** free

**Financing:** donations

**Legal status:** non-profit organization

### TEKEYAN ARMENIAN CULTURAL ASSOCIATION

825 Manoogian Street, Saint-Laurent, Montréal, QC, H4N 1Z5

**514 747-6680 Fax:** 514 747-6162

**Website:** tekeyanmontreal.ca

**Email:** centretekeyan@bellnet.ca

**Services:** \* Cultural activities: theater, arts ad crafts, literature, traditional dance. \* Social activities. \* Summer day camps. \* Armenian books library. \* Abaka weekly newspaper. \* Vision Créative Tekeyan: variety shows with cultural themes. \* Hay Pem theater company. \* Annual bazaar. \* Weekly community dinners. \* Operation of the Tekeyan Center. \* Room rental.

**Eligibility:** people from the Armenian community

**Coverage area:** Montréal Island, Laval

**Hours:** community meals: Friday evening

**Fees:** annual membership: \$25 for students and people 65 years old and over, \$45 regular, activities: variable

**Financing:** donations, self-financing, membership fees

**Legal status:** non-profit organization

## Information and referral

### ENTRAIDE DES FAMILLES (ENFAM-QUÉBEC)

1775 Edouard-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4L 2B9

**438 875-6014**

**Website:** www.enfam-qc.org

**Email:** contact@enfam-qc.org

**Services:** Personalized support for families. Material assistance \* Food bank: food assistance baskets worth \$200. \* Clothing bank: second hand clothes for all. \* Donations of dishes, mattresses and furniture. \* School supplies. \* Christmas baskets and gifts. Immigration \* Welcoming and needs assessment. \* Guidance, advice and information on community resources. \* Accompaniment for a period of 4 years to facilitate integration in the form of group workshops or individual interventions. \* Integration activities: sugar shack, Quebec's national holiday, etc. Families \* Workshops for parents: bullying and cyberbullying prevention, workshops on the functioning of the school system, etc. \* Homework assistance. \* Interventions and preventions. \* Day camps and spring break camp. \* Conferences.

**Eligibility:** immigrant families, families on a low income, school supplies: youth 5 to 15 years old, donations of dishes: newly arrived single-parent families

**Capacity:** 250 families

**Coverage area:** Ahuntsic-Cartierville, Saint-Laurent

**Hours:** Monday to Friday 11h00 to 16h00, food baskets: Thursday, except the last of the month

**Fees:** annual membership: \$20 per family, food assistance: \$30 per month, camps: \$70 per youth

**Financing:** federal, provincial, municipal

**Legal status:** non-profit organization

## Volunteering and volunteer centres

### FITNESS WALKING

3131 de la Côte-Vertu Boulevard, Saint-Laurent, Montréal, QC, H4R 1Y8

**514 335-4147**

**Services:** Walking club in the Place Vertu shopping centre aiming to break isolation and improve mental and physical health. \* Walks. \* Snacks. \* Picnics. \* Tai Chi. \* Meditation. \* Volunteer work.

**Eligibility:** open to everyone, mainly people 55 years and over

**Coverage area:** Montréal Island

**Hours:** Monday, Wednesday and Friday 7h00 to 9h00

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

**Financing:** provincial, municipal, contributions

**Legal status:** non-profit organization

### SAINT-LAURENT VOLUNTEER BUREAU

910 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Y6

**514 744-5511 Fax: 514 744-1206**

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

**Email:** [services@centreabc.org](mailto:services@centreabc.org)

**Services:** Seniors \* Meals on wheels. \* Friendly visits and phone calls. \* Respite for caregivers. \* Support group and grieving workshops. \* In-home assistance with reading and writing mail. \* Tax clinic. \* Medical transportation. \* Assistance for errands. Food \* Community fridge. Maternal assistance \* Mairaine-tendresse: pairing for new mothers. Community action \* Volunteers recruitment, guidance and training. \* Referral towards organizations. \* Support for Montréal community organizations. \* Distribution of parking stickers for organizations offering accompaniment or transportation.

**Eligibility:** people 12 years and over interested in volunteering, seniors 65 years and over with a loss of autonomy, new mothers, community fridge: general population

**Coverage area:** Saint-Laurent

**Hours:** Monday, Tuesday, Wednesday and Friday 8h00 to 17h30, Thursday 8h00 to 20h00

**Fees:** \$10 per year for beneficiary only

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

**Legal status:** non-profit organization

## **Disability**

**MOBILITY AIDS**

**RECREATION AND CAMPS**

**SUPPORT ASSOCIATIONS**

**SUPPORT AND INTEGRATION ORGANIZATIONS**

**THE BLIND**

## Mobility aids

### CLSC DE SAINT-LAURENT

1055 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Z2

**514 748-6381**

**Website:** [sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1919&ch\\_type%5B6%5D=1201&bt\\_rechType=&theme=clsc&ch\\_choixReg=&ch\\_rayon=0&ch\\_code=H4L3Z2](https://sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1919&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H4L3Z2)

**Services:** Frontline services for routine health and social services. \* Health insurance card authentication. \* Crutches (rental). \* Cane (rental). \* Breast pump (rental). \* Wheelchair (rental). \* Minor surgery. \* Breastfeeding room. \* General vaccination.

**Eligibility:** support groups for caregivers: caregivers of people followed by the CLSC at-home support service

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 7h00 to 20h00, Saturday, Sunday and holidays 8h00 to 16h00, tests: Monday to Friday 7h00 to 11h00

**Financing:** provincial

**Legal status:** parapublic organization

### SAINT-LAURENT VOLUNTEER BUREAU

910 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Y6

**514 744-5511 Fax: 514 744-1206**

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

**Email:** [services@centreabc.org](mailto:services@centreabc.org)

**Services:** Seniors \* Meals on wheels. \* Friendly visits and phone calls. \* Respite for caregivers. \* Support group and grieving workshops. \* In-home assistance with reading and writing mail. \* Tax clinic. \* Medical transportation. \* Assistance for errands. Food \* Community fridge. Maternal assistance \* Mairaine-tendresse: pairing for new mothers. Community action \* Volunteers recruitment, guidance and training. \* Referral towards organizations. \* Support for Montréal community organizations. \* Distribution of parking stickers for organizations offering accompaniment or transportation.

**Eligibility:** people 12 years and over interested in volunteering, seniors 65 years and over with a loss of autonomy, new mothers, community fridge: general population

**Coverage area:** Saint-Laurent

**Hours:** Monday, Tuesday, Wednesday and Friday 8h00 to 17h30, Thursday 8h00 to 20h00

**Fees:** \$10 per year for beneficiary only

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

**Legal status:** non-profit organization

## Recreation and camps

### HANDICAPÉS DE SAINT-LAURENT

1375 Grenet Street, Saint-Laurent, Montréal, QC, H4L 5K3

**514 855-6110 ext. 4937**

**Services:** Social club for autonomous disabled people. \* Community meals. \* Christmas meal. \* Cultural outings in summer.

**Eligibility:** autonomous disabled people

**Coverage area:** Montréal Island

**Hours:** September 7th 2022 to May 31st 2023: Wednesday 9h00 to 15h00

**Fees:** annual membership: \$7, activities: variable

**Financing:** financing campaigns, provincial, municipal, donations, contributions

**Legal status:** non-profit organization

## Support Associations

### CENTRE D'ACCUEIL ET DE RÉFÉRENCE SOCIALE ET ÉCONOMIQUE POUR IMMIGRANTS DE SAINT-LAURENT

774 Décarie Boulevard, Suite 300, Saint-Laurent, Montréal, QC, H4L 3L5

**514 748-2007 Fax:** 514 748-2766

**Website:** cari.qc.ca

**Email:** carist@cari.qc.ca

**Services:** Immigration \* Reception, referral, information and guidance. \* Certification of documents. \* Assistance with filling out forms. \* Francization, French classes and conversation workshops. \* English classes. \* Computer classes. \* Citizenship course. \* Pairing between Québec families and newcomers. \* Tax clinic. \* Daycare during activities. \* Form for Montrealers offering housing to incoming Ukrainians: [docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVjDw5lxcZFWEMMfWwBtdvFWsVtZn2JRYPg/viewform](https://docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVjDw5lxcZFWEMMfWwBtdvFWsVtZn2JRYPg/viewform) Employment \* Employment: job search workshops, resume writing, individual monitoring, placement, networking, etc. Psychosocial support \* Psychoeducational clinic. \* Individual and group support for immigrant women, discussion workshops. Food \* Collective kitchens. Recreational activities \* Social, physical and educational activities for families. \* Manual, crafts and sewing workshops. \* Summer camp. \* Family holiday camp.

**Eligibility:** immigrant families and individuals, visible minorities, temporary residents, asylum seekers and refugees

**Coverage area:** Greater Montréal, particularly Saint-Laurent

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

**Fees:** none

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

**Legal status:** non-profit organization

### CENTRE DE PÉDIATRIE SOCIALE DE SAINT-LAURENT - AU COEUR DE L'ENFANCE

1159 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Z2

**514 333-8989 ext. 521 Fax:** 514 940-3321

**Website:** aucoeurdelenfance.ca

**Email:** cps@aucoeurdelenfance.ca

**Services:** Reception, clinical assessment and support for children and families. \* Social perinatality: pregnancy care, multidisciplinary preventive services and pediatric follow-up. \* Language development support and stimulation workshops. \* Kindergarten preparation camps. \* Motor skills development. \* Parent-children workshops. \* Support group for parents of children with special needs. \* Social and leisure activities. \* Community garden. \* Donations collected on site: toys, clothing and sports equipment for children aged 0 to 12 years.

**Eligibility:** children, families

**Coverage area:** Saint-Laurent

**Hours:** depending on activities

**Fees:** none

**Financing:** foundations, fundraising campaigns

**Legal status:** non-profit organization

### MAISON DES FAMILLES DE SAINT-LAURENT

1159 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Z2

**514 333-8989 ext. 321**

**Website:** maisondesfamilles.org

**Email:** info@maisondesfamilles.org

**Services:** Meeting place for parents and socialization place for children. \* Parent-child workshops and stimulation activities. \* Perinatality: prenatal courses and accompaniment. \* Family outings. \* Discussion groups. \* Daycare. \* Parent-child homework assistance. \* Winter clothes sales once a year: winter clothing at low cost for babies, children and adults.

**Eligibility:** families with children between 0 and 10 years, new parents, newcomers

**Coverage area:** Saint-Laurent

**Hours:** Monday to Friday 9h00 to 18h00

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

### SAINT-LAURENT VOLUNTEER BUREAU

910 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Y6

**514 744-5511 Fax:** 514 744-1206

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

**Email:** [services@centreabc.org](mailto:services@centreabc.org)

**Services:** Seniors \* Meals on wheels. \* Friendly visits and phone calls. \* Respite for caregivers. \* Support group and grieving workshops. \* In-home assistance with reading and writing mail. \* Tax clinic. \* Medical transportation. \* Assistance for errands. Food \* Community fridge. Maternal assistance \* Mairaine-tendresse: pairing for new mothers. Community action \* Volunteers recruitment, guidance and training. \* Referral towards organizations. \* Support for Montréal community organizations. \* Distribution of parking stickers for organizations offering accompaniment or transportation.

**Eligibility:** people 12 years and over interested in volunteering, seniors 65 years and over with a loss of autonomy, new mothers, community fridge: general population

**Coverage area:** Saint-Laurent

**Hours:** Monday, Tuesday, Wednesday and Friday 8h00 to 17h30, Thursday 8h00 to 20h00

**Fees:** \$10 per year for beneficiary only

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

**Legal status:** non-profit organization

## Support and integration organizations

### PETER HALL SCHOOL

840 de la Côte-Vertu Boulevard, Saint-Laurent, Montréal, QC, H4L 1Y4

**514 748-6727 Fax:** 514 748-5122

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

**Email:** [siegesocial@peterhall.qc.ca](mailto:siegesocial@peterhall.qc.ca)

**Services:** Head office. \* Primary and secondary campuses.

**Eligibility:** English and French-speaking students 4 to 21 years old with a mild, moderate, severe or profound intellectual disability, autism spectrum disorders or psychopathological disorders, with or without associated disabilities

**Capacity:** 500 for all campuses

**Coverage area:** Greater Montréal, South Shore and North Shore

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

**Fees:** fees for supervision, lunch and for school supplies

**Financing:** provincial

**Legal status:** non-profit organization

### PETER HALL SCHOOL - CÔTE-VERTU

840 de la Côte-Vertu Boulevard, Saint-Laurent, Montréal, QC, H4L 1Y4

**514 747-4075 Fax:** 514 747-0164

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

**Email:** [cote-vertu@peterhall.qc.ca](mailto:cote-vertu@peterhall.qc.ca)

**Services:** Secondary level programs in both French and English.

**Eligibility:** English and French-speaking students 12 to 21 years old with a mild, moderate, severe or profound intellectual disability, autism spectrum disorders or psychopathological disorders, with or without associated disabilities



**Capacity:** 250 students

**Coverage area:** Greater Montréal, South Shore and North Shore

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

**Fees:** tuition fees equivalent to public schools

**Financing:** provincial

**Legal status:** non-profit organization

### **PETER HALL SCHOOL - OUIMET**

1455 Rochon Street, Saint-Laurent, Montréal, QC, H4L 1W1

**514 748-1050 Fax:** 514 748-7544

**Website:** peterhall.qc.ca/en

**Email:** ouimet@peterhall.qc.ca

**Services:** Primary level program in both English and French.

**Eligibility:** English and French-speaking students 4 to 21 years old with a mild, moderate, severe or profound intellectual disability, autism spectrum disorders or psychopathological disorders, with or without associated disabilities

**Capacity:** 250 students

**Coverage area:** Greater Montréal, South Shore and North Shore

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

**Fees:** tuition fees equivalent to public schools

**Financing:** provincial

**Legal status:** non-profit organization

### **SUMMIT SCHOOL**

1750 Deguire Street, Saint-Laurent, Montréal, QC, H4L 1M7

**514 744-2867 Fax:** 514 744-6410

**Website:** www.summit-school.com

**Email:** admin@summit-school.com

**Services:** Private school with adapted programs. \* Preschool. \* Modified primary. \* Modified secondary cycle 1. \* Social integration program. \* Challenges program. \* Work oriented training program. \* CASP (competency-based approach to social participation) program. \* Support services: occupational therapy, physiotherapy, speech therapy.

**Eligibility:** students 4 to 21 years old living with developmental disabilities including intellectual disorders, behavioral and emotional disturbances, autism spectrum disorders, Down syndrome, anxiety and severe learning disabilities

**Capacity:** over 600 students

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday, school hours: 8h45 to 15h15, office hours: 8h30 to 17h00

**Fees:** annual registration: \$500

**Financing:** self-financing

**Legal status:** non-profit organization

## **The Blind**

### **ACTE D'AMOUR !**

710 Décarie Boulevard, Suite 1B, Saint-Laurent, Montréal, QC, H4L 3L5

**514 942-3632**

**Website:** www.actedamour.ca

**Email:** ensemble@actedamour.ca

**Services:** Services offered at home, youth centres, schools and organizations to promote the integration of vulnerable people and breaking down the isolation. Seniors \* Computer workshops. \* Memory game exercises. \* Bingo. \* Music and singing workshops. \* Help with reading. \* Accompaniment to walk. \* Special events. Youth \* Programs and workshops on bullying, violence, and school dropout. \* Science and technology workshops. Support for immigrant women \* Referrals, thematic workshops and conferences for immigrant women. \* Awareness and fight against the violence towards girls and women.

**Eligibility:** seniors with a loss of autonomy, youth 7 to 29, immigrant women

**Coverage area:** Province of Québec

**Hours:** variables

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

### **SAINT-LAURENT VOLUNTEER BUREAU**

910 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Y6

**514 744-5511** Fax: 514 744-1206

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

**Email:** [services@centreabc.org](mailto:services@centreabc.org)

**Services:** Seniors \* Meals on wheels. \* Friendly visits and phone calls. \* Respite for caregivers. \* Support group and grieving workshops. \* In-home assistance with reading and writing mail. \* Tax clinic. \* Medical transportation. \* Assistance for errands. Food \* Community fridge. Maternal assistance \* Mairaine-tendresse: pairing for new mothers. Community action \* Volunteers recruitment, guidance and training. \* Referral towards organizations. \* Support for Montréal community organizations. \* Distribution of parking stickers for organizations offering accompaniment or transportation.

**Eligibility:** people 12 years and over interested in volunteering, seniors 65 years and over with a loss of autonomy, new mothers, community fridge: general population

**Coverage area:** Saint-Laurent

**Hours:** Monday, Tuesday, Wednesday and Friday 8h00 to 17h30, Thursday 8h00 to 20h00

**Fees:** \$10 per year for beneficiary only

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

**Legal status:** non-profit organization

## **Education and Literacy**

**ASSOCIATIONS AND FEDERATIONS**

**COMPUTER WORKSHOPS**

**DIFFICULTIES AND LEARNING DISABILITIES**

**HOMEWORK ASSISTANCE AND TUTORING**

**LANGUAGE COURSES**

**LITERACY**

**PUBLIC EDUCATION**

**SCHOOL PERSEVERANCE**

**SCHOOL SERVICE CENTERS**

## Associations and Federations

### FÉDÉRATION ÉTUDIANTE COLLÉGIALE DU QUÉBEC

824 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Y4

**514 396-3320**

**Website:** www.fecq.org

**Email:** info@fecq.org

**Services:** Defence and promotion of college students' rights and interests.

**Eligibility:** people studying in a CEGEP

**Coverage area:** Province of Québec

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

**Fees:** none

**Financing:** contributions

**Legal status:** non-profit organization

## Computer workshops

### ACTE D'AMOUR !

710 Décarie Boulevard, Suite 1B, Saint-Laurent, Montréal, QC, H4L 3L5

**514 942-3632**

**Website:** www.actedamour.ca

**Email:** ensemble@actedamour.ca

**Services:** Services offered at home, youth centres, schools and organizations to promote the integration of vulnerable people and breaking down the isolation. Seniors \* Computer workshops. \* Memory game exercises.

\* Bingo. \* Music and singing workshops. \* Help with reading. \* Accompaniment to walk. \* Special events. Youth

\* Programs and workshops on bullying, violence, and school dropout. \* Science and technology workshops.

Support for immigrant women \* Referrals, thematic workshops and conferences for immigrant women. \*

Awareness and fight against the violence towards girls and women.

**Eligibility:** seniors with a loss of autonomy, youth 7 to 29, immigrant women

**Coverage area:** Province of Québec

**Hours:** variables

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

### CENTRE D'ACCUEIL ET DE RÉFÉRENCE SOCIALE ET ÉCONOMIQUE POUR IMMIGRANTS DE SAINT-LAURENT

774 Décarie Boulevard, Suite 300, Saint-Laurent, Montréal, QC, H4L 3L5

**514 748-2007 Fax:** 514 748-2766

**Website:** cari.qc.ca

**Email:** carist@cari.qc.ca

**Services:** Immigration \* Reception, referral, information and guidance. \* Certification of documents. \*

Assistance with filling out forms. \* Francization, French classes and conversation workshops. \* English classes.

\* Computer classes. \* Citizenship course. \* Pairing between Québec families and newcomers. \* Tax clinic. \*

Daycare during activities. \* Form for Montrealers offering housing to incoming Ukrainians:

[docs.google.com/forms/d/e/1FAIpQLSfWl6LRUNoi8N0BVjDw5lxcZFwEMMfWwBtdvFWsVtZn2JRYPg/viewform](https://docs.google.com/forms/d/e/1FAIpQLSfWl6LRUNoi8N0BVjDw5lxcZFwEMMfWwBtdvFWsVtZn2JRYPg/viewform)

Employment \* Employment: job search workshops, resume writing, individual monitoring, placement,

networking, etc. Psychosocial support \* Psychoeducational clinic. \* Individual and group support for immigrant

women, discussion workshops. Food \* Collective kitchens. Recreational activities \* Social, physical and

educational activities for families. \* Manual, crafts and sewing workshops. \* Summer camp. \* Family holiday

camp.

**Eligibility:** immigrant families and individuals, visible minorities, temporary residents, asylum seekers and refugees

**Coverage area:** Greater Montréal, particularly Saint-Laurent

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

**Fees:** none

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

**Legal status:** non-profit organization

### **CENTRE D'ENCADREMENT POUR JEUNES FEMMES IMMIGRANTES**

1775 Édouard-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4L 2B9

**514 744-2252 Fax:** 514 744-0540

**Website:** www.cejfi.org

**Email:** info@cejfi.org

**Services:** \* Information and referral. \* Trainings: head of family child care, hairdressing. \* Guidance, accompaniment and follow-up. \* Social and friendship networks. \* Promotion and public awareness. \* Language courses. \* Computer courses. \* Food and clothing assistance. \* Employability services. \* Psychosocial support. \* Legal assistance.

**Eligibility:** immigrant women, their family

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00, food assistance: Tuesday 15h00

**Financing:** provincial, federal

**Legal status:** non-profit organization

## **Difficulties and learning disabilities**

### **PETER HALL SCHOOL**

840 de la Côte-Vertu Boulevard, Saint-Laurent, Montréal, QC, H4L 1Y4

**514 748-6727 Fax:** 514 748-5122

**Website:** peterhall.qc.ca/en

**Email:** siegesocial@peterhall.qc.ca

**Services:** Head office. \* Primary and secondary campuses.

**Eligibility:** English and French-speaking students 4 to 21 years old with a mild, moderate, severe or profound intellectual disability, autism spectrum disorders or psychopathological disorders, with or without associated disabilities

**Capacity:** 500 for all campuses

**Coverage area:** Greater Montréal, South Shore and North Shore

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

**Fees:** fees for supervision, lunch and for school supplies

**Financing:** provincial

**Legal status:** non-profit organization

### **PETER HALL SCHOOL - CÔTE-VERTU**

840 de la Côte-Vertu Boulevard, Saint-Laurent, Montréal, QC, H4L 1Y4

**514 747-4075 Fax:** 514 747-0164

**Website:** peterhall.qc.ca/en

**Email:** cote-vertu@peterhall.qc.ca

**Services:** Secondary level programs in both French and English.

**Eligibility:** English and French-speaking students 12 to 21 years old with a mild, moderate, severe or profound intellectual disability, autism spectrum disorders or psychopathological disorders, with or without associated disabilities

**Capacity:** 250 students

**Coverage area:** Greater Montréal, South Shore and North Shore

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

**Fees:** tuition fees equivalent to public schools

**Financing:** provincial

**Legal status:** non-profit organization

### **PETER HALL SCHOOL - OUIMET**

1455 Rochon Street, Saint-Laurent, Montréal, QC, H4L 1W1

**514 748-1050 Fax:** 514 748-7544

**Website:** peterhall.qc.ca/en

**Email:** ouimet@peterhall.qc.ca

**Services:** Primary level program in both English and French.

**Eligibility:** English and French-speaking students 4 to 21 years old with a mild, moderate, severe or profound intellectual disability, autism spectrum disorders or psychopathological disorders, with or without associated disabilities

**Capacity:** 250 students

**Coverage area:** Greater Montréal, South Shore and North Shore

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

**Fees:** tuition fees equivalent to public schools

**Financing:** provincial

**Legal status:** non-profit organization

### **SUMMIT SCHOOL**

1750 Deguire Street, Saint-Laurent, Montréal, QC, H4L 1M7

**514 744-2867 Fax:** 514 744-6410

**Website:** www.summit-school.com

**Email:** admin@summit-school.com

**Services:** Private school with adapted programs. \* Preschool. \* Modified primary. \* Modified secondary cycle 1. \* Social integration program. \* Challenges program. \* Work oriented training program. \* CASP (competency-based approach to social participation) program. \* Support services: occupational therapy, physiotherapy, speech therapy.

**Eligibility:** students 4 to 21 years old living with developmental disabilities including intellectual disorders, behavioral and emotional disturbances, autism spectrum disorders, Down syndrome, anxiety and severe learning disabilities

**Capacity:** over 600 students

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday, school hours: 8h45 to 15h15, office hours: 8h30 to 17h00

**Fees:** annual registration: \$500

**Financing:** self-financing

**Legal status:** non-profit organization

## **Homework assistance and tutoring**

### **ENTRAIDE DES FAMILLES (ENFAM-QUÉBEC)**

1775 Edouard-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4L 2B9

**438 875-6014**

**Website:** www.enfam-qc.org

**Email:** contact@enfam-qc.org

**Services:** Personalized support for families. Material assistance \* Food bank: food assistance baskets worth \$200. \* Clothing bank: second hand clothes for all. \* Donations of dishes, mattresses and furniture. \* School supplies. \* Christmas baskets and gifts. Immigration \* Welcoming and needs assessment. \* Guidance, advice and information on community resources. \* Accompaniment for a period of 4 years to facilitate integration in the form of group workshops or individual interventions. \* Integration activities: sugar shack, Quebec's national holiday, etc. Families \* Workshops for parents: bullying and cyberbullying prevention, workshops on the functioning of the school system, etc. \* Homework assistance. \* Interventions and preventions. \* Day camps and spring break camp. \* Conferences.

**Eligibility:** immigrant families, families on a low income, school supplies: youth 5 to 15 years old, donations of dishes: newly arrived single-parent families

**Capacity:** 250 families

**Coverage area:** Ahuntsic-Cartierville, Saint-Laurent

**Hours:** Monday to Friday 11h00 to 16h00, food baskets: Thursday, except the last of the month

**Fees:** annual membership: \$20 per family, food assistance: \$30 per month, camps: \$70 per youth

**Financing:** federal, provincial, municipal

**Legal status:** non-profit organization

### **MAISON DES FAMILLES DE SAINT-LAURENT**

1159 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Z2

**514 333-8989 ext. 321**

**Website:** maisondesfamilles.org

**Email:** info@maisondesfamilles.org

**Services:** Meeting place for parents and socialization place for children. \* Parent-child workshops and stimulation activities. \* Perinatal: prenatal courses and accompaniment. \* Family outings. \* Discussion groups. \* Daycare. \* Parent-child homework assistance. \* Winter clothes sales once a year: winter clothing at low cost for babies, children and adults.

**Eligibility:** families with children between 0 and 10 years, new parents, newcomers

**Coverage area:** Saint-Laurent

**Hours:** Monday to Friday 9h00 to 18h00

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

### **SAINT-LAURENT YMCA - TOY LIBRARY AND FAMILY PROGRAM DEPARTMENT**

1745 Décarie Boulevard, Saint-Laurent, Montréal, QC, H4L 3N5

**514 747-9801 Fax: 514 744-6268**

**Website:** www.ymcaquebec.org/en/Community-Programs/Child-Family-Development-/Family-Resource-Centre

**Email:** joujoutheque.sl@ymcaquebec.org

**Services:** Place for meeting and relaxing for children et parents. \* Loan of educational toys. \* Homework assistance for 6 to 12 year olds. \* À la découvert de l'eau: swimming courses with parents for children 4 months to 5 years. \* Sports and leadership activities for 6 to 12 year olds. \* 40 developmental assets: workshops for parents. \* Parent-child sewing courses. \* Family outings.

**Eligibility:** families with children 0 to 12 years old

**Coverage area:** Saint-Laurent

**Hours:** variable

**Fees:** Toy library: \$65 per year per family

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

**Legal status:** non-profit organization

## **Language courses**

### **CENTRE D'ACCUEIL ET DE RÉFÉRENCE SOCIALE ET ÉCONOMIQUE POUR IMMIGRANTS DE SAINT-LAURENT**

774 Décarie Boulevard, Suite 300, Saint-Laurent, Montréal, QC, H4L 3L5

**514 748-2007 Fax: 514 748-2766**

**Website:** cari.qc.ca

**Email:** carist@cari.qc.ca

**Services:** Immigration \* Reception, referral, information and guidance. \* Certification of documents. \* Assistance with filling out forms. \* Francization, French classes and conversation workshops. \* English classes. \* Computer classes. \* Citizenship course. \* Pairing between Québec families and newcomers. \* Tax clinic. \* Daycare during activities. \* Form for Montrealers offering housing to incoming Ukrainians: [docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVjDw5IxcZFWEMMfWwBtdvFWsVtZn2JRYPg/viewform](https://docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVjDw5IxcZFWEMMfWwBtdvFWsVtZn2JRYPg/viewform)  
 Employment \* Employment: job search workshops, resume writing, individual monitoring, placement, networking, etc. Psychosocial support \* Psychoeducational clinic. \* Individual and group support for immigrant women, discussion workshops. Food \* Collective kitchens. Recreational activities \* Social, physical and educational activities for families. \* Manual, crafts and sewing workshops. \* Summer camp. \* Family holiday camp.

**Eligibility:** immigrant families and individuals, visible minorities, temporary residents, asylum seekers and refugees

**Coverage area:** Greater Montréal, particularly Saint-Laurent

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

**Fees:** none

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

**Legal status:** non-profit organization

### **CENTRE D'ENCADREMENT POUR JEUNES FEMMES IMMIGRANTES**

1775 Édouard-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4L 2B9

**514 744-2252 Fax:** 514 744-0540

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

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

**Services:** \* Information and referral. \* Trainings: head of family child care, hairdressing. \* Guidance, accompaniment and follow-up. \* Social and friendship networks. \* Promotion and public awareness. \* Language courses. \* Computer courses. \* Food and clothing assistance. \* Employability services. \* Psychosocial support. \* Legal assistance.

**Eligibility:** immigrant women, their family

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00, food assistance: Tuesday 15h00

**Financing:** provincial, federal

**Legal status:** non-profit organization

### **CENTRE DE SERVICES SCOLAIRE MARGUERITE-BOURGEOYS**

1100 de la Côte-Vertu Boulevard, Saint-Laurent, Montréal, QC, H4L 4V1

**514 855-4500 ext. 4502**

**Website:** [www.cssmb.gouv.qc.ca](http://www.cssmb.gouv.qc.ca)

**Email:** [info@cssmb.gouv.qc.ca](mailto:info@cssmb.gouv.qc.ca)

**Services:** French School Board gathering elementary, high and specialized schools. \* Vocational training. \* Adult education. \* Vocational training and adult education: help and orientation. \* High school equivalency test (TENS): assessment of the knowledge of adults who don't have a high school diploma in order to obtain a certificate of educational equivalence (AENS) that facilitates access to certain jobs and vocational training. \* French classes, literacy, integration services. \* Distance training. \* Services to companies. \* School transportation coordination.

**Coverage area:** Baie d'Urfé, Beaconsfield, Dollard-Des Ormeaux, Dorval, Kirkland, L'Île-Bizard-Sainte-Geneviève, Pierrefonds-Roxboro, Pointe-Claire, Sainte-Anne-de-Bellevue, Senneville, Côte-Saint-Luc, Hampstead, Lachine, LaSalle, Montréal-Ouest, Mont-Royal, Outremont, Saint-Laurent, Verdun

**Financing:** provincial, self-financing

**Legal status:** parapublic organization



**VANIER COLLEGE**

821 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3X9

**1 855 744-7500 Fax:** 514 744-7505

**Website:** www.vaniercollege.qc.ca

**Email:** info@vaniercollege.qc.ca

**Services:** Public higher education English language institution at the college level. \* Pre-university, career (DEC) and Attestation of College Studies programs (AEC). \* Ongoing education. \* Language school: French, English, Spanish, Japanese, Italian.

**Coverage area:** Province of Québec

**Financing:** provincial, self-financing

**Legal status:** parapublic organization

**Literacy****CENTRE DE PÉDIATRIE SOCIALE DE SAINT-LAURENT - AU COEUR DE L'ENFANCE**

1159 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Z2

**514 333-8989 ext. 521 Fax:** 514 940-3321

**Website:** aucoeurdelenfance.ca

**Email:** cps@aucoeurdelenfance.ca

**Services:** Reception, clinical assessment and support for children and families. \* Social perinatality: pregnancy care, multidisciplinary preventive services and pediatric follow-up. \* Language development support and stimulation workshops. \* Kindergarten preparation camps. \* Motor skills development. \* Parent-child workshops. \* Support group for parents of children with special needs. \* Social and leisure activities. \* Community garden. \* Donations collected on site: toys, clothing and sports equipment for children aged 0 to 12 years.

**Eligibility:** children, families

**Coverage area:** Saint-Laurent

**Hours:** depending on activities

**Fees:** none

**Financing:** foundations, fundraising campaigns

**Legal status:** non-profit organization

**CENTRE DE SERVICES SCOLAIRE MARGUERITE-BOURGEOYS**

1100 de la Côte-Vertu Boulevard, Saint-Laurent, Montréal, QC, H4L 4V1

**514 855-4500 ext. 4502**

**Website:** www.cssmb.gouv.qc.ca

**Email:** info@cssmb.gouv.qc.ca

**Services:** French School Board gathering elementary, high and specialized schools. \* Vocational training. \* Adult education. \* Vocational training and adult education: help and orientation. \* High school equivalency test (TENS): assessment of the knowledge of adults who don't have a high school diploma in order to obtain a certificate of educational equivalence (AENS) that facilitates access to certain jobs and vocational training. \* French classes, literacy, integration services. \* Distance training. \* Services to companies. \* School transportation coordination.

**Coverage area:** Baie d'Urfé, Beaconsfield, Dollard-Des Ormeaux, Dorval, Kirkland, L'Île-Bizard-Sainte-Geneviève, Pierrefonds-Roxboro, Pointe-Claire, Sainte-Anne-de-Bellevue, Senneville, Côte-Saint-Luc, Hampstead, Lachine, LaSalle, Montréal-Ouest, Mont-Royal, Outremont, Saint-Laurent, Verdun

**Financing:** provincial, self-financing

**Legal status:** parapublic organization

## Public education

### CENTRE D'ACCUEIL ET DE RÉFÉRENCE SOCIALE ET ÉCONOMIQUE POUR IMMIGRANTS DE SAINT-LAURENT

774 Décarie Boulevard, Suite 300, Saint-Laurent, Montréal, QC, H4L 3L5

**514 748-2007 Fax:** 514 748-2766

**Website:** cari.qc.ca

**Email:** carist@cari.qc.ca

**Services:** Immigration \* Reception, referral, information and guidance. \* Certification of documents. \* Assistance with filling out forms. \* Francization, French classes and conversation workshops. \* English classes. \* Computer classes. \* Citizenship course. \* Pairing between Québec families and newcomers. \* Tax clinic. \* Daycare during activities. \* Form for Montrealers offering housing to incoming Ukrainians: [docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVjDw5lxcZFWEMMfWwBtdvFWsVtZn2JRYPg/viewform](https://docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVjDw5lxcZFWEMMfWwBtdvFWsVtZn2JRYPg/viewform) Employment \* Employment: job search workshops, resume writing, individual monitoring, placement, networking, etc. Psychosocial support \* Psychoeducational clinic. \* Individual and group support for immigrant women, discussion workshops. Food \* Collective kitchens. Recreational activities \* Social, physical and educational activities for families. \* Manual, crafts and sewing workshops. \* Summer camp. \* Family holiday camp.

**Eligibility:** immigrant families and individuals, visible minorities, temporary residents, asylum seekers and refugees

**Coverage area:** Greater Montréal, particularly Saint-Laurent

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

**Fees:** none

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

**Legal status:** non-profit organization

### CENTRE DE SERVICES SCOLAIRE MARGUERITE-BOURGEOYS

1100 de la Côte-Vertu Boulevard, Saint-Laurent, Montréal, QC, H4L 4V1

**514 855-4500 ext. 4502**

**Website:** www.cssmb.gouv.qc.ca

**Email:** info@cssmb.gouv.qc.ca

**Services:** French School Board gathering elementary, high and specialized schools. \* Vocational training. \* Adult education. \* Vocational training and adult education: help and orientation. \* High school equivalency test (TENS): assessment of the knowledge of adults who don't have a high school diploma in order to obtain a certificate of educational equivalence (AENS) that facilitates access to certain jobs and vocational training. \* French classes, literacy, integration services. \* Distance training. \* Services to companies. \* School transportation coordination.

**Coverage area:** Baie d'Urfé, Beaconsfield, Dollard-Des Ormeaux, Dorval, Kirkland, L'Île-Bizard-Sainte-Geneviève, Pierrefonds-Roxboro, Pointe-Claire, Sainte-Anne-de-Bellevue, Senneville, Côte-Saint-Luc, Hampstead, Lachine, LaSalle, Montréal-Ouest, Mont-Royal, Outremont, Saint-Laurent, Verdun

**Financing:** provincial, self-financing

**Legal status:** parapublic organization

## School perseverance

### ACTE D'AMOUR !

710 Décarie Boulevard, Suite 1B, Saint-Laurent, Montréal, QC, H4L 3L5

**514 942-3632**

**Website:** www.actedamour.ca

**Email:** ensemble@actedamour.ca

**Services:** Services offered at home, youth centres, schools and organizations to promote the integration of vulnerable people and breaking down the isolation. Seniors \* Computer workshops. \* Memory game exercises. \* Bingo. \* Music and singing workshops. \* Help with reading. \* Accompaniment to walk. \* Special events. Youth \* Programs and workshops on bullying, violence, and school dropout. \* Science and technology workshops. Support for immigrant women \* Referrals, thematic workshops and conferences for immigrant women. \* Awareness and fight against the violence towards girls and women.

**Eligibility:** seniors with a loss of autonomy, youth 7 to 29, immigrant women

**Coverage area:** Province of Québec

**Hours:** variables

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

## PLACE BENOÎT COMMUNITY CENTRE

155 Benoît Place, Suite 02, Saint-Laurent, Montréal, QC, H4N 2H4

**514 744-0897 Fax:** 514 744-6205

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

**Email:** [infos@centreboncourage.org](mailto:infos@centreboncourage.org)

**Services:** Children and youth \* Youth programs for academic success and popular education. \* Early childhood program. \* Leadership program for youth from the black community. \* Day camp. Seniors \* Seniors program. Food \* Community meals. \* Community kitchen. \* Occasional buying groups. \* Food bank. Other \* Christmas activities for members. \* Neighbourhood committee. \* Community radio. \* Furniture and household items donation pairing for newcomers. \* Help with errands for the residents of Place Benoît.

**Eligibility:** multiethnic communities, people on a low income, seniors, families

**Coverage area:** Hodge-Place-Benoît neighborhood, Ward-Gold neighbourhood and surroundings

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

**Fees:** membership: \$5 to \$7

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

**Legal status:** non-profit organization

## School service centers

### CENTRE DE SERVICES SCOLAIRE MARGUERITE-BOURGEOYS

1100 de la Côte-Vertu Boulevard, Saint-Laurent, Montréal, QC, H4L 4V1

**514 855-4500 ext. 4502**

**Website:** [www.cssmb.gouv.qc.ca](http://www.cssmb.gouv.qc.ca)

**Email:** [info@cssmb.gouv.qc.ca](mailto:info@cssmb.gouv.qc.ca)

**Services:** French School Board gathering elementary, high and specialized schools. \* Vocational training. \* Adult education. \* Vocational training and adult education: help and orientation. \* High school equivalency test (TENS): assessment of the knowledge of adults who don't have a high school diploma in order to obtain a certificate of educational equivalence (AENS) that facilitates access to certain jobs and vocational training. \* French classes, literacy, integration services. \* Distance training. \* Services to companies. \* School transportation coordination.

**Coverage area:** Baie d'Urfé, Beaconsfield, Dollard-Des Ormeaux, Dorval, Kirkland, L'Île-Bizard-Sainte-Geneviève, Pierrefonds-Roxboro, Pointe-Claire, Sainte-Anne-de-Bellevue, Senneville, Côte-Saint-Luc, Hampstead, Lachine, LaSalle, Montréal-Ouest, Mont-Royal, Outremont, Saint-Laurent, Verdun

**Financing:** provincial, self-financing

**Legal status:** parapublic organization

## **Employment and Income Support**

### **BUDGET MANAGEMENT AND CONSUMPTION**

### **EMPLOYMENT SUPPORT FOR IMMIGRANTS**

### **EMPLOYMENT SUPPORT FOR YOUTH**

## Budget management and consumption

### CENTRE CULTUREL SYRIEN (LE)

Confidential Address

**Website:** www.centreculturelsyrien.org

**Email:** info@centreculturelsyrien.org

**Services:** Help to Syrian people. \* Benefits events: concerts, special evenings, etc. \* Collaboration with charitable organizations: financial support to Canadian organizations working in Syria and support for the integration of newcomers. \* Study bursaries for newcomers (continuing education). \* Promotion of Syrian culture through various events. \* Public and media awareness on issues related to refugees from the Middle East.

**Eligibility:** Syrian refugees and immigrants, Canadian organizations working on humanitarian projects in Syria

**Coverage area:** Canada

**Fees:** none

**Financing:** fundraising campaigns

**Legal status:** non-profit organization

### LEBANESE, SYRIAN CANADIAN LADIES' AID SOCIETY (THE)

571 Lebeau Boulevard, Suite 280, Saint-Laurent, Montréal, QC, H4N 1S2

**514 274-3583**

**Services:** \* Emergency food assistance through vouchers. \* Temporary financial support for medication and essential services, including school supplies and winter clothing. \* Distribution of house items, school supplies and Christmas baskets to those already benefiting from the emergency food assistance.

**Eligibility:** families from the Middle East

**Capacity:** between 15 and 30 families at a time

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 15h00

**Fees:** none

**Financing:** donations, fundraising campaigns

**Legal status:** non-profit organization

## Employment support for immigrants

### CENTRE D'ACCUEIL ET DE RÉFÉRENCE SOCIALE ET ÉCONOMIQUE POUR IMMIGRANTS DE SAINT-LAURENT

774 Décarie Boulevard, Suite 300, Saint-Laurent, Montréal, QC, H4L 3L5

**514 748-2007 Fax: 514 748-2766**

**Website:** cari.qc.ca

**Email:** carist@cari.qc.ca

**Services:** Immigration \* Reception, referral, information and guidance. \* Certification of documents. \* Assistance with filling out forms. \* Francization, French classes and conversation workshops. \* English classes. \* Computer classes. \* Citizenship course. \* Pairing between Québec families and newcomers. \* Tax clinic. \* Daycare during activities. \* Form for Montrealers offering housing to incoming Ukrainians: [docs.google.com/forms/d/e/1FAIpQLSfwl6LRUNoi8N0BVjDw5lxcZFwEMMfWwBtdvFWsVtZn2JRYPg/viewform](https://docs.google.com/forms/d/e/1FAIpQLSfwl6LRUNoi8N0BVjDw5lxcZFwEMMfWwBtdvFWsVtZn2JRYPg/viewform) Employment \* Employment: job search workshops, resume writing, individual monitoring, placement, networking, etc. Psychosocial support \* Psychoeducational clinic. \* Individual and group support for immigrant women, discussion workshops. Food \* Collective kitchens. Recreational activities \* Social, physical and educational activities for families. \* Manual, crafts and sewing workshops. \* Summer camp. \* Family holiday camp.

**Eligibility:** immigrant families and individuals, visible minorities, temporary residents, asylum seekers and refugees

**Coverage area:** Greater Montréal, particularly Saint-Laurent

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

**Fees:** none

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

**Legal status:** non-profit organization

### **CENTRE D'ENCADREMENT POUR JEUNES FEMMES IMMIGRANTES**

1775 Édouard-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4L 2B9

**514 744-2252 Fax:** 514 744-0540

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

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

**Services:** \* Information and referral. \* Trainings: head of family child care, hairdressing. \* Guidance, accompaniment and follow-up. \* Social and friendship networks. \* Promotion and public awareness. \* Language courses. \* Computer courses. \* Food and clothing assistance. \* Employability services. \* Psychosocial support. \* Legal assistance.

**Eligibility:** immigrant women, their family

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00, food assistance: Tuesday 15h00

**Financing:** provincial, federal

**Legal status:** non-profit organization

## **Employment support for youth**

### **CARREFOUR JEUNESSE-EMPLOI SAINT-LAURENT**

404 Décarie Boulevard, Suite 300, Saint-Laurent, Montréal, QC, H4L 5E6

**514 855-1616 Fax:** 514 747-0008

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

**Email:** [cje@cjestlaurent.org](mailto:cje@cjestlaurent.org)

**Services:** Employability assistance. \* Job search assistance. \* Academic and professional information. \* School perseverance and motivation. \* Business start-up advice. \* Paid job search group. \* Départ@9: group program to help develop the skills needed in the labour market. \* Focus: individual employability program for people with functional limitations. \* Job search room. \* Residential snow removal. \* Bonhomme à lunettes service point.

**Eligibility:** mainly for people 16 to 35 years old, Départ@9: youth 15 to 30 years old far from the labour market, focus: youth with a physical or psychological limitation

**Coverage area:** Saint-Laurent

**Hours:** Monday and Thursday 9h00 to 12h00 and 13h00 to 16h00, Tuesday 10h00 to 12h00 and 13h00 to 16h00, Wednesday 13h00 to 16h00, Friday 9h00 to 12h00

**Fees:** none

**Financing:** provincial, federal

**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

### COMITÉ DES ORGANISMES SOCIAUX DE SAINT-LAURENT

1375 Grenet Street, Saint-Laurent, Montréal, QC, H4L 5K3

**514 748-2000**

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

**Email:** [liaison@cossl.org](mailto:liaison@cossl.org)

**Services:** Consultation of neighbourhood community resources. \* Biannual sharing store: back-to-school supplies and food for the holiday season.

**Eligibility:** community organizations and institutions, sharing store: people on a low income

**Coverage area:** Saint-Laurent

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

**Fees:** annual contribution: \$10 for citizens, \$35 for community organizations and \$100 for institutions, sharing store: 10% of the regular price for residents of Saint-Laurent

**Financing:** Centraide of Greater Montréal, grants, contributions

**Legal status:** non-profit organization

### ENTRAIDE DES FAMILLES (ENFAM-QUÉBEC)

1775 Edouard-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4L 2B9

**438 875-6014**

**Website:** [www.enfam-qc.org](http://www.enfam-qc.org)

**Email:** [contact@enfam-qc.org](mailto:contact@enfam-qc.org)

**Services:** Personalized support for families. Material assistance \* Food bank: food assistance baskets worth \$200. \* Clothing bank: second hand clothes for all. \* Donations of dishes, mattresses and furniture. \* School supplies. \* Christmas baskets and gifts. Immigration \* Welcoming and needs assessment. \* Guidance, advice and information on community resources. \* Accompaniment for a period of 4 years to facilitate integration in the form of group workshops or individual interventions. \* Integration activities: sugar shack, Quebec's national holiday, etc. Families \* Workshops for parents: bullying and cyberbullying prevention, workshops on the functioning of the school system, etc. \* Homework assistance. \* Interventions and preventions. \* Day camps and spring break camp. \* Conferences.

**Eligibility:** immigrant families, families on a low income, school supplies: youth 5 to 15 years old, donations of dishes: newly arrived single-parent families

**Capacity:** 250 families

**Coverage area:** Ahuntsic-Cartierville, Saint-Laurent

**Hours:** Monday to Friday 11h00 to 16h00, food baskets: Thursday, except the last of the month

**Fees:** annual membership: \$20 per family, food assistance: \$30 per month, camps: \$70 per youth

**Financing:** federal, provincial, municipal

**Legal status:** non-profit organization

### PLACE BENOÎT COMMUNITY CENTRE

155 Benoît Place, Suite 02, Saint-Laurent, Montréal, QC, H4N 2H4

**514 744-0897** Fax: 514 744-6205

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

**Email:** [infos@centreboncourage.org](mailto:infos@centreboncourage.org)

**Services:** Children and youth \* Youth programs for academic success and popular education. \* Early childhood program. \* Leadership program for youth from the black community. \* Day camp. Seniors \* Seniors program. Food \* Community meals. \* Community kitchen. \* Occasional buying groups. \* Food bank. Other \* Christmas activities for members. \* Neighbourhood committee. \* Community radio. \* Furniture and household items donation pairing for newcomers. \* Help with errands for the residents of Place Benoît.

**Eligibility:** multiethnic communities, people on a low income, seniors, families

**Coverage area:** Hodge-Place-Benoît neighborhood, Ward-Gold neighbourhood and surroundings

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

**Fees:** membership: \$5 to \$7



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

**Legal status:** non-profit organization

### SAINT-LAURENT - BOROUGH

777 Marcel-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4M 2M7

**311 Fax:** 514 855-5939

**Website:** montreal.ca/en/saint-laurent

**Email:** saint-laurent@montreal.ca

**Services:** \* Accès Montréal card. \* Consultation of public notices. \* Administration of oath. \* Property assessment. \* Information and payment of municipal taxes. \* Ticket information and payment. \* Cat and dog licenses. \* Municipal service intervention requests. \* Low-cost housing application. \* Parking licenses. \* INFO-travaux: location of infrastructure work. \* Info-collectes: servicesenligne2.ville.montreal.qc.ca/sel/infocollectes \* Recycling and composting bins. \* Public domain occupation permits. \* Christmas sharing store. \* Recovery of dead animals on public property.

**Coverage area:** Saint-Laurent

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

**Financing:** municipal

**Legal status:** municipal agency

### SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINTE-CROIX

1055 Tassé Street, basement, Saint-Laurent, Montréal, QC, H4L 1P6

**514 747-3013**

**Website:** ssvp-mtl.org/en

**Email:** saintecroixconference@hotmail.com

**Services:** \* Home visits for punctual distribution of food vouchers. \* Christmas baskets. \* School supplies.

**Eligibility:** individuals and families on a low income, newly arrived immigrants

**Coverage area:** part of Saint-Laurent and Bordeaux-Cartierville

**Hours:** by appointment

**Fees:** free

**Financing:** donations

**Legal status:** non-profit organization

### VERTCITÉ

685 Décarie Boulevard, Suite 100, Saint-Laurent, Montréal, QC, H4L 5G4

**514 744-8333**

**Website:** www.vertcite.ca/en

**Email:** info@vertcite.ca

**Services:** Citizens' environmental projects and services. \* Éco-quartier Saint-Laurent-Pierrefonds-Roxboro: environmental education and awareness, tips, advice and accompaniment through sustainable development projects, information about waste management, greening and embellishment, etc. \* Green-shop: sale of green, organic and ethic products. \* Urban farming: creation of gardens and gardening classes. \* Management of public pianos in the district. \* Workshops, conferences, educational outings, etc. \* Christmas sharing-store.

**Coverage area:** Saint-Laurent, Pierrefonds-Roxboro

**Hours:** Tuesday and Wednesday 12h00 to 18h00, Thursday and Friday 12h00 to 19h00, Saturday 12h00 to 16h00

**Fees:** none

**Financing:** grants, self-financing

**Legal status:** non-profit organization

## Collective kitchens and cooking workshops

### CENTRE D'ACCUEIL ET DE RÉFÉRENCE SOCIALE ET ÉCONOMIQUE POUR IMMIGRANTS DE SAINT-LAURENT

774 Décarie Boulevard, Suite 300, Saint-Laurent, Montréal, QC, H4L 3L5

514 748-2007 Fax: 514 748-2766

Website: cari.qc.ca

Email: carist@cari.qc.ca

**Services:** Immigration \* Reception, referral, information and guidance. \* Certification of documents. \* Assistance with filling out forms. \* Francization, French classes and conversation workshops. \* English classes. \* Computer classes. \* Citizenship course. \* Pairing between Québec families and newcomers. \* Tax clinic. \* Daycare during activities. \* Form for Montrealers offering housing to incoming Ukrainians: [docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVjDw5lxcZFWEMMfWwBtdvFWsVtZn2JRYPg/viewform](https://docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVjDw5lxcZFWEMMfWwBtdvFWsVtZn2JRYPg/viewform) Employment \* Employment: job search workshops, resume writing, individual monitoring, placement, networking, etc. Psychosocial support \* Psychoeducational clinic. \* Individual and group support for immigrant women, discussion workshops. Food \* Collective kitchens. Recreational activities \* Social, physical and educational activities for families. \* Manual, crafts and sewing workshops. \* Summer camp. \* Family holiday camp.

**Eligibility:** immigrant families and individuals, visible minorities, temporary residents, asylum seekers and refugees

**Coverage area:** Greater Montréal, particularly Saint-Laurent

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

**Fees:** none

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

**Legal status:** non-profit organization

### CORPORATION CULTURELLE LATINO-AMÉRICAINNE DE L'AMITIÉ

1357 Saint-Louis Street, Saint-Laurent, Montréal, QC, H4L 2P4

514 543-0416

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

Email: [cocla.mtl@gmail.com](mailto:cocla.mtl@gmail.com)

**Services:** \* Food bank. \* Community grocery store. \* Community meals. \* Nutritional training and workshop, community nutritionist. \* Outreach work initiative for seniors living in a vulnerable situation (ITMAV). \* Information and referral. \* Assistance with filling out forms. \* Seniors' program to break isolation. \* Assistance to the integration of people with disabilities. \* On-site recovery of food donations. \* Christmas party.

**Eligibility:** any person in need, newcomers and refugees

**Coverage area:** Saint-Laurent

**Hours:** community grocery store: Monday to Friday 11h00 to 17h00, Saturday and Sunday 13h00 to 17h00

**Fees:** community grocery store: with or without contribution

**Financing:** federal, provincial, municipal

**Legal status:** non-profit organization

### PLACE BENOÎT COMMUNITY CENTRE

155 Benoît Place, Suite 02, Saint-Laurent, Montréal, QC, H4N 2H4

514 744-0897 Fax: 514 744-6205

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

Email: [infos@centreboncourage.org](mailto:infos@centreboncourage.org)

**Services:** Children and youth \* Youth programs for academic success and popular education. \* Early childhood program. \* Leadership program for youth from the black community. \* Day camp. Seniors \* Seniors program. Food \* Community meals. \* Community kitchen. \* Occasional buying groups. \* Food bank. Other \* Christmas activities for members. \* Neighbourhood committee. \* Community radio. \* Furniture and household items donation pairing for newcomers. \* Help with errands for the residents of Place Benoît.

**Eligibility:** multiethnic communities, people on a low income, seniors, families

**Coverage area:** Hodge-Place-Benoît neighborhood, Ward-Gold neighbourhood and surroundings

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

**Fees:** membership: \$5 to \$7

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

**Legal status:** non-profit organization

## Community gardens and markets

### CENTRE DE PÉDIATRIE SOCIALE DE SAINT-LAURENT - AU COEUR DE L'ENFANCE

1159 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Z2

**514 333-8989 ext. 521 Fax:** 514 940-3321

**Website:** [aucoeurdelenfance.ca](http://aucoeurdelenfance.ca)

**Email:** [cps@aucoeurdelenfance.ca](mailto:cps@aucoeurdelenfance.ca)

**Services:** Reception, clinical assessment and support for children and families. \* Social perinatality: pregnancy care, multidisciplinary preventive services and pediatric follow-up. \* Language development support and stimulation workshops. \* Kindergarten preparation camps. \* Motor skills development. \* Parent-children workshops. \* Support group for parents of children with special needs. \* Social and leisure activities. \* Community garden. \* Donations collected on site: toys, clothing and sports equipment for children aged 0 to 12 years.

**Eligibility:** children, families

**Coverage area:** Saint-Laurent

**Hours:** depending on activities

**Fees:** none

**Financing:** foundations, fundraising campaigns

**Legal status:** non-profit organization

### VERTCITÉ

685 Décarie Boulevard, Suite 100, Saint-Laurent, Montréal, QC, H4L 5G4

**514 744-8333**

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

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

**Services:** Citizens' environmental projects and services. \* Éco-quartier Saint-Laurent-Pierrefonds-Roxboro: environmental education and awareness, tips, advice and accompaniment through sustainable development projects, information about waste management, greening and embellishment, etc. \* Green-shop: sale of green, organic and ethic products. \* Urban farming: creation of gardens and gardening classes. \* Management of public pianos in the district. \* Workshops, conferences, educational outings, etc. \* Christmas sharing-store.

**Coverage area:** Saint-Laurent, Pierrefonds-Roxboro

**Hours:** Tuesday and Wednesday 12h00 to 18h00, Thursday and Friday 12h00 to 19h00, Saturday 12h00 to 16h00

**Fees:** none

**Financing:** grants, self-financing

**Legal status:** non-profit organization

## Food Assistance

### CENTRE D'ENCADREMENT POUR JEUNES FEMMES IMMIGRANTES

1775 Édouard-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4L 2B9

**514 744-2252 Fax:** 514 744-0540

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

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

**Services:** \* Information and referral. \* Trainings: head of family child care, hairdressing. \* Guidance, accompaniment and follow-up. \* Social and friendship networks. \* Promotion and public awareness. \* Language courses. \* Computer courses. \* Food and clothing assistance. \* Employability services. \* Psychosocial support. \* Legal assistance.

**Eligibility:** immigrant women, their family

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00, food assistance: Tuesday 15h00

**Financing:** provincial, federal

**Legal status:** non-profit organization

## COMITÉ DES ORGANISMES SOCIAUX DE SAINT-LAURENT

1375 Grenet Street, Saint-Laurent, Montréal, QC, H4L 5K3

**514 748-2000**

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

**Email:** [liaison@cossl.org](mailto:liaison@cossl.org)

**Services:** Consultation of neighbourhood community resources. \* Biannual sharing store: back-to-school supplies and food for the holiday season.

**Eligibility:** community organizations and institutions, sharing store: people on a low income

**Coverage area:** Saint-Laurent

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

**Fees:** annual contribution: \$10 for citizens, \$35 for community organizations and \$100 for institutions, sharing store: 10% of the regular price for residents of Saint-Laurent

**Financing:** Centraide of Greater Montréal, grants, contributions

**Legal status:** non-profit organization

## CORPORATION CULTURELLE LATINO-AMÉRICAINNE DE L'AMITIÉ

1357 Saint-Louis Street, Saint-Laurent, Montréal, QC, H4L 2P4

**514 543-0416**

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

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

**Services:** \* Food bank. \* Community grocery store. \* Community meals. \* Nutritional training and workshop, community nutritionist. \* Outreach work initiative for seniors living in a vulnerable situation (ITMAV). \* Information and referral. \* Assistance with filling out forms. \* Seniors' program to break isolation. \* Assistance to the integration of people with disabilities. \* On-site recovery of food donations. \* Christmas party.

**Eligibility:** any person in need, newcomers and refugees

**Coverage area:** Saint-Laurent

**Hours:** community grocery store: Monday to Friday 11h00 to 17h00, Saturday and Sunday 13h00 to 17h00

**Fees:** community grocery store: with or without contribution

**Financing:** federal, provincial, municipal

**Legal status:** non-profit organization

## ENTRAIDE DES FAMILLES (ENFAM-QUÉBEC)

1775 Edouard-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4L 2B9

**438 875-6014**

**Website:** [www.enfam-qc.org](http://www.enfam-qc.org)

**Email:** [contact@enfam-qc.org](mailto:contact@enfam-qc.org)

**Services:** Personalized support for families. Material assistance \* Food bank: food assistance baskets worth \$200. \* Clothing bank: second hand clothes for all. \* Donations of dishes, mattresses and furniture. \* School supplies. \* Christmas baskets and gifts. Immigration \* Welcoming and needs assessment. \* Guidance, advice and information on community resources. \* Accompaniment for a period of 4 years to facilitate integration in the form of group workshops or individual interventions. \* Integration activities: sugar shack, Quebec's national holiday, etc. Families \* Workshops for parents: bullying and cyberbullying prevention, workshops on the functioning of the school system, etc. \* Homework assistance. \* Interventions and preventions. \* Day camps and spring break camp. \* Conferences.

**Eligibility:** immigrant families, families on a low income, school supplies: youth 5 to 15 years old, donations of dishes: newly arrived single-parent families

**Capacity:** 250 families

**Coverage area:** Ahuntsic-Cartierville, Saint-Laurent

**Hours:** Monday to Friday 11h00 to 16h00, food baskets: Thursday, except the last of the month

**Fees:** annual membership: \$20 per family, food assistance: \$30 per month, camps: \$70 per youth

**Financing:** federal, provincial, municipal

**Legal status:** non-profit organization

### **LEBANESE, SYRIAN CANADIAN LADIES' AID SOCIETY (THE)**

571 Lebeau Boulevard, Suite 280, Saint-Laurent, Montréal, QC, H4N 1S2

**514 274-3583**

**Services:** \* Emergency food assistance through vouchers. \* Temporary financial support for medication and essential services, including school supplies and winter clothing. \* Distribution of house items, school supplies and Christmas baskets to those already benefiting from the emergency food assistance.

**Eligibility:** families from the Middle East

**Capacity:** between 15 and 30 families at a time

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 15h00

**Fees:** none

**Financing:** donations, fundraising campaigns

**Legal status:** non-profit organization

### **OASIS DE SAINT-LAURENT (L')**

1895 de l'Église Street, Saint-Laurent, Montréal, QC, H4M 1E6

**514 747-7621**

**Email:** oasisstlaurent@gmail.com

**Services:** \* Food bags: perishable and non-perishable goods.

**Eligibility:** people on a low income

**Capacity:** about 80 families per week

**Coverage area:** Saint-Laurent

**Hours:** Thursday 13h00 to 15h15

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

### **PLACE BENOÎT COMMUNITY CENTRE**

155 Benoît Place, Suite 02, Saint-Laurent, Montréal, QC, H4N 2H4

**514 744-0897 Fax:** 514 744-6205

**Website:** www.centreboncourage.org

**Email:** infos@centreboncourage.org

**Services:** Children and youth \* Youth programs for academic success and popular education. \* Early childhood program. \* Leadership program for youth from the black community. \* Day camp. Seniors \* Seniors program. Food \* Community meals. \* Community kitchen. \* Occasional buying groups. \* Food bank. Other \* Christmas activities for members. \* Neighbourhood committee. \* Community radio. \* Furniture and household items donation pairing for newcomers. \* Help with errands for the residents of Place Benoît.

**Eligibility:** multiethnic communities, people on a low income, seniors, families

**Coverage area:** Hodge-Place-Benoît neighborhood, Ward-Gold neighbourhood and surroundings

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

**Fees:** membership: \$5 to \$7

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

**Legal status:** non-profit organization

**SAINT-LAURENT - BOROUGH**

777 Marcel-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4M 2M7

**311 Fax:** 514 855-5939

**Website:** montreal.ca/en/saint-laurent

**Email:** saint-laurent@montreal.ca

**Services:** \* Accès Montréal card. \* Consultation of public notices. \* Administration of oath. \* Property assessment. \* Information and payment of municipal taxes. \* Ticket information and payment. \* Cat and dog licenses. \* Municipal service intervention requests. \* Low-cost housing application. \* Parking licenses. \* INFO-travaux: location of infrastructure work. \* Info-collectes: servicesenligne2.ville.montreal.qc.ca/sel/infocollectes \* Recycling and composting bins. \* Public domain occupation permits. \* Christmas sharing store. \* Recovery of dead animals on public property.

**Coverage area:** Saint-Laurent

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

**Financing:** municipal

**Legal status:** municipal agency

**SAINT-LAURENT VOLUNTEER BUREAU**

910 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Y6

**514 744-5511 Fax:** 514 744-1206

**Website:** www.centreabc.org/en

**Email:** services@centreabc.org

**Services:** Seniors \* Meals on wheels. \* Friendly visits and phone calls. \* Respite for caregivers. \* Support group and grieving workshops. \* In-home assistance with reading and writing mail. \* Tax clinic. \* Medical transportation. \* Assistance for errands. Food \* Community fridge. Maternal assistance \* Mairaine-tendresse: pairing for new mothers. Community action \* Volunteers recruitment, guidance and training. \* Referral towards organizations. \* Support for Montréal community organizations. \* Distribution of parking stickers for organizations offering accompaniment or transportation.

**Eligibility:** people 12 years and over interested in volunteering, seniors 65 years and over with a loss of autonomy, new mothers, community fridge: general population

**Coverage area:** Saint-Laurent

**Hours:** Monday, Tuesday, Wednesday and Friday 8h00 to 17h30, Thursday 8h00 to 20h00

**Fees:** \$10 per year for beneficiary only

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

**Legal status:** non-profit organization

**SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINTE-CROIX**

1055 Tassé Street, basement, Saint-Laurent, Montréal, QC, H4L 1P6

**514 747-3013**

**Website:** ssvp-mtl.org/en

**Email:** saintcroixconference@hotmail.com

**Services:** \* Home visits for punctual distribution of food vouchers. \* Christmas baskets. \* School supplies.

**Eligibility:** individuals and families on a low income, newly arrived immigrants

**Coverage area:** part of Saint-Laurent and Bordeaux-Cartierville

**Hours:** by appointment

**Fees:** free

**Financing:** donations

**Legal status:** non-profit organization

**VERTCITÉ**

685 Décarie Boulevard, Suite 100, Saint-Laurent, Montréal, QC, H4L 5G4

**514 744-8333**

**Website:** www.vertcite.ca/en

**Email:** info@vertcite.ca

**Services:** Citizens' environmental projects and services. \* Éco-quartier Saint-Laurent-Pierrefonds-Roxboro: environmental education and awareness, tips, advice and accompaniment through sustainable development projects, information about waste management, greening and embellishment, etc. \* Green-shop: sale of green, organic and ethic products. \* Urban farming: creation of gardens and gardening classes. \* Management of public pianos in the district. \* Workshops, conferences, educational outings, etc. \* Christmas sharing-store.

**Coverage area:** Saint-Laurent, Pierrefonds-Roxboro

**Hours:** Tuesday and Wednesday 12h00 to 18h00, Thursday and Friday 12h00 to 19h00, Saturday 12h00 to 16h00

**Fees:** none

**Financing:** grants, self-financing

**Legal status:** non-profit organization

## Food assistance coordination

### CENTRE D'ENCADREMENT POUR JEUNES FEMMES IMMIGRANTES

1775 Édouard-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4L 2B9

**514 744-2252 Fax:** 514 744-0540

**Website:** www.cejfi.org

**Email:** info@cejfi.org

**Services:** \* Information and referral. \* Trainings: head of family child care, hairdressing. \* Guidance, accompaniment and follow-up. \* Social and friendship networks. \* Promotion and public awareness. \* Language courses. \* Computer courses. \* Food and clothing assistance. \* Employability services. \* Psychosocial support. \* Legal assistance.

**Eligibility:** immigrant women, their family

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00, food assistance: Tuesday 15h00

**Financing:** provincial, federal

**Legal status:** non-profit organization

### CORPORATION CULTURELLE LATINO-AMÉRICAIN DE L'AMITIÉ

1357 Saint-Louis Street, Saint-Laurent, Montréal, QC, H4L 2P4

**514 543-0416**

**Website:** www.coclamontreal.org

**Email:** cocla.mtl@gmail.com

**Services:** \* Food bank. \* Community grocery store. \* Community meals. \* Nutritional training and workshop, community nutritionist. \* Outreach work initiative for seniors living in a vulnerable situation (ITMAV). \* Information and referral. \* Assistance with filling out forms. \* Seniors' program to break isolation. \* Assistance to the integration of people with disabilities. \* On-site recovery of food donations. \* Christmas party.

**Eligibility:** any person in need, newcomers and refugees

**Coverage area:** Saint-Laurent

**Hours:** community grocery store: Monday to Friday 11h00 to 17h00, Saturday and Sunday 13h00 to 17h00

**Fees:** community grocery store: with or without contribution

**Financing:** federal, provincial, municipal

**Legal status:** non-profit organization

### MOISSON MONTRÉAL

6880 de la Côte-de-Liesse Road, Saint-Laurent, Montréal, QC, H4T 2A1

**514 344-4494 ext. 221**

**Website:** www.moissonmontreal.org/en

**Email:** info@moissonmontreal.org

**Services:** Recovery of food and other essentials, sorting and distribution to community organizations.

**Eligibility:** community organizations offering food assistance to disadvantaged people

**Capacity:** over 300 organizations

**Coverage area:** Montréal Island

**Hours:** Monday to Thursday 7h30 to 15h45, Friday 7h30 to 12h00

**Fees:** none

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

**Legal status:** non-profit organization

### **RESSOURCES JEUNESSE DE SAINT-LAURENT - APPARTEMENTS SUPERVISÉS**

1550 Élizabeth Street, Suite 100, Saint-Laurent, Montréal, QC, H4L 5N7

**514 748-0202 ext. 225** Fax: 514 747-3883

**Website:** www.rjsl.ca

**Email:** coordo.admin@rjsl.ca

**Services:** Supervised apartments for young adults in difficulty. \* Psychosocial follow-up offering accommodation for a maximum of three years. \* Christmas baskets for residents.

**Eligibility:** people from 18 to 25 years in difficulty, who have managed to stabilize their situation for the last 3 months

**Capacity:** 34 3 ½ supervised apartments for single people

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h30 to 18h00

**Fees:** 25% of income per month

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

**Legal status:** non-profit organization

### **Low cost or free meals**

#### **CLUB DE L'ÂGE D'OR SAINT-HIPPOLYTE (VILLE SAINT-LAURENT)**

1415 Filion Street, Saint-Laurent, Montréal, QC, H4L 4E7

**514 747-4300**

**Services:** \* Physical exercise. \* Community meals. \* Outings. \* Conferences.

**Eligibility:** people 50 years and over

**Coverage area:** Saint-Laurent

**Hours:** physical activities: Tuesday and Thursday mornings

**Fees:** membership: \$10

**Financing:** provincial, municipal, donations, contributions

**Legal status:** non-profit organization

#### **CORPORATION CULTURELLE LATINO-AMÉRICAINNE DE L'AMITIÉ**

1357 Saint-Louis Street, Saint-Laurent, Montréal, QC, H4L 2P4

**514 543-0416**

**Website:** www.coclamontreal.org

**Email:** cocla.mtl@gmail.com

**Services:** \* Food bank. \* Community grocery store. \* Community meals. \* Nutritional training and workshop, community nutritionist. \* Outreach work initiative for seniors living in a vulnerable situation (ITMAV). \* Information and referral. \* Assistance with filling out forms. \* Seniors' program to break isolation. \* Assistance to the integration of people with disabilities. \* On-site recovery of food donations. \* Christmas party.

**Eligibility:** any person in need, newcomers and refugees

**Coverage area:** Saint-Laurent

**Hours:** community grocery store: Monday to Friday 11h00 to 17h00, Saturday and Sunday 13h00 to 17h00

**Fees:** community grocery store: with or without contribution

**Financing:** federal, provincial, municipal

**Legal status:** non-profit organization



**HANDICAPÉS DE SAINT-LAURENT**

1375 Grenet Street, Saint-Laurent, Montréal, QC, H4L 5K3

**514 855-6110 ext. 4937**

**Services:** Social club for autonomous disabled people. \* Community meals. \* Christmas meal. \* Cultural outings in summer.

**Eligibility:** autonomous disabled people

**Coverage area:** Montréal Island

**Hours:** September 7th 2022 to May 31st 2023: Wednesday 9h00 to 15h00

**Fees:** annual membership: \$7, activities: variable

**Financing:** financing campaigns, provincial, municipal, donations, contributions

**Legal status:** non-profit organization

**PLACE BENOÎT COMMUNITY CENTRE**

155 Benoît Place, Suite 02, Saint-Laurent, Montréal, QC, H4N 2H4

**514 744-0897 Fax: 514 744-6205**

**Website:** www.centreboncourage.org

**Email:** infos@centreboncourage.org

**Services:** Children and youth \* Youth programs for academic success and popular education. \* Early childhood program. \* Leadership program for youth from the black community. \* Day camp. Seniors \* Seniors program. Food \* Community meals. \* Community kitchen. \* Occasional buying groups. \* Food bank. Other \* Christmas activities for members. \* Neighbourhood committee. \* Community radio. \* Furniture and household items donation pairing for newcomers. \* Help with errands for the residents of Place Benoît.

**Eligibility:** multiethnic communities, people on a low income, seniors, families

**Coverage area:** Hodge-Place-Benoît neighborhood, Ward-Gold neighbourhood and surroundings

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

**Fees:** membership: \$5 to \$7

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

**Legal status:** non-profit organization

**TEKEYAN ARMENIAN CULTURAL ASSOCIATION**

825 Manoogian Street, Saint-Laurent, Montréal, QC, H4N 1Z5

**514 747-6680 Fax: 514 747-6162**

**Website:** tekeyanmontreal.ca

**Email:** centretekeyan@bellnet.ca

**Services:** \* Cultural activities: theater, arts ad crafts, literature, traditional dance. \* Social activities. \* Summer day camps. \* Armenian books library. \* Abaka weekly newspaper. \* Vision Créative Tekeyan: variety shows with cultural themes. \* Hay Pem theater company. \* Annual bazaar. \* Weekly community dinners. \* Operation of the Tekeyan Center. \* Room rental.

**Eligibility:** people from the Armenian community

**Coverage area:** Montréal Island, Laval

**Hours:** community meals: Friday evening

**Fees:** annual membership: \$25 for students and people 65 years old and over, \$45 regular, activities: variable

**Financing:** donations, self-financing, membership fees

**Legal status:** non-profit organization

**Prepared meals and Meals-on-wheels****CEDARS HOME FOR THE ELDERLY**

1275 de la Côte-Vertu Boulevard, Suite 200, Saint-Laurent, Montréal, QC, H4L 4V2

**514 389-1023 Fax: 514 389-0581**

**Website:** www.centrelescedres.ca

**Email:** info@centrelescedres.ca

**Services:** \* Residential long-term care centre. \* Meals on wheels with Lebanese and Oriental meals.  
**Eligibility:** seniors of the Middle East Christian community, meals on wheels: seniors 65 years and over,  
 housing: people who require more than 3 hours of care per day  
**Capacity:** housing: 32 beds  
**Coverage area:** Montréal Island  
**Hours:** Monday to Friday 9h00 to 16h30  
**Financing:** provincial  
**Legal status:** non-profit organization

### SAINT-LAURENT VOLUNTEER BUREAU

910 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Y6

**514 744-5511 Fax:** 514 744-1206

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

**Email:** [services@centreabc.org](mailto:services@centreabc.org)

**Services:** Seniors \* Meals on wheels. \* Friendly visits and phone calls. \* Respite for caregivers. \* Support group and grieving workshops. \* In-home assistance with reading and writing mail. \* Tax clinic. \* Medical transportation. \* Assistance for errands. Food \* Community fridge. Maternal assistance \* Mairaine-tendresse: pairing for new mothers. Community action \* Volunteers recruitment, guidance and training. \* Referral towards organizations. \* Support for Montréal community organizations. \* Distribution of parking stickers for organizations offering accompaniment or transportation.

**Eligibility:** people 12 years and over interested in volunteering, seniors 65 years and over with a loss of autonomy, new mothers, community fridge: general population

**Coverage area:** Saint-Laurent

**Hours:** Monday, Tuesday, Wednesday and Friday 8h00 to 17h30, Thursday 8h00 to 20h00

**Fees:** \$10 per year for beneficiary only

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

**Legal status:** non-profit organization

**Government services**

**FEDERAL SERVICES**

**INCOME STATEMENTS**

**MUNICIPAL SERVICES**

**OFFICIAL DOCUMENTS**

**PROVINCIAL SERVICES**

## Federal services

### SAINT-LAURENT PASSPORT CANADA OFFICE

2089 Marcel-Laurin Boulevard, Suite 100, Saint-Laurent, Montréal, QC, H4R 1K4

**1 800 567-6868** TTY: 1 866 255-7655

**Website:** [www.canada.ca/en/immigration-refugees-citizenship/services/canadian-passports.html](http://www.canada.ca/en/immigration-refugees-citizenship/services/canadian-passports.html)

**Email:** IRCC.COMMMediaRelations-RelationsmediasCOMM.IRCC@cic.gc.ca

**Services:** Issuance of Canadian passports and other travel documents. \* Biometrics collection service by appointment.

**Coverage area:** Canada

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

**Fees:** variable, according to the type of passport

**Financing:** federal

**Legal status:** federal government agency

## Income statements

### REVENU QUÉBEC - MONTRÉAL WEST

3300 de la Côte-Vertu Boulevard, 2th floor, Saint-Laurent, Montréal, QC, H4R 2B7

**514 864-6299** TTY: 514 873-4455

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

**Services:** \* Administration of Québec's tax system through the collection of income tax and consumption taxes.

\* Administration of programs and services related to income: tax credits, housing benefit, work bonus, maintenance allowances, provisional administration of unclaimed property, Registraire des Entreprises.

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 10h00 to 16h30, phone service: Monday to Friday 8h30 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

### SAINT-LAURENT - BOROUGH

777 Marcel-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4M 2M7

**311** Fax: 514 855-5939

**Website:** [montreal.ca/en/saint-laurent](http://montreal.ca/en/saint-laurent)

**Email:** [saint-laurent@montreal.ca](mailto:saint-laurent@montreal.ca)

**Services:** \* Accès Montréal card. \* Consultation of public notices. \* Administration of oath. \* Property assessment. \* Information and payment of municipal taxes. \* Ticket information and payment. \* Cat and dog licenses. \* Municipal service intervention requests. \* Low-cost housing application. \* Parking licenses. \* INFO-travaux: location of infrastructure work. \* Info-collectes: [servicesenligne2.ville.montreal.qc.ca/sel/infocollectes](http://servicesenligne2.ville.montreal.qc.ca/sel/infocollectes) \* Recycling and composting bins. \* Public domain occupation permits. \* Christmas sharing store. \* Recovery of dead animals on public property.

**Coverage area:** Saint-Laurent

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

**Financing:** municipal

**Legal status:** municipal agency

## Municipal services

### MONTRÉAL - CITY - ÉCOCENTRE SAINT-LAURENT

3535 Sartelon Street, Saint-Laurent, Montréal, QC, H4R 0K5

**514 872-0384**

**Website:** [montreal.ca/en/places/ecocentre-saint-laurent](http://montreal.ca/en/places/ecocentre-saint-laurent)

## Government services

**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 and owners of multi-unit buildings

**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:** none

**Financing:** municipal

**Legal status:** municipal agency

**SAINT-LAURENT - BOROUGH**

777 Marcel-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4M 2M7

**311 Fax:** 514 855-5939

**Website:** montreal.ca/en/saint-laurent

**Email:** saint-laurent@montreal.ca

**Services:** \* Accès Montréal card. \* Consultation of public notices. \* Administration of oath. \* Property assessment. \* Information and payment of municipal taxes. \* Ticket information and payment. \* Cat and dog licenses. \* Municipal service intervention requests. \* Low-cost housing application. \* Parking licenses. \* INFO-travaux: location of infrastructure work. \* Info-collectes: servicesenligne2.ville.montreal.qc.ca/sel/infocollectes \* Recycling and composting bins. \* Public domain occupation permits. \* Christmas sharing store. \* Recovery of dead animals on public property.

**Coverage area:** Saint-Laurent

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

**Financing:** municipal

**Legal status:** municipal agency

**SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 7 - SAINT-LAURENT**

1761 Grenet Street, Saint-Laurent, Montréal, QC, H4L 2R6

**514 280-0107 Fax:** 514 280-0607

**Website:** spvm.qc.ca/en/PDQ7

**Email:** pdq7@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:** Saint-Laurent

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

**Financing:** municipal, provincial

**Legal status:** municipal agency

**VERTCITÉ**

685 Décarie Boulevard, Suite 100, Saint-Laurent, Montréal, QC, H4L 5G4

**514 744-8333**

**Website:** www.vertcite.ca/en

**Email:** info@vertcite.ca

**Services:** Citizens' environmental projects and services. \* Éco-quartier Saint-Laurent-Pierrefonds-Roxboro: environmental education and awareness, tips, advice and accompaniment through sustainable development projects, information about waste management, greening and embellishment, etc. \* Green-shop: sale of green, organic and ethic products. \* Urban farming: creation of gardens and gardening classes. \* Management of public pianos in the district. \* Workshops, conferences, educational outings, etc. \* Christmas sharing-store.

**Coverage area:** Saint-Laurent, Pierrefonds-Roxboro

**Hours:** Tuesday and Wednesday 12h00 to 18h00, Thursday and Friday 12h00 to 19h00, Saturday 12h00 to 16h00

**Fees:** none

**Financing:** grants, self-financing

**Legal status:** non-profit organization

## Official documents

### CENTRE D'ACCUEIL ET DE RÉFÉRENCE SOCIALE ET ÉCONOMIQUE POUR IMMIGRANTS DE SAINT-LAURENT

774 Décarie Boulevard, Suite 300, Saint-Laurent, Montréal, QC, H4L 3L5

**514 748-2007 Fax:** 514 748-2766

**Website:** [cari.qc.ca](http://cari.qc.ca)

**Email:** [carist@cari.qc.ca](mailto:carist@cari.qc.ca)

**Services:** Immigration \* Reception, referral, information and guidance. \* Certification of documents. \* Assistance with filling out forms. \* Francization, French classes and conversation workshops. \* English classes. \* Computer classes. \* Citizenship course. \* Pairing between Québec families and newcomers. \* Tax clinic. \* Daycare during activities. \* Form for Montrealers offering housing to incoming Ukrainians: [docs.google.com/forms/d/e/1FAIpQLSfwl6LRUNoi8N0BVjDw5lxcZFwEMMfWwBtdvFWsVtZn2JRYPg/viewform](https://docs.google.com/forms/d/e/1FAIpQLSfwl6LRUNoi8N0BVjDw5lxcZFwEMMfWwBtdvFWsVtZn2JRYPg/viewform) Employment \* Employment: job search workshops, resume writing, individual monitoring, placement, networking, etc. Psychosocial support \* Psychoeducational clinic. \* Individual and group support for immigrant women, discussion workshops. Food \* Collective kitchens. Recreational activities \* Social, physical and educational activities for families. \* Manual, crafts and sewing workshops. \* Summer camp. \* Family holiday camp.

**Eligibility:** immigrant families and individuals, visible minorities, temporary residents, asylum seekers and refugees

**Coverage area:** Greater Montréal, particularly Saint-Laurent

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

**Fees:** none

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

**Legal status:** non-profit organization

### SAINT-LAURENT - BOROUGH

777 Marcel-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4M 2M7

**311 Fax:** 514 855-5939

**Website:** [montreal.ca/en/saint-laurent](http://montreal.ca/en/saint-laurent)

**Email:** [saint-laurent@montreal.ca](mailto:saint-laurent@montreal.ca)

**Services:** \* Accès Montréal card. \* Consultation of public notices. \* Administration of oath. \* Property assessment. \* Information and payment of municipal taxes. \* Ticket information and payment. \* Cat and dog licenses. \* Municipal service intervention requests. \* Low-cost housing application. \* Parking licenses. \* INFO-travaux: location of infrastructure work. \* Info-collectes: [servicesenligne2.ville.montreal.qc.ca/sel/infocollectes](http://servicesenligne2.ville.montreal.qc.ca/sel/infocollectes) \* Recycling and composting bins. \* Public domain occupation permits. \* Christmas sharing store. \* Recovery of dead animals on public property.

**Coverage area:** Saint-Laurent

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

**Financing:** municipal

**Legal status:** municipal agency

### SAINT-LAURENT PASSPORT CANADA OFFICE

2089 Marcel-Laurin Boulevard, Suite 100, Saint-Laurent, Montréal, QC, H4R 1K4

**1 800 567-6868 TTY:** 1 866 255-7655

**Website:** [www.canada.ca/en/immigration-refugees-citizenship/services/canadian-passports.html](http://www.canada.ca/en/immigration-refugees-citizenship/services/canadian-passports.html)

**Email:** [IRCC.COMMMediaRelations-RelationsmediasCOMM.IRCC@cic.gc.ca](mailto:IRCC.COMMMediaRelations-RelationsmediasCOMM.IRCC@cic.gc.ca)

**Services:** Issuance of Canadian passports and other travel documents. \* Biometrics collection service by appointment.

**Coverage area:** Canada

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

**Fees:** variable, according to the type of passport

**Financing:** federal

**Legal status:** federal government agency

### **SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 7 - SAINT-LAURENT**

1761 Grenet Street, Saint-Laurent, Montréal, QC, H4L 2R6

**514 280-0107 Fax:** 514 280-0607

**Website:** [spvm.qc.ca/en/PDQ7](http://spvm.qc.ca/en/PDQ7)

**Email:** [pdq7@spvm.qc.ca](mailto:pdq7@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:** Saint-Laurent

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

**Financing:** municipal, provincial

**Legal status:** municipal agency

## **Provincial services**

### **REVENU QUÉBEC - MONTRÉAL WEST**

3300 de la Côte-Vertu Boulevard, 2th floor, Saint-Laurent, Montréal, QC, H4R 2B7

**514 864-6299 TTY:** 514 873-4455

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

**Services:** \* Administration of Québec's tax system through the collection of income tax and consumption taxes. \* Administration of programs and services related to income: tax credits, housing benefit, work bonus, maintenance allowances, provisional administration of unclaimed property, Registraire des Entreprises.

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 10h00 to 16h30, phone service: Monday to Friday 8h30 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

### **SAINT-LAURENT VOLUNTEER BUREAU**

910 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Y6

**514 744-5511 Fax:** 514 744-1206

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

**Email:** [services@centreabc.org](mailto:services@centreabc.org)

**Services:** Seniors \* Meals on wheels. \* Friendly visits and phone calls. \* Respite for caregivers. \* Support group and grieving workshops. \* In-home assistance with reading and writing mail. \* Tax clinic. \* Medical transportation. \* Assistance for errands. Food \* Community fridge. Maternal assistance \* Mairaine-tendresse: pairing for new mothers. Community action \* Volunteers recruitment, guidance and training. \* Referral towards organizations. \* Support for Montréal community organizations. \* Distribution of parking stickers for organizations offering accompaniment or transportation.

**Eligibility:** people 12 years and over interested in volunteering, seniors 65 years and over with a loss of autonomy, new mothers, community fridge: general population

**Coverage area:** Saint-Laurent

**Hours:** Monday, Tuesday, Wednesday and Friday 8h00 to 17h30, Thursday 8h00 to 20h00

**Fees:** \$10 per year for beneficiary only

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

**Legal status:** non-profit organization

**Health**

**PATIENT SUPPORT ASSOCIATIONS**

**PUBLIC HEALTH**



## Patient support associations

### CLSC DE SAINT-LAURENT

1055 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Z2

**514 748-6381**

**Website:** [sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1919&ch\\_type%5B6%5D=1201&bt\\_rechType=&theme=clsc&ch\\_choixReg=&ch\\_rayon=0&ch\\_code=H4L3Z2](http://sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1919&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H4L3Z2)

**Services:** Frontline services for routine health and social services. \* Health insurance card authentication. \* Crutches (rental). \* Cane (rental). \* Breast pump (rental). \* Wheelchair (rental). \* Minor surgery. \* Breastfeeding room. \* General vaccination.

**Eligibility:** support groups for caregivers: caregivers of people followed by the CLSC at-home support service

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 7h00 to 20h00, Saturday, Sunday and holidays 8h00 to 16h00, tests: Monday to Friday 7h00 to 11h00

**Financing:** provincial

**Legal status:** parapublic organization

### LEBANESE, SYRIAN CANADIAN LADIES' AID SOCIETY (THE)

571 Lebeau Boulevard, Suite 280, Saint-Laurent, Montréal, QC, H4N 1S2

**514 274-3583**

**Services:** \* Emergency food assistance through vouchers. \* Temporary financial support for medication and essential services, including school supplies and winter clothing. \* Distribution of house items, school supplies and Christmas baskets to those already benefiting from the emergency food assistance.

**Eligibility:** families from the Middle East

**Capacity:** between 15 and 30 families at a time

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 15h00

**Fees:** none

**Financing:** donations, fundraising campaigns

**Legal status:** non-profit organization

## Public Health

### CORPORATION CULTURELLE LATINO-AMÉRICAINNE DE L'AMITIÉ

1357 Saint-Louis Street, Saint-Laurent, Montréal, QC, H4L 2P4

**514 543-0416**

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

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

**Services:** \* Food bank. \* Community grocery store. \* Community meals. \* Nutritional training and workshop, community nutritionist. \* Outreach work initiative for seniors living in a vulnerable situation (ITMAV). \* Information and referral. \* Assistance with filling out forms. \* Seniors' program to break isolation. \* Assistance to the integration of people with disabilities. \* On-site recovery of food donations. \* Christmas party.

**Eligibility:** any person in need, newcomers and refugees

**Coverage area:** Saint-Laurent

**Hours:** community grocery store: Monday to Friday 11h00 to 17h00, Saturday and Sunday 13h00 to 17h00

**Fees:** community grocery store: with or without contribution

**Financing:** federal, provincial, municipal

**Legal status:** non-profit organization

**HÉMA-QUÉBEC**

4045 Côte-Vertu Boulevard, Saint-Laurent, Montréal, QC, H4R 2W7

**1 888 666-4362** Fax: 514 832-1025

**Website:** [www.hema-quebec.qc.ca/index.en.html](http://www.hema-quebec.qc.ca/index.en.html)

**Email:** [info@hema-quebec.qc.ca](mailto:info@hema-quebec.qc.ca)

**Services:** \* Meets the needs of the Québec population for optimal-quality blood and human biological products.

**Coverage area:** Province of Québec

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

**Fees:** none

**Financing:** self-financing

**Legal status:** non-profit organization

**SAINT-LAURENT - BOROUGH**

777 Marcel-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4M 2M7

**311** Fax: 514 855-5939

**Website:** [montreal.ca/en/saint-laurent](http://montreal.ca/en/saint-laurent)

**Email:** [saint-laurent@montreal.ca](mailto:saint-laurent@montreal.ca)

**Services:** \* Accès Montréal card. \* Consultation of public notices. \* Administration of oath. \* Property assessment. \* Information and payment of municipal taxes. \* Ticket information and payment. \* Cat and dog licenses. \* Municipal service intervention requests. \* Low-cost housing application. \* Parking licenses. \* INFO-travaux: location of infrastructure work. \* Info-collectes: [servicesenligne2.ville.montreal.qc.ca/sel/infocollectes](http://servicesenligne2.ville.montreal.qc.ca/sel/infocollectes) \* Recycling and composting bins. \* Public domain occupation permits. \* Christmas sharing store. \* Recovery of dead animals on public property.

**Coverage area:** Saint-Laurent

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

**Financing:** municipal

**Legal status:** municipal agency

## **Homelessness**

**MOBILE UNITS AND STREET WORK**

**TRANSITIONAL HOUSING**

## Mobile units and street work

### CENTRE D'INITIATIVES POUR LE DÉVELOPPEMENT COMMUNAUTAIRE L'UNITÉ

710 Décarie Boulevard, Saint-Laurent, Montréal, QC, H4L 3L5

**514 744-1239**

**Website:** [www.centre-unite.com](http://www.centre-unite.com)

**Email:** [info@centre-unite.com](mailto:info@centre-unite.com)

**Services:** \* 8 to 12 year olds field intervention: animation, prevention, intervention and accompaniment by counsellors in parks, schoolyards, gymnasiums and other meeting places after school. \* 12 to 17 year olds field intervention: prevention, intervention and accompaniment by counsellors at the Centre des Ados. School and community intervention: project seeking to offer support and accompaniment to parents and their families in all that concerns the integration process and the academic success of their children through referrals, listening, information workshops, parents-children activities and other school events.

**Eligibility:** young people from 8 to 17 years old, parents

**Coverage area:** Saint-Laurent

**Hours:** office: Monday to Friday 9h00 to 16h00, variable depending on activities

**Fees:** none

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

**Legal status:** non-profit organization

### CLSC DE SAINT-LAURENT

1055 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Z2

**514 748-6381**

**Website:** [sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1919&ch\\_type%5B6%5D=1201&bt\\_rechType=&theme=clsc&ch\\_choixReg=&ch\\_rayon=0&ch\\_code=H4L3Z2](http://sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1919&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H4L3Z2)

**Services:** Frontline services for routine health and social services. \* Health insurance card authentication. \* Crutches (rental). \* Cane (rental). \* Breast pump (rental). \* Wheelchair (rental). \* Minor surgery. \* Breastfeeding room. \* General vaccination.

**Eligibility:** support groups for caregivers: caregivers of people followed by the CLSC at-home support service

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 7h00 to 20h00, Saturday, Sunday and holidays 8h00 to 16h00, tests: Monday to Friday 7h00 to 11h00

**Financing:** provincial

**Legal status:** parapublic organization

## Transitional housing

### RESSOURCES JEUNESSE DE SAINT-LAURENT - APPARTEMENTS SUPERVISÉS

1550 Élizabeth Street, Suite 100, Saint-Laurent, Montréal, QC, H4L 5N7

**514 748-0202 ext. 225** Fax: 514 747-3883

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

**Email:** [coordo.admin@rjssl.ca](mailto:coordo.admin@rjssl.ca)

**Services:** Supervised apartments for young adults in difficulty. \* Psychosocial follow-up offering accommodation for a maximum of three years. \* Christmas baskets for residents.

**Eligibility:** people from 18 to 25 years in difficulty, who have managed to stabilize their situation for the last 3 months

**Capacity:** 34 3 ½ supervised apartments for single people

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h30 to 18h00

**Fees:** 25% of income per month

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

**Legal status:** non-profit organization

**RESSOURCES JEUNESSE DE SAINT-LAURENT - MAISON D'HÉBERGEMENT**

1410 O'Brien Street, Saint-Laurent, Montréal, QC, H4L 3W4

**514 748-0202 ext. 231**

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

**Email:** [coordo.admin@rjssl.ca](mailto:coordo.admin@rjssl.ca)

**Services:** Short-term shelter to a maximum of 6 months with meals. \* Information and referral phone service. \*  
Post-housing follow-up.

**Eligibility:** youth experiencing homelessness 16 to 22 years old

**Capacity:** 11 permanent beds, 1 emergency bed

**Coverage area:** Montréal Island

**Hours:** 24 hours / 7 days

**Fees:** \$8 per day

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

**Legal status:** non-profit organization

## **Housing**

**ADVOCACY FOR HOUSING**

**EMERGENCY**

**HOUSING COOPERATIVES AND CORPORATIONS**

**HOUSING SEARCH ASSISTANCE**

## Advocacy for housing

### COMITÉ LOGEMENT SAINT-LAURENT

1775 Édouard-Laurin Boulevard, 2nd floor, Suite 3-9, Saint-Laurent, Montréal, QC, H4L 2B9  
**514 331-9898**

**Website:** [www.comitelogement-saintlaurent.org](http://www.comitelogement-saintlaurent.org)

**Email:** [info@comitelogement-saintlaurent.org](mailto:info@comitelogement-saintlaurent.org)

**Services:** \* Assistance and support regarding housing: lease information, sanitary complaint process, etc. \* Advocacy for tenants. \* Promotion of access to affordable and quality housing.

**Eligibility:** tenants

**Coverage area:** Saint-Laurent

**Hours:** Monday to Friday 9h00 to 17h00, consultations: Tuesday to Thursday by appointment only

**Fees:** none

**Financing:** grants, donations

**Legal status:** non-profit organization

### CORPORATION DES PROPRIÉTAIRES IMMOBILIERS DU QUÉBEC

750 Marcel-Laurin Boulevard, Suite 131, Saint-Laurent, Montréal, QC, H4M 2M4  
**514 748-1921 Fax:** 514 748-2473

**Website:** [www.corpiq.com](http://www.corpiq.com)

**Email:** [corpiq@corpiq.com](mailto:corpiq@corpiq.com)

**Services:** Rental housing owners' association. \* Advocacy. \* Consulting, legal, accounting and taxation services. \* ProprioEnquête. \* Rebates and privileges with partners and suppliers. \* Events and trainings.

**Eligibility:** property owners

**Coverage area:** Province of Québec

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

**Fees:** variable depending on the number of dwellings, the date and the duration of the membership

**Financing:** membership fees

**Legal status:** non-profit organization

## Emergency

### SAINT-LAURENT - BOROUGH

777 Marcel-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4M 2M7  
**311 Fax:** 514 855-5939

**Website:** [montreal.ca/en/saint-laurent](http://montreal.ca/en/saint-laurent)

**Email:** [saint-laurent@montreal.ca](mailto:saint-laurent@montreal.ca)

**Services:** \* Accès Montréal card. \* Consultation of public notices. \* Administration of oath. \* Property assessment. \* Information and payment of municipal taxes. \* Ticket information and payment. \* Cat and dog licenses. \* Municipal service intervention requests. \* Low-cost housing application. \* Parking licenses. \* INFO-travaux: location of infrastructure work. \* Info-collectes: [servicesenligne2.ville.montreal.qc.ca/sel/infocollectes](http://servicesenligne2.ville.montreal.qc.ca/sel/infocollectes) \* Recycling and composting bins. \* Public domain occupation permits. \* Christmas sharing store. \* Recovery of dead animals on public property.

**Coverage area:** Saint-Laurent

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

**Financing:** municipal

**Legal status:** municipal agency

## Housing cooperatives and corporations

### COMITÉ LOGEMENT SAINT-LAURENT

1775 Édouard-Laurin Boulevard, 2nd floor, Suite 3-9, Saint-Laurent, Montréal, QC, H4L 2B9

**514 331-9898**

**Website:** [www.comitelogement-saintlaurent.org](http://www.comitelogement-saintlaurent.org)

**Email:** [info@comitelogement-saintlaurent.org](mailto:info@comitelogement-saintlaurent.org)

**Services:** \* Assistance and support regarding housing: lease information, sanitary complaint process, etc. \* Advocacy for tenants. \* Promotion of access to affordable and quality housing.

**Eligibility:** tenants

**Coverage area:** Saint-Laurent

**Hours:** Monday to Friday 9h00 to 17h00, consultations: Tuesday to Thursday by appointment only

**Fees:** none

**Financing:** grants, donations

**Legal status:** non-profit organization

### CORPORATION DES PROPRIÉTAIRES IMMOBILIERS DU QUÉBEC

750 Marcel-Laurin Boulevard, Suite 131, Saint-Laurent, Montréal, QC, H4M 2M4

**514 748-1921 Fax:** 514 748-2473

**Website:** [www.corpiq.com](http://www.corpiq.com)

**Email:** [corpiq@corpiq.com](mailto:corpiq@corpiq.com)

**Services:** Rental housing owners' association. \* Advocacy. \* Consulting, legal, accounting and taxation services. \* ProprioEnquête. \* Rebates and privileges with partners and suppliers. \* Events and trainings.

**Eligibility:** property owners

**Coverage area:** Province of Québec

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

**Fees:** variable depending on the number of dwellings, the date and the duration of the membership

**Financing:** membership fees

**Legal status:** non-profit organization

## Housing search assistance

### CENTRE D'ACCUEIL ET DE RÉFÉRENCE SOCIALE ET ÉCONOMIQUE POUR IMMIGRANTS DE SAINT-LAURENT

774 Décarie Boulevard, Suite 300, Saint-Laurent, Montréal, QC, H4L 3L5

**514 748-2007 Fax:** 514 748-2766

**Website:** [cari.qc.ca](http://cari.qc.ca)

**Email:** [carist@cari.qc.ca](mailto:carist@cari.qc.ca)

**Services:** Immigration \* Reception, referral, information and guidance. \* Certification of documents. \* Assistance with filling out forms. \* Francization, French classes and conversation workshops. \* English classes. \* Computer classes. \* Citizenship course. \* Pairing between Québec families and newcomers. \* Tax clinic. \* Daycare during activities. \* Form for Montrealers offering housing to incoming Ukrainians:

[docs.google.com/forms/d/e/1FAIpQLSfwl6LRUNoi8N0BVjDw5lxcZfwEMMfWwBtdvFWsVtZn2JRYPg/viewform](https://docs.google.com/forms/d/e/1FAIpQLSfwl6LRUNoi8N0BVjDw5lxcZfwEMMfWwBtdvFWsVtZn2JRYPg/viewform)

Employment \* Employment: job search workshops, resume writing, individual monitoring, placement, networking, etc. Psychosocial support \* Psychoeducational clinic. \* Individual and group support for immigrant women, discussion workshops. Food \* Collective kitchens. Recreational activities \* Social, physical and educational activities for families. \* Manual, crafts and sewing workshops. \* Summer camp. \* Family holiday camp.

**Eligibility:** immigrant families and individuals, visible minorities, temporary residents, asylum seekers and refugees

**Coverage area:** Greater Montréal, particularly Saint-Laurent

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



**Fees:** none

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

**Legal status:** non-profit organization

## **KANGALOU**

750 Marcel-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4M 2M4

**Website:** [www.kangalou.com/en](http://www.kangalou.com/en)

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

**Services:** Online housing rental tool. \* Listings of apartments and condos for rent.

**Eligibility:** landlords and tenants

**Coverage area:** Province of Québec

**Fees:** free

**Financing:** self-financing

**Legal status:** non-profit organization

## **Immigration and cultural communities**

### **FRENCH COURSES**

### **IMMIGRATION AND SPONSORSHIP**

### **INTERPRETATION AND TRANSLATION**

### **MULTICULTURAL ORGANIZATIONS**

### **SETTLEMENT SERVICES FOR NEWCOMERS**

## French courses

### CENTRE D'ACCUEIL ET DE RÉFÉRENCE SOCIALE ET ÉCONOMIQUE POUR IMMIGRANTS DE SAINT-LAURENT

774 Décarie Boulevard, Suite 300, Saint-Laurent, Montréal, QC, H4L 3L5

514 748-2007 Fax: 514 748-2766

Website: cari.qc.ca

Email: carist@cari.qc.ca

**Services:** Immigration \* Reception, referral, information and guidance. \* Certification of documents. \* Assistance with filling out forms. \* Francization, French classes and conversation workshops. \* English classes. \* Computer classes. \* Citizenship course. \* Pairing between Québec families and newcomers. \* Tax clinic. \* Daycare during activities. \* Form for Montrealers offering housing to incoming Ukrainians: [docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVjDw5lxcZFwEMMfWwBtdvFWsVtZn2JRYPg/viewform](https://docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVjDw5lxcZFwEMMfWwBtdvFWsVtZn2JRYPg/viewform) Employment \* Employment: job search workshops, resume writing, individual monitoring, placement, networking, etc. Psychosocial support \* Psychoeducational clinic. \* Individual and group support for immigrant women, discussion workshops. Food \* Collective kitchens. Recreational activities \* Social, physical and educational activities for families. \* Manual, crafts and sewing workshops. \* Summer camp. \* Family holiday camp.

**Eligibility:** immigrant families and individuals, visible minorities, temporary residents, asylum seekers and refugees

**Coverage area:** Greater Montréal, particularly Saint-Laurent

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

**Fees:** none

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

**Legal status:** non-profit organization

### CENTRE DE SERVICES SCOLAIRE MARGUERITE-BOURGEOYS

1100 de la Côte-Vertu Boulevard, Saint-Laurent, Montréal, QC, H4L 4V1

514 855-4500 ext. 4502

Website: www.cssmb.gouv.qc.ca

Email: info@cssmb.gouv.qc.ca

**Services:** French School Board gathering elementary, high and specialized schools. \* Vocational training. \* Adult education. \* Vocational training and adult education: help and orientation. \* High school equivalency test (TENS): assessment of the knowledge of adults who don't have a high school diploma in order to obtain a certificate of educational equivalence (AENS) that facilitates access to certain jobs and vocational training. \* French classes, literacy, integration services. \* Distance training. \* Services to companies. \* School transportation coordination.

**Coverage area:** Baie d'Urfé, Beaconsfield, Dollard-Des Ormeaux, Dorval, Kirkland, L'Île-Bizard-Sainte-Geneviève, Pierrefonds-Roxboro, Pointe-Claire, Sainte-Anne-de-Bellevue, Senneville, Côte-Saint-Luc, Hampstead, Lachine, LaSalle, Montréal-Ouest, Mont-Royal, Outremont, Saint-Laurent, Verdun

**Financing:** provincial, self-financing

**Legal status:** parapublic organization

## Immigration and sponsorship

### CENTRE D'ACCUEIL ET DE RÉFÉRENCE SOCIALE ET ÉCONOMIQUE POUR IMMIGRANTS DE SAINT-LAURENT

774 Décarie Boulevard, Suite 300, Saint-Laurent, Montréal, QC, H4L 3L5

514 748-2007 Fax: 514 748-2766

Website: cari.qc.ca

Email: carist@cari.qc.ca

**Services:** Immigration \* Reception, referral, information and guidance. \* Certification of documents. \* Assistance with filling out forms. \* Francization, French classes and conversation workshops. \* English classes. \* Computer classes. \* Citizenship course. \* Pairing between Québec families and newcomers. \* Tax clinic. \* Daycare during activities. \* Form for Montrealers offering housing to incoming Ukrainians: [docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVjDw5lxcZFWEMMfWwBtdvFWsVtZn2JRYPg/viewform](https://docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVjDw5lxcZFWEMMfWwBtdvFWsVtZn2JRYPg/viewform) Employment \* Employment: job search workshops, resume writing, individual monitoring, placement, networking, etc. Psychosocial support \* Psychoeducational clinic. \* Individual and group support for immigrant women, discussion workshops. Food \* Collective kitchens. Recreational activities \* Social, physical and educational activities for families. \* Manual, crafts and sewing workshops. \* Summer camp. \* Family holiday camp.

**Eligibility:** immigrant families and individuals, visible minorities, temporary residents, asylum seekers and refugees

**Coverage area:** Greater Montréal, particularly Saint-Laurent

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

**Fees:** none

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

**Legal status:** non-profit organization

## ENTRAIDE DES FAMILLES (ENFAM-QUÉBEC)

1775 Edouard-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4L 2B9

438 875-6014

**Website:** [www.enfam-qc.org](http://www.enfam-qc.org)

**Email:** [contact@enfam-qc.org](mailto:contact@enfam-qc.org)

**Services:** Personalized support for families. Material assistance \* Food bank: food assistance baskets worth \$200. \* Clothing bank: second hand clothes for all. \* Donations of dishes, mattresses and furniture. \* School supplies. \* Christmas baskets and gifts. Immigration \* Welcoming and needs assessment. \* Guidance, advice and information on community resources. \* Accompaniment for a period of 4 years to facilitate integration in the form of group workshops or individual interventions. \* Integration activities: sugar shack, Quebec's national holiday, etc. Families \* Workshops for parents: bullying and cyberbullying prevention, workshops on the functioning of the school system, etc. \* Homework assistance. \* Interventions and preventions. \* Day camps and spring break camp. \* Conferences.

**Eligibility:** immigrant families, families on a low income, school supplies: youth 5 to 15 years old, donations of dishes: newly arrived single-parent families

**Capacity:** 250 families

**Coverage area:** Ahuntsic-Cartierville, Saint-Laurent

**Hours:** Monday to Friday 11h00 to 16h00, food baskets: Thursday, except the last of the month

**Fees:** annual membership: \$20 per family, food assistance: \$30 per month, camps: \$70 per youth

**Financing:** federal, provincial, municipal

**Legal status:** non-profit organization

## Interpretation and translation

### ASSOCIATION DES FEMMES VIETNAMIENNES DU CANADA - RÉGION DE MONTRÉAL

2730 O'Grady Street, Saint-Laurent, Montréal, QC, H4M 2W5

514 287-1149 Fax: 514 287-9450

**Services:** \* General assistance in social, cultural and legal fields. \* Interpretation, translation, accompaniment. \* Promotion of the Vietnamese culture. \* Social, cultural and intercultural activities. \* Cooking lessons. \* Knitting, flower arrangement and photography courses. \* Conferences and information sessions.

**Eligibility:** Vietnamese women and their family, women from other ethnic communities who want to discover the Vietnamese culture

**Coverage area:** Greater Montréal

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

**Fees:** annual membership: \$35

**Financing:** contributions, self-financing

**Legal status:** non-profit organization

## Multicultural organizations

### AMAL-CENTER FOR WOMEN

903 Décarie Boulevard, Suite 204, Saint-Laurent, Montréal, QC, H4L 3N3

**514 855-0330 ext. 1** Fax: 514 360-4105

**Website:** amalwomenscenter.ca

**Email:** info@amalwomenscenter.ca

**Services:** Centre promoting the individual and familial welfare of women. \* Psychosocial support for victims of domestic violence, family or marital conflicts. \* Individual counselling. \* Workshops on issues faced by Muslim women and on domestic abuse in visible minority communities. \* Information and referral. \* Legal and medical accompaniment. \* Art-therapy workshops. \* Counselling on multicultural cases for community organizations. \* Awareness about domestic violence.

**Eligibility:** women in difficulty, especially immigrant women or from Arabic, North-African and South-Asian communities, families, couples

**Coverage area:** Greater Montréal

**Hours:** by appointment

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

### ARMENIAN GENERAL BENEVOLENT UNION

805 Manoogian Street, Saint-Laurent, Montréal, QC, H4N 1Z5

**514 748-2428** Fax: 514 748-6307

**Website:** agbumontreal.org

**Email:** montreal@agbu.org

**Services:** Community centre. \* Social, cultural and sports activities. \* Scouting.

**Eligibility:** people of Armenian origin, youth, young professionals, seniors

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 10h00 to 17h00

**Financing:** contributions, donations

**Legal status:** non-profit organization

### ASSOCIATION DES FEMMES VIETNAMIENNES DU CANADA - RÉGION DE MONTRÉAL

2730 O'Grady Street, Saint-Laurent, Montréal, QC, H4M 2W5

**514 287-1149** Fax: 514 287-9450

**Services:** \* General assistance in social, cultural and legal fields. \* Interpretation, translation, accompaniment. \* Promotion of the Vietnamese culture. \* Social, cultural and intercultural activities. \* Cooking lessons. \* Knitting, flower arrangement and photography courses. \* Conferences and information sessions.

**Eligibility:** Vietnamese women and their family, women from other ethnic communities who want to discover the Vietnamese culture

**Coverage area:** Greater Montréal

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

**Fees:** annual membership: \$35

**Financing:** contributions, self-financing

**Legal status:** non-profit organization

**CENTRE CULTUREL SYRIEN (LE)**

Confidential Address

**Website:** www.centreculturelsyrien.org**Email:** info@centreculturelsyrien.org

**Services:** Help to Syrian people. \* Benefits events: concerts, special evenings, etc. \* Collaboration with charitable organizations: financial support to Canadian organizations working in Syria and support for the integration of newcomers. \* Study bursaries for newcomers (continuing education). \* Promotion of Syrian culture through various events. \* Public and media awareness on issues related to refugees from the Middle East.

**Eligibility:** Syrian refugees and immigrants, Canadian organizations working on humanitarian projects in Syria

**Coverage area:** Canada

**Fees:** none

**Financing:** fundraising campaigns

**Legal status:** non-profit organization

**CENTRE D'ACCUEIL ET DE RÉFÉRENCE SOCIALE ET ÉCONOMIQUE POUR IMMIGRANTS DE SAINT-LAURENT**

774 Décarie Boulevard, Suite 300, Saint-Laurent, Montréal, QC, H4L 3L5

**514 748-2007 Fax:** 514 748-2766**Website:** cari.qc.ca**Email:** carist@cari.qc.ca

**Services:** Immigration \* Reception, referral, information and guidance. \* Certification of documents. \* Assistance with filling out forms. \* Francization, French classes and conversation workshops. \* English classes. \* Computer classes. \* Citizenship course. \* Pairing between Québec families and newcomers. \* Tax clinic. \* Daycare during activities. \* Form for Montrealers offering housing to incoming Ukrainians: [docs.google.com/forms/d/e/1FAIpQLSfwl6LRUNoi8N0BVjDw5lxcZfwEMMfWwBtdvFWsVtZn2JRYPg/viewform](https://docs.google.com/forms/d/e/1FAIpQLSfwl6LRUNoi8N0BVjDw5lxcZfwEMMfWwBtdvFWsVtZn2JRYPg/viewform) Employment \* Employment: job search workshops, resume writing, individual monitoring, placement, networking, etc. Psychosocial support \* Psychoeducational clinic. \* Individual and group support for immigrant women, discussion workshops. Food \* Collective kitchens. Recreational activities \* Social, physical and educational activities for families. \* Manual, crafts and sewing workshops. \* Summer camp. \* Family holiday camp.

**Eligibility:** immigrant families and individuals, visible minorities, temporary residents, asylum seekers and refugees

**Coverage area:** Greater Montréal, particularly Saint-Laurent

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

**Fees:** none

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

**Legal status:** non-profit organization

**CENTRE D'ENCADREMENT POUR JEUNES FEMMES IMMIGRANTES**

1775 Édouard-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4L 2B9

**514 744-2252 Fax:** 514 744-0540**Website:** www.cejfi.org**Email:** info@cejfi.org

**Services:** \* Information and referral. \* Trainings: head of family child care, hairdressing. \* Guidance, accompaniment and follow-up. \* Social and friendship networks. \* Promotion and public awareness. \* Language courses. \* Computer courses. \* Food and clothing assistance. \* Employability services. \* Psychosocial support. \* Legal assistance.

**Eligibility:** immigrant women, their family

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00, food assistance: Tuesday 15h00

**Financing:** provincial, federal

**Legal status:** non-profit organization

**TEKEYAN ARMENIAN CULTURAL ASSOCIATION**

825 Manoojian Street, Saint-Laurent, Montréal, QC, H4N 1Z5

**514 747-6680 Fax:** 514 747-6162

**Website:** tekeyanmontreal.ca

**Email:** centretekeyan@bellnet.ca

**Services:** \* Cultural activities: theater, arts ad crafts, literature, traditional dance. \* Social activities. \* Summer day camps. \* Armenian books library. \* Abaka weekly newspaper. \* Vision Créative Tekeyan: variety shows with cultural themes. \* Hay Pem theater company. \* Annual bazaar. \* Weekly community dinners. \* Operation of the Tekeyan Center. \* Room rental.

**Eligibility:** people from the Armenian community

**Coverage area:** Montréal Island, Laval

**Hours:** community meals: Friday evening

**Fees:** annual membership: \$25 for students and people 65 years old and over, \$45 regular, activities: variable

**Financing:** donations, self-financing, membership fees

**Legal status:** non-profit organization

**Settlement services for newcomers****ACTE D'AMOUR !**

710 Décarie Boulevard, Suite 1B, Saint-Laurent, Montréal, QC, H4L 3L5

**514 942-3632**

**Website:** www.actedamour.ca

**Email:** ensemble@actedamour.ca

**Services:** Services offered at home, youth centres, schools and organizations to promote the integration of vulnerable people and breaking down the isolation. Seniors \* Computer workshops. \* Memory game exercises. \* Bingo. \* Music and singing workshops. \* Help with reading. \* Accompaniment to walk. \* Special events. Youth \* Programs and workshops on bullying, violence, and school dropout. \* Science and technology workshops. Support for immigrant women \* Referrals, thematic workshops and conferences for immigrant women. \* Awareness and fight against the violence towards girls and women.

**Eligibility:** seniors with a loss of autonomy, youth 7 to 29, immigrant women

**Coverage area:** Province of Québec

**Hours:** variables

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

**AMAL-CENTER FOR WOMEN**

903 Décarie Boulevard, Suite 204, Saint-Laurent, Montréal, QC, H4L 3N3

**514 855-0330 ext. 1 Fax:** 514 360-4105

**Website:** amalwomencenter.ca

**Email:** info@amalwomencenter.ca

**Services:** Centre promoting the individual and familial welfare of women. \* Psychosocial support for victims of domestic violence, family or marital conflicts. \* Individual counselling. \* Workshops on issues faced by Muslim women and on domestic abuse in visible minority communities. \* Information and referral. \* Legal and medical accompaniment. \* Art-therapy workshops. \* Counselling on multicultural cases for community organizations. \* Awareness about domestic violence.

**Eligibility:** women in difficulty, especially immigrant women or from Arabic, North-African and South-Asian communities, families, couples

**Coverage area:** Greater Montréal

**Hours:** by appointment

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

**ASSOCIATION DES FEMMES VIETNAMIENNES DU CANADA - RÉGION DE MONTRÉAL**

2730 O'Grady Street, Saint-Laurent, Montréal, QC, H4M 2W5

**514 287-1149 Fax:** 514 287-9450

**Services:** \* General assistance in social, cultural and legal fields. \* Interpretation, translation, accompaniment. \* Promotion of the Vietnamese culture. \* Social, cultural and intercultural activities. \* Cooking lessons. \* Knitting, flower arrangement and photography courses. \* Conferences and information sessions.

**Eligibility:** Vietnamese women and their family, women from other ethnic communities who want to discover the Vietnamese culture

**Coverage area:** Greater Montréal

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

**Fees:** annual membership: \$35

**Financing:** contributions, self-financing

**Legal status:** non-profit organization

**CENTRE CULTUREL SYRIEN (LE)**

Confidential Address

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

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

**Services:** Help to Syrian people. \* Benefits events: concerts, special evenings, etc. \* Collaboration with charitable organizations: financial support to Canadian organizations working in Syria and support for the integration of newcomers. \* Study bursaries for newcomers (continuing education). \* Promotion of Syrian culture through various events. \* Public and media awareness on issues related to refugees from the Middle East.

**Eligibility:** Syrian refugees and immigrants, Canadian organizations working on humanitarian projects in Syria

**Coverage area:** Canada

**Fees:** none

**Financing:** fundraising campaigns

**Legal status:** non-profit organization

**CENTRE D'ACCUEIL ET DE RÉFÉRENCE SOCIALE ET ÉCONOMIQUE POUR IMMIGRANTS DE SAINT-LAURENT**

774 Décarie Boulevard, Suite 300, Saint-Laurent, Montréal, QC, H4L 3L5

**514 748-2007 Fax:** 514 748-2766

**Website:** [cari.qc.ca](http://cari.qc.ca)

**Email:** [carist@cari.qc.ca](mailto:carist@cari.qc.ca)

**Services:** Immigration \* Reception, referral, information and guidance. \* Certification of documents. \* Assistance with filling out forms. \* Francization, French classes and conversation workshops. \* English classes. \* Computer classes. \* Citizenship course. \* Pairing between Québec families and newcomers. \* Tax clinic. \* Daycare during activities. \* Form for Montrealers offering housing to incoming Ukrainians: [docs.google.com/forms/d/e/1FAIpQLSfwl6LRUNoi8N0BVjDw5lxcZfwEMMfWwBtdvFWsVtZn2JRYPg/viewform](https://docs.google.com/forms/d/e/1FAIpQLSfwl6LRUNoi8N0BVjDw5lxcZfwEMMfWwBtdvFWsVtZn2JRYPg/viewform) Employment \* Employment: job search workshops, resume writing, individual monitoring, placement, networking, etc. Psychosocial support \* Psychoeducational clinic. \* Individual and group support for immigrant women, discussion workshops. Food \* Collective kitchens. Recreational activities \* Social, physical and educational activities for families. \* Manual, crafts and sewing workshops. \* Summer camp. \* Family holiday camp.

**Eligibility:** immigrant families and individuals, visible minorities, temporary residents, asylum seekers and refugees

**Coverage area:** Greater Montréal, particularly Saint-Laurent

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

**Fees:** none

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

**Legal status:** non-profit organization



**CENTRE D'ENCADREMENT POUR JEUNES FEMMES IMMIGRANTES**

1775 Édouard-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4L 2B9

**514 744-2252** Fax: 514 744-0540

**Website:** www.cejfi.org

**Email:** info@cejfi.org

**Services:** \* Information and referral. \* Trainings: head of family child care, hairdressing. \* Guidance, accompaniment and follow-up. \* Social and friendship networks. \* Promotion and public awareness. \* Language courses. \* Computer courses. \* Food and clothing assistance. \* Employability services. \* Psychosocial support. \* Legal assistance.

**Eligibility:** immigrant women, their family

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00, food assistance: Tuesday 15h00

**Financing:** provincial, federal

**Legal status:** non-profit organization

**CENTRE DE SERVICES SCOLAIRE MARGUERITE-BOURGEOYS**

1100 de la Côte-Vertu Boulevard, Saint-Laurent, Montréal, QC, H4L 4V1

**514 855-4500 ext. 4502**

**Website:** www.cssmb.gouv.qc.ca

**Email:** info@cssmb.gouv.qc.ca

**Services:** French School Board gathering elementary, high and specialized schools. \* Vocational training. \* Adult education. \* Vocational training and adult education: help and orientation. \* High school equivalency test (TENS): assessment of the knowledge of adults who don't have a high school diploma in order to obtain a certificate of educational equivalence (AENS) that facilitates access to certain jobs and vocational training. \* French classes, literacy, integration services. \* Distance training. \* Services to companies. \* School transportation coordination.

**Coverage area:** Baie d'Urfé, Beaconsfield, Dollard-Des Ormeaux, Dorval, Kirkland, L'Île-Bizard-Sainte-Geneviève, Pierrefonds-Roxboro, Pointe-Claire, Sainte-Anne-de-Bellevue, Senneville, Côte-Saint-Luc, Hampstead, Lachine, LaSalle, Montréal-Ouest, Mont-Royal, Outremont, Saint-Laurent, Verdun

**Financing:** provincial, self-financing

**Legal status:** parapublic organization

**CORPORATION CULTURELLE LATINO-AMÉRICAINNE DE L'AMITIÉ**

1357 Saint-Louis Street, Saint-Laurent, Montréal, QC, H4L 2P4

**514 543-0416**

**Website:** www.coclamontreal.org

**Email:** cocla.mtl@gmail.com

**Services:** \* Food bank. \* Community grocery store. \* Community meals. \* Nutritional training and workshop, community nutritionist. \* Outreach work initiative for seniors living in a vulnerable situation (ITMAV). \* Information and referral. \* Assistance with filling out forms. \* Seniors' program to break isolation. \* Assistance to the integration of people with disabilities. \* On-site recovery of food donations. \* Christmas party.

**Eligibility:** any person in need, newcomers and refugees

**Coverage area:** Saint-Laurent

**Hours:** community grocery store: Monday to Friday 11h00 to 17h00, Saturday and Sunday 13h00 to 17h00

**Fees:** community grocery store: with or without contribution

**Financing:** federal, provincial, municipal

**Legal status:** non-profit organization

**ENTRAIDE DES FAMILLES (ENFAM-QUÉBEC)**

1775 Édouard-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4L 2B9

**438 875-6014**

**Website:** www.enfam-qc.org

**Email:** contact@enfam-qc.org

**Services:** Personalized support for families. Material assistance \* Food bank: food assistance baskets worth \$200. \* Clothing bank: second hand clothes for all. \* Donations of dishes, mattresses and furniture. \* School supplies. \* Christmas baskets and gifts. Immigration \* Welcoming and needs assessment. \* Guidance, advice and information on community resources. \* Accompaniment for a period of 4 years to facilitate integration in the form of group workshops or individual interventions. \* Integration activities: sugar shack, Quebec's national holiday, etc. Families \* Workshops for parents: bullying and cyberbullying prevention, workshops on the functioning of the school system, etc. \* Homework assistance. \* Interventions and preventions. \* Day camps and spring break camp. \* Conferences.

**Eligibility:** immigrant families, families on a low income, school supplies: youth 5 to 15 years old, donations of dishes: newly arrived single-parent families

**Capacity:** 250 families

**Coverage area:** Ahuntsic-Cartierville, Saint-Laurent

**Hours:** Monday to Friday 11h00 to 16h00, food baskets: Thursday, except the last of the month

**Fees:** annual membership: \$20 per family, food assistance: \$30 per month, camps: \$70 per youth

**Financing:** federal, provincial, municipal

**Legal status:** non-profit organization

### **SAINT-JACQUES SYRIAC ORTHODOX CHURCH**

4375 Henri-Bourassa Boulevard, Saint-Laurent, Montréal, QC, H4L 1A5

**514 334-6993**

**Email:** immigrationst-jacques@outlook.com

**Services:** Help and assistance in the reception of Syrian newcomers. \* Support, information, integration and follow-up. \* Sponsoring of refugees. \* Assistance with filling out forms. \* Donations matching service: matching between donators and people who have material needs, possibility of transportation if needed. \* Room rental.

**Eligibility:** Syrian newcomers, refugees

**Coverage area:** Montréal Island, Laval

**Hours:** by appointment

**Fees:** free

**Financing:** donations

**Legal status:** non-profit organization

## **Indigenous Peoples**

### **GOVERNMENT SERVICES**

## Government services

### REVENU QUÉBEC - MONTRÉAL WEST

3300 de la Côte-Vertu Boulevard, 2th floor, Saint-Laurent, Montréal, QC, H4R 2B7

**514 864-6299** TTY: 514 873-4455

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

**Services:** \* Administration of Québec's tax system through the collection of income tax and consumption taxes.

\* Administration of programs and services related to income: tax credits, housing benefit, work bonus, maintenance allowances, provisional administration of unclaimed property, Registraire des Entreprises.

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 10h00 to 16h30, phone service: Monday to Friday 8h30 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

**Justice and Advocacy**

**ADVOCACY GROUPS**

**CORRECTIONAL SERVICES**

**LEGAL ASSISTANCE AND INFORMATION**

**SUPPORT FOR OFFENDERS**

## Advocacy groups

### CENTRE DES FEMMES DE SAINT-LAURENT

685 Décarie Boulevard, Suite 101, Saint-Laurent, Montréal, QC, H4L 5G4

**514 744-3513** Fax: 514 744-5609

**Website:** www.cfstl.org

**Email:** info@cfstl.org

**Services:** \* Reception, support, listening and referral by phone or in person. \* Educational activities: discussions, workshops, personal development workshops, educational outings. \* Drop-in daycare. \* Collective actions. \* Promotion of women's living conditions.

**Eligibility:** women

**Coverage area:** Saint-Laurent

**Hours:** Monday to Thursday 9h00 to 12h00 and 13h00 to 16h30

**Fees:** annual membership: \$10

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

**Legal status:** non-profit organization

### COMITÉ LOGEMENT SAINT-LAURENT

1775 Édouard-Laurin Boulevard, 2nd floor, Suite 3-9, Saint-Laurent, Montréal, QC, H4L 2B9

**514 331-9898**

**Website:** www.comitelogement-saintlaurent.org

**Email:** info@comitelogement-saintlaurent.org

**Services:** \* Assistance and support regarding housing: lease information, sanitary complaint process, etc. \* Advocacy for tenants. \* Promotion of access to affordable and quality housing.

**Eligibility:** tenants

**Coverage area:** Saint-Laurent

**Hours:** Monday to Friday 9h00 to 17h00, consultations: Tuesday to Thursday by appointment only

**Fees:** none

**Financing:** grants, donations

**Legal status:** non-profit organization

### FÉDÉRATION ÉTUDIANTE COLLÉGIALE DU QUÉBEC

824 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Y4

**514 396-3320**

**Website:** www.fecq.org

**Email:** info@fecq.org

**Services:** Defence and promotion of college students' rights and interests.

**Eligibility:** people studying in a CEGEP

**Coverage area:** Province of Québec

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

**Fees:** none

**Financing:** contributions

**Legal status:** non-profit organization

### PLACE BENOÎT COMMUNITY CENTRE

155 Benoît Place, Suite 02, Saint-Laurent, Montréal, QC, H4N 2H4

**514 744-0897** Fax: 514 744-6205

**Website:** www.centreboncourage.org

**Email:** infos@centreboncourage.org

**Services:** Children and youth \* Youth programs for academic success and popular education. \* Early childhood program. \* Leadership program for youth from the black community. \* Day camp. Seniors \* Seniors program. Food \* Community meals. \* Community kitchen. \* Occasional buying groups. \* Food bank. Other \* Christmas activities for members. \* Neighbourhood committee. \* Community radio. \* Furniture and household items donation pairing for newcomers. \* Help with errands for the residents of Place Benoît.

**Eligibility:** multiethnic communities, people on a low income, seniors, families

**Coverage area:** Hodge-Place-Benoît neighborhood, Ward-Gold neighbourhood and surroundings

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

**Fees:** membership: \$5 to \$7

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

**Legal status:** non-profit organization

## VERTCITÉ

685 Décarie Boulevard, Suite 100, Saint-Laurent, Montréal, QC, H4L 5G4

**514 744-8333**

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

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

**Services:** Citizens' environmental projects and services. \* Éco-quartier Saint-Laurent-Pierrefonds-Roxboro: environmental education and awareness, tips, advice and accompaniment through sustainable development projects, information about waste management, greening and embellishment, etc. \* Green-shop: sale of green, organic and ethic products. \* Urban farming: creation of gardens and gardening classes. \* Management of public pianos in the district. \* Workshops, conferences, educational outings, etc. \* Christmas sharing-store.

**Coverage area:** Saint-Laurent, Pierrefonds-Roxboro

**Hours:** Tuesday and Wednesday 12h00 to 18h00, Thursday and Friday 12h00 to 19h00, Saturday 12h00 to 16h00

**Fees:** none

**Financing:** grants, self-financing

**Legal status:** non-profit organization

## Correctional services

### JOHN HOWARD SOCIETY OF QUÉBEC (THE) - CHEZ NOUS!

605 Filiatrault Street, Suite 7, Saint-Laurent, Montréal, QC, H4L 3V3

**514 909-8040**

**Website:** [john-howard.qc.ca/en](http://john-howard.qc.ca/en)

**Email:** [admin@john-howard.qc.ca](mailto:admin@john-howard.qc.ca)

**Services:** Housing accompaniment service for people who are coming out of a provincial prison, a federal penitentiary, or a transition house and wishing to live in Québec City or Montréal. \* Financial assistance for rent for up to 3 months in temporary housing, room or apartment. \* Accompaniment: transport to the housing place, food assistance, referral to resources, follow-up.

**Eligibility:** people over 18 years old who are coming out of a provincial prison, a federal penitentiary or a transition house, who are experiencing great vulnerability, without financial resources, an adequate social network and decent and safe housing, with priority to people who must be released for reasons related to the pandemic and people over 50 years old

**Coverage area:** Province of Québec

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

**Financing:** federal

**Legal status:** non-profit organization

## Legal assistance and information

### CENTRE D'ENCADREMENT POUR JEUNES FEMMES IMMIGRANTES

1775 Édouard-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4L 2B9

**514 744-2252** Fax: 514 744-0540

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

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

**Services:** \* Information and referral. \* Trainings: head of family child care, hairdressing. \* Guidance, accompaniment and follow-up. \* Social and friendship networks. \* Promotion and public awareness. \* Language courses. \* Computer courses. \* Food and clothing assistance. \* Employability services. \* Psychosocial support. \* Legal assistance.

**Eligibility:** immigrant women, their family

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00, food assistance: Tuesday 15h00

**Financing:** provincial, federal

**Legal status:** non-profit organization

### SAINT-LAURENT - BOROUGH

777 Marcel-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4M 2M7

**311** Fax: 514 855-5939

**Website:** [montreal.ca/en/saint-laurent](http://montreal.ca/en/saint-laurent)

**Email:** [saint-laurent@montreal.ca](mailto:saint-laurent@montreal.ca)

**Services:** \* Accès Montréal card. \* Consultation of public notices. \* Administration of oath. \* Property assessment. \* Information and payment of municipal taxes. \* Ticket information and payment. \* Cat and dog licenses. \* Municipal service intervention requests. \* Low-cost housing application. \* Parking licenses. \* INFO-travaux: location of infrastructure work. \* Info-collectes: [servicesenligne2.ville.montreal.qc.ca/sel/infocollectes](http://servicesenligne2.ville.montreal.qc.ca/sel/infocollectes) \* Recycling and composting bins. \* Public domain occupation permits. \* Christmas sharing store. \* Recovery of dead animals on public property.

**Coverage area:** Saint-Laurent

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

**Financing:** municipal

**Legal status:** municipal agency

## Support for offenders

### JOHN HOWARD SOCIETY OF QUÉBEC (THE) - CHEZ NOUS!

605 Filiatrault Street, Suite 7, Saint-Laurent, Montréal, QC, H4L 3V3

**514 909-8040**

**Website:** [john-howard.qc.ca/en](http://john-howard.qc.ca/en)

**Email:** [admin@john-howard.qc.ca](mailto:admin@john-howard.qc.ca)

**Services:** Housing accompaniment service for people who are coming out of a provincial prison, a federal penitentiary, or a transition house and wishing to live in Québec City or Montréal. \* Financial assistance for rent for up to 3 months in temporary housing, room or apartment. \* Accompaniment: transport to the housing place, food assistance, referral to resources, follow-up.

**Eligibility:** people over 18 years old who are coming out of a provincial prison, a federal penitentiary or a transition house, who are experiencing great vulnerability, without financial resources, an adequate social network and decent and safe housing, with priority to people who must be released for reasons related to the pandemic and people over 50 years old

**Coverage area:** Province of Québec

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

**Financing:** federal

**Legal status:** non-profit organization



## **Mental Health and addictions**

**ADDICTION PREVENTION**

**COMMUNITY SUPPORT IN MENTAL HEALTH**

**MENTAL HEALTH ADVOCACY GROUPS**

**SELF-HELP GROUPS FOR MENTAL HEALTH ISSUES**

## Addiction prevention

### CLSC DE SAINT-LAURENT

1055 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Z2

**514 748-6381**

**Website:** [sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1919&ch\\_type%5B6%5D=1201&bt\\_rechType=&theme=clsc&ch\\_choixReg=&ch\\_rayon=0&ch\\_code=H4L3Z2](http://sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1919&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H4L3Z2)

**Services:** Frontline services for routine health and social services. \* Health insurance card authentication. \* Crutches (rental). \* Cane (rental). \* Breast pump (rental). \* Wheelchair (rental). \* Minor surgery. \* Breastfeeding room. \* General vaccination.

**Eligibility:** support groups for caregivers: caregivers of people followed by the CLSC at-home support service

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 7h00 to 20h00, Saturday, Sunday and holidays 8h00 to 16h00, tests: Monday to Friday 7h00 to 11h00

**Financing:** provincial

**Legal status:** parapublic organization

## Community support in mental health

### ASSOCIATION DE PARENTS POUR LA SANTÉ MENTALE DE SAINT-LAURENT-BORDEAUX-CARTIERVILLE

1900 Thimens Boulevard, Suite 210, Saint-Laurent, Montréal, QC, H4R 2K2

**514 744-5218**

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

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

**Services:** \* Reception and listening. \* Telephone support. \* Individual meetings and follow-ups. \* Support group. \* Various psychosocial workshops. \* Teleconferences. \* Writing of request for a psychiatric assessment. \* Christmas dinner. \* Weekend respite for members. \* Art-therapy workshops. \* Yoga workshops. \* Goove dance workshop.

**Eligibility:** families or close ones of people living with a mental health issue

**Capacity:** training and support group: 8 to 10 participants

**Coverage area:** Saint-Laurent, Bordeaux-Cartierville

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

**Fees:** none

**Financing:** provincial, municipal, foundations, donations

**Legal status:** non-profit organization

## Mental health advocacy groups

### ASSOCIATION DE PARENTS POUR LA SANTÉ MENTALE DE SAINT-LAURENT-BORDEAUX-CARTIERVILLE

1900 Thimens Boulevard, Suite 210, Saint-Laurent, Montréal, QC, H4R 2K2

**514 744-5218**

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

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

**Services:** \* Reception and listening. \* Telephone support. \* Individual meetings and follow-ups. \* Support group. \* Various psychosocial workshops. \* Teleconferences. \* Writing of request for a psychiatric assessment. \* Christmas dinner. \* Weekend respite for members. \* Art-therapy workshops. \* Yoga workshops. \* Goove dance workshop.

**Eligibility:** families or close ones of people living with a mental health issue

**Capacity:** training and support group: 8 to 10 participants

**Coverage area:** Saint-Laurent, Bordeaux-Cartierville  
**Hours:** Monday to Friday 9h00 to 16h30  
**Fees:** none  
**Financing:** provincial, municipal, foundations, donations  
**Legal status:** non-profit organization

## Self-help groups for mental health issues

### ASSOCIATION DE PARENTS POUR LA SANTÉ MENTALE DE SAINT-LAURENT-BORDEAUX-CARTIERVILLE

1900 Thimens Boulevard, Suite 210, Saint-Laurent, Montréal, QC, H4R 2K2

**514 744-5218**

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

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

**Services:** \* Reception and listening. \* Telephone support. \* Individual meetings and follow-ups. \* Support group. \* Various psychosocial workshops. \* Teleconferences. \* Writing of request for a psychiatric assessment. \* Christmas dinner. \* Weekend respite for members. \* Art-therapy workshops. \* Yoga workshops. \* Goove dance workshop.

**Eligibility:** families or close ones of people living with a mental health issue

**Capacity:** training and support group: 8 to 10 participants

**Coverage area:** Saint-Laurent, Bordeaux-Cartierville

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

**Fees:** none

**Financing:** provincial, municipal, foundations, donations

**Legal status:** non-profit organization

### SAINT-LAURENT VOLUNTEER BUREAU

910 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Y6

**514 744-5511** Fax: 514 744-1206

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

**Email:** [services@centreabc.org](mailto:services@centreabc.org)

**Services:** Seniors \* Meals on wheels. \* Friendly visits and phone calls. \* Respite for caregivers. \* Support group and grieving workshops. \* In-home assistance with reading and writing mail. \* Tax clinic. \* Medical transportation. \* Assistance for errands. Food \* Community fridge. Maternal assistance \* Mairaine-tendresse: pairing for new mothers. Community action \* Volunteers recruitment, guidance and training. \* Referral towards organizations. \* Support for Montréal community organizations. \* Distribution of parking stickers for organizations offering accompaniment or transportation.

**Eligibility:** people 12 years and over interested in volunteering, seniors 65 years and over with a loss of autonomy, new mothers, community fridge: general population

**Coverage area:** Saint-Laurent

**Hours:** Monday, Tuesday, Wednesday and Friday 8h00 to 17h30, Thursday 8h00 to 20h00

**Fees:** \$10 per year for beneficiary only

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

**VOLUNTEER TRANSPORTATION**

## Caregivers

### SAINT-LAURENT VOLUNTEER BUREAU

910 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Y6

**514 744-5511** Fax: 514 744-1206

**Website:** www.centreabc.org/en

**Email:** services@centreabc.org

**Services:** Seniors \* Meals on wheels. \* Friendly visits and phone calls. \* Respite for caregivers. \* Support group and grieving workshops. \* In-home assistance with reading and writing mail. \* Tax clinic. \* Medical transportation. \* Assistance for errands. Food \* Community fridge. Maternal assistance \* Mairaine-tendresse: pairing for new mothers. Community action \* Volunteers recruitment, guidance and training. \* Referral towards organizations. \* Support for Montréal community organizations. \* Distribution of parking stickers for organizations offering accompaniment or transportation.

**Eligibility:** people 12 years and over interested in volunteering, seniors 65 years and over with a loss of autonomy, new mothers, community fridge: general population

**Coverage area:** Saint-Laurent

**Hours:** Monday, Tuesday, Wednesday and Friday 8h00 to 17h30, Thursday 8h00 to 20h00

**Fees:** \$10 per year for beneficiary only

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

**Legal status:** non-profit organization

## Community and Recreation Centres

### ACTE D'AMOUR !

710 Décarie Boulevard, Suite 1B, Saint-Laurent, Montréal, QC, H4L 3L5

**514 942-3632**

**Website:** www.actedamour.ca

**Email:** ensemble@actedamour.ca

**Services:** Services offered at home, youth centres, schools and organizations to promote the integration of vulnerable people and breaking down the isolation. Seniors \* Computer workshops. \* Memory game exercises. \* Bingo. \* Music and singing workshops. \* Help with reading. \* Accompaniment to walk. \* Special events. Youth \* Programs and workshops on bullying, violence, and school dropout. \* Science and technology workshops. Support for immigrant women \* Referrals, thematic workshops and conferences for immigrant women. \* Awareness and fight against the violence towards girls and women.

**Eligibility:** seniors with a loss of autonomy, youth 7 to 29, immigrant women

**Coverage area:** Province of Québec

**Hours:** variables

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

### CARREFOUR DES AÎNÉS DE SAINT-LAURENT

1375 Grenet Street, Saint-Laurent, Montréal, QC, H4L 5K3

**514 748-0943** Fax: 514 748-2264

**Email:** carrefour.aines@gmail.com

**Services:** \* Recreational activities for seniors.

**Eligibility:** seniors 50 years and over

**Capacity:** 1000 persons

**Coverage area:** Saint-Laurent

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

**Fees:** annual membership: \$10

**Financing:** municipal

**Legal status:** non-profit organization

**CLUB DE L'ÂGE D'OR SAINT-HIPPOLYTE (VILLE SAINT-LAURENT)**

1415 Filion Street, Saint-Laurent, Montréal, QC, H4L 4E7

514 747-4300

**Services:** \* Physical exercise. \* Community meals. \* Outings. \* Conferences.

**Eligibility:** people 50 years and over

**Coverage area:** Saint-Laurent

**Hours:** physical activities: Tuesday and Thursday mornings

**Fees:** membership: \$10

**Financing:** provincial, municipal, donations, contributions

**Legal status:** non-profit organization

**CORPORATION CULTURELLE LATINO-AMÉRICAINNE DE L'AMITIÉ**

1357 Saint-Louis Street, Saint-Laurent, Montréal, QC, H4L 2P4

514 543-0416

**Website:** www.coclamontreal.org

**Email:** cocla.mtl@gmail.com

**Services:** \* Food bank. \* Community grocery store. \* Community meals. \* Nutritional training and workshop, community nutritionist. \* Outreach work initiative for seniors living in a vulnerable situation (ITMAV). \* Information and referral. \* Assistance with filling out forms. \* Seniors' program to break isolation. \* Assistance to the integration of people with disabilities. \* On-site recovery of food donations. \* Christmas party.

**Eligibility:** any person in need, newcomers and refugees

**Coverage area:** Saint-Laurent

**Hours:** community grocery store: Monday to Friday 11h00 to 17h00, Saturday and Sunday 13h00 to 17h00

**Fees:** community grocery store: with or without contribution

**Financing:** federal, provincial, municipal

**Legal status:** non-profit organization

**FITNESS WALKING**

3131 de la Côte-Vertu Boulevard, Saint-Laurent, Montréal, QC, H4R 1Y8

514 335-4147

**Services:** Walking club in the Place Vertu shopping centre aiming to break isolation and improve mental and physical health. \* Walks. \* Snacks. \* Picnics. \* Tai Chi. \* Meditation. \* Volunteer work.

**Eligibility:** open to everyone, mainly people 55 years and over

**Coverage area:** Montréal Island

**Hours:** Monday, Wednesday and Friday 7h00 to 9h00

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

**Financing:** provincial, municipal, contributions

**Legal status:** non-profit organization

**PLACE BENOÎT COMMUNITY CENTRE**

155 Benoît Place, Suite 02, Saint-Laurent, Montréal, QC, H4N 2H4

514 744-0897 Fax: 514 744-6205

**Website:** www.centreboncourage.org

**Email:** infos@centreboncourage.org

**Services:** Children and youth \* Youth programs for academic success and popular education. \* Early childhood program. \* Leadership program for youth from the black community. \* Day camp. Seniors \* Seniors program. Food \* Community meals. \* Community kitchen. \* Occasional buying groups. \* Food bank. Other \* Christmas activities for members. \* Neighbourhood committee. \* Community radio. \* Furniture and household items donation pairing for newcomers. \* Help with errands for the residents of Place Benoît.

**Eligibility:** multiethnic communities, people on a low income, seniors, families

**Coverage area:** Hodge-Place-Benoît neighborhood, Ward-Gold neighbourhood and surroundings

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

**Fees:** membership: \$5 to \$7

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

**Legal status:** non-profit organization

### SAINT-LAURENT YMCA

1745 Décarie Boulevard, Saint-Laurent, Montréal, QC, H4L 3N5

**514 747-5353 Fax:** 514 747-9453

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

**Services:** \* Community programs related to food, youth, families and seniors. \* Homework assistance and tutoring program. \* Toy lending library. \* Youth zone. \* Daycare.

**Eligibility:** children, youth, adults and seniors

**Coverage area:** Saint-Laurent and surroundings

**Hours:** Monday to Friday 6h45 to 18h00

**Fees:** depending on the activities and programs

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

### UNIVERSITÉ DU TROISIÈME ÂGE - MONTRÉAL - SAINT-LAURENT

Confidential Address

**514 362-9183**

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

**Email:** [uta.slt@usherbrooke.ca](mailto:uta.slt@usherbrooke.ca)

**Services:** Educational programming distributed in 30 university branches for people aged 50 years and over. \* Non-credited educational activities without papers or exams. \* Different teaching methods: courses, seminars, lectures, workshops, physical activities. \* Student associations promoting integration in cultural and social life.

**Eligibility:** people 50 years and over, no prior degree is required

**Coverage area:** Montréal Island

**Fees:** variable tuition according to the activity, compulsory student fee: \$5, optional donation: \$2

**Financing:** donations, grants

**Legal status:** non-profit organization

## Day centres and respite

### CHSLD DE SAINT-LAURENT

1275 de la Côte-Vertu Boulevard, Saint-Laurent, Montréal, QC, H4L 4V2

**514 744-4981**

**Website:** [ciusss-nordmtl.gouv.qc.ca/nos-installations/chsld/chsld-de-saint-laurent](http://ciusss-nordmtl.gouv.qc.ca/nos-installations/chsld/chsld-de-saint-laurent)

**Services:** Public housing centre for seniors and people with a loss of autonomy. \* Housing and long term care. \* Day centre with therapeutic services for seniors living at home. \* Units regrouping a clientele with a psychiatric profile or with a behavioural disorder.

**Eligibility:** seniors and people with a loss of autonomy, especially people with a psychiatric and people with a behavioural disorder

**Coverage area:** Saint-Laurent

**Hours:** information centre: Monday to Friday 7h00 to 20h00

**Financing:** provincial

**Legal status:** parapublic organization

## Friendly visits and safety calls

### ACTE D'AMOUR !

710 Décarie Boulevard, Suite 1B, Saint-Laurent, Montréal, QC, H4L 3L5

**514 942-3632**

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

**Email:** [ensemble@actedamour.ca](mailto:ensemble@actedamour.ca)

**Services:** Services offered at home, youth centres, schools and organizations to promote the integration of vulnerable people and breaking down the isolation. Seniors \* Computer workshops. \* Memory game exercises. \* Bingo. \* Music and singing workshops. \* Help with reading. \* Accompaniment to walk. \* Special events. Youth \* Programs and workshops on bullying, violence, and school dropout. \* Science and technology workshops. Support for immigrant women \* Referrals, thematic workshops and conferences for immigrant women. \* Awareness and fight against the violence towards girls and women.

**Eligibility:** seniors with a loss of autonomy, youth 7 to 29, immigrant women

**Coverage area:** Province of Québec

**Hours:** variables

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

### CORPORATION CULTURELLE LATINO-AMÉRICAIN DE L'AMITIÉ

1357 Saint-Louis Street, Saint-Laurent, Montréal, QC, H4L 2P4

**514 543-0416**

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

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

**Services:** \* Food bank. \* Community grocery store. \* Community meals. \* Nutritional training and workshop, community nutritionist. \* Outreach work initiative for seniors living in a vulnerable situation (ITMAV). \* Information and referral. \* Assistance with filling out forms. \* Seniors' program to break isolation. \* Assistance to the integration of people with disabilities. \* On-site recovery of food donations. \* Christmas party.

**Eligibility:** any person in need, newcomers and refugees

**Coverage area:** Saint-Laurent

**Hours:** community grocery store: Monday to Friday 11h00 to 17h00, Saturday and Sunday 13h00 to 17h00

**Fees:** community grocery store: with or without contribution

**Financing:** federal, provincial, municipal

**Legal status:** non-profit organization

### SAINT-LAURENT VOLUNTEER BUREAU

910 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Y6

**514 744-5511** Fax: 514 744-1206

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

**Email:** [services@centreabc.org](mailto:services@centreabc.org)

**Services:** Seniors \* Meals on wheels. \* Friendly visits and phone calls. \* Respite for caregivers. \* Support group and grieving workshops. \* In-home assistance with reading and writing mail. \* Tax clinic. \* Medical transportation. \* Assistance for errands. Food \* Community fridge. Maternal assistance \* Mairaine-tendresse: pairing for new mothers. Community action \* Volunteers recruitment, guidance and training. \* Referral towards organizations. \* Support for Montréal community organizations. \* Distribution of parking stickers for organizations offering accompaniment or transportation.

**Eligibility:** people 12 years and over interested in volunteering, seniors 65 years and over with a loss of autonomy, new mothers, community fridge: general population

**Coverage area:** Saint-Laurent

**Hours:** Monday, Tuesday, Wednesday and Friday 8h00 to 17h30, Thursday 8h00 to 20h00

**Fees:** \$10 per year for beneficiary only



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

**Legal status:** non-profit organization

## Home support

### CARREFOUR JEUNESSE-EMPLOI SAINT-LAURENT - BRIGADE NEIGE

404 Décarie Boulevard, Suite 300, Saint-Laurent, Montréal, QC, H4L 5E6

**514 855-1616**

**Website:** cjestlaurent.org

**Email:** cje@cjestlaurent.org

**Services:** Residential snow removal.

**Eligibility:** seniors and people with limited mobility covered by CLSC Saint-Laurent

**Capacity:** 15

**Coverage area:** Saint-Laurent

**Hours:** Monday and Friday by appointment, Tuesday 10h00 to 12h00 and 13h00 to 16h30, Wednesday and Thursday 13h00 to 16h30

**Fees:** none

**Financing:** provincial, federal

**Legal status:** non-profit organization

### CEDARS HOME FOR THE ELDERLY

1275 de la Côte-Vertu Boulevard, Suite 200, Saint-Laurent, Montréal, QC, H4L 4V2

**514 389-1023 Fax:** 514 389-0581

**Website:** www.centrelescedres.ca

**Email:** info@centrelescedres.ca

**Services:** \* Residential long-term care centre. \* Meals on wheels with Lebanese and Oriental meals.

**Eligibility:** seniors of the Middle East Christian community, meals on wheels: seniors 65 years and over, housing: people who require more than 3 hours of care per day

**Capacity:** housing: 32 beds

**Coverage area:** Montréal Island

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

**Financing:** provincial

**Legal status:** non-profit organization

### PLACE BENOÎT COMMUNITY CENTRE

155 Benoît Place, Suite 02, Saint-Laurent, Montréal, QC, H4N 2H4

**514 744-0897 Fax:** 514 744-6205

**Website:** www.centreboncourage.org

**Email:** infos@centreboncourage.org

**Services:** Children and youth \* Youth programs for academic success and popular education. \* Early childhood program. \* Leadership program for youth from the black community. \* Day camp. Seniors \* Seniors program. Food \* Community meals. \* Community kitchen. \* Occasional buying groups. \* Food bank. Other \* Christmas activities for members. \* Neighbourhood committee. \* Community radio. \* Furniture and household items donation pairing for newcomers. \* Help with errands for the residents of Place Benoît.

**Eligibility:** multiethnic communities, people on a low income, seniors, families

**Coverage area:** Hodge-Place-Benoît neighborhood, Ward-Gold neighbourhood and surroundings

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

**Fees:** membership: \$5 to \$7

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

**Legal status:** non-profit organization

**SAINT-LAURENT VOLUNTEER BUREAU**

910 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Y6

**514 744-5511** Fax: 514 744-1206

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

**Email:** [services@centreabc.org](mailto:services@centreabc.org)

**Services:** Seniors \* Meals on wheels. \* Friendly visits and phone calls. \* Respite for caregivers. \* Support group and grieving workshops. \* In-home assistance with reading and writing mail. \* Tax clinic. \* Medical transportation. \* Assistance for errands. Food \* Community fridge. Maternal assistance \* Mairaine-tendresse: pairing for new mothers. Community action \* Volunteers recruitment, guidance and training. \* Referral towards organizations. \* Support for Montréal community organizations. \* Distribution of parking stickers for organizations offering accompaniment or transportation.

**Eligibility:** people 12 years and over interested in volunteering, seniors 65 years and over with a loss of autonomy, new mothers, community fridge: general population

**Coverage area:** Saint-Laurent

**Hours:** Monday, Tuesday, Wednesday and Friday 8h00 to 17h30, Thursday 8h00 to 20h00

**Fees:** \$10 per year for beneficiary only

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

**Legal status:** non-profit organization

**Housing for seniors****CEDARS HOME FOR THE ELDERLY**

1275 de la Côte-Vertu Boulevard, Suite 200, Saint-Laurent, Montréal, QC, H4L 4V2

**514 389-1023** Fax: 514 389-0581

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

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

**Services:** \* Residential long-term care centre. \* Meals on wheels with Lebanese and Oriental meals.

**Eligibility:** seniors of the Middle East Christian community, meals on wheels: seniors 65 years and over, housing: people who require more than 3 hours of care per day

**Capacity:** housing: 32 beds

**Coverage area:** Montréal Island

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

**Financing:** provincial

**Legal status:** non-profit organization

**CHSLD DE SAINT-LAURENT**

1275 de la Côte-Vertu Boulevard, Saint-Laurent, Montréal, QC, H4L 4V2

**514 744-4981**

**Website:** [ciusss-nordmtl.gouv.qc.ca/nos-installations/chsld/chsld-de-saint-laurent](http://ciusss-nordmtl.gouv.qc.ca/nos-installations/chsld/chsld-de-saint-laurent)

**Services:** Public housing centre for seniors and people with a loss of autonomy. \* Housing and long term care. \* Day centre with therapeutic services for seniors living at home. \* Units regrouping a clientele with a psychiatric profile or with a behavioural disorder.

**Eligibility:** seniors and people with a loss of autonomy, especially people with a psychiatric and people with a behavioural disorder

**Coverage area:** Saint-Laurent

**Hours:** information centre: Monday to Friday 7h00 to 20h00

**Financing:** provincial

**Legal status:** parapublic organization

**DEMEURES SAINTE-CROIX**

1225 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Z2

**514 744-0591** Fax: 514 744-2653

**Email:** dsc1@videotron.ca

**Services:** Subsidized and non-subsidized housing for seniors. \* Studios, 3½ and 4½. \* Phase I at 1125 Sainte-Croix Avenue. \* Phase II at 1175 Sainte-Croix Avenue. \* Phase III at 1165 Sainte-Croix Avenue. \* Adapted housing for people with reduced mobility. \* Tax clinic for residents.

**Eligibility:** seniors 65 years and over, autonomous, on a low income and who have been Canadian citizens for at least 3 years

**Capacity:** 103 subsidized apartments

**Coverage area:** Montréal Island

**Hours:** administration: Tuesday to Thursday 9h00 to 17h00

**Fees:** subsidized apartments: 25% of income based on provincial notice of assessment

**Financing:** municipal, provincial

**Legal status:** non-profit organization

**Meals on Wheels****CEDARS HOME FOR THE ELDERLY**

1275 de la Côte-Vertu Boulevard, Suite 200, Saint-Laurent, Montréal, QC, H4L 4V2

**514 389-1023** Fax: 514 389-0581

**Website:** www.centrelescedres.ca

**Email:** info@centrelescedres.ca

**Services:** \* Residential long-term care centre. \* Meals on wheels with Lebanese and Oriental meals.

**Eligibility:** seniors of the Middle East Christian community, meals on wheels: seniors 65 years and over, housing: people who require more than 3 hours of care per day

**Capacity:** housing: 32 beds

**Coverage area:** Montréal Island

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

**Financing:** provincial

**Legal status:** non-profit organization

**SAINTE-LAURENT VOLUNTEER BUREAU**

910 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Y6

**514 744-5511** Fax: 514 744-1206

**Website:** www.centreabc.org/en

**Email:** services@centreabc.org

**Services:** Seniors \* Meals on wheels. \* Friendly visits and phone calls. \* Respite for caregivers. \* Support group and grieving workshops. \* In-home assistance with reading and writing mail. \* Tax clinic. \* Medical transportation. \* Assistance for errands. Food \* Community fridge. Maternal assistance \* Mairaine-tendresse: pairing for new mothers. Community action \* Volunteers recruitment, guidance and training. \* Referral towards organizations. \* Support for Montréal community organizations. \* Distribution of parking stickers for organizations offering accompaniment or transportation.

**Eligibility:** people 12 years and over interested in volunteering, seniors 65 years and over with a loss of autonomy, new mothers, community fridge: general population

**Coverage area:** Saint-Laurent

**Hours:** Monday, Tuesday, Wednesday and Friday 8h00 to 17h30, Thursday 8h00 to 20h00

**Fees:** \$10 per year for beneficiary only

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

**Legal status:** non-profit organization

## Volunteer Transportation

### SAINT-LAURENT VOLUNTEER BUREAU - ACCOMPANIMENT-TRANSPORTATION

910 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Y6

**514 744-5511** Fax: 514 744-1206

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

**Email:** [communication@centreabc.org](mailto:communication@centreabc.org)

**Services:** \* Accompaniment with or without transportation to medical appointments by volunteers. \*

Accompaniment and transportation for shopping.

**Eligibility:** seniors 65 years and over with a loss of autonomy with an income of \$25,000 maximum for a single person or \$30,000 for a couple

**Coverage area:** Saint-Laurent, transportation into the Greater Montréal

**Hours:** appointment: Monday to Friday 8h00 to 16h00, office: Monday, Tuesday, Wednesday and Friday 8h00 to 17h30, Thursday 8h00 to 20h00

**Fees:** membership: \$10 per year, \$0.50 per km if the volunteer's car is used

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

**Legal status:** non-profit organization

**Sex and gender**

**WOMEN'S CENTRES**

**WOMEN'S ASSOCIATIONS**

## Women's centres

### AMAL-CENTER FOR WOMEN

903 Décarie Boulevard, Suite 204, Saint-Laurent, Montréal, QC, H4L 3N3

**514 855-0330 ext. 1** Fax: 514 360-4105

**Website:** amalwomencenter.ca

**Email:** info@amalwomencenter.ca

**Services:** Centre promoting the individual and familial welfare of women. \* Psychosocial support for victims of domestic violence, family or marital conflicts. \* Individual counselling. \* Workshops on issues faced by Muslim women and on domestic abuse in visible minority communities. \* Information and referral. \* Legal and medical accompaniment. \* Art-therapy workshops. \* Counselling on multicultural cases for community organizations. \* Awareness about domestic violence.

**Eligibility:** women in difficulty, especially immigrant women or from Arabic, North-African and South-Asian communities, families, couples

**Coverage area:** Greater Montréal

**Hours:** by appointment

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

### CENTRE D'ACCUEIL ET DE RÉFÉRENCE SOCIALE ET ÉCONOMIQUE POUR IMMIGRANTS DE SAINT-LAURENT

774 Décarie Boulevard, Suite 300, Saint-Laurent, Montréal, QC, H4L 3L5

**514 748-2007** Fax: 514 748-2766

**Website:** cari.qc.ca

**Email:** carist@cari.qc.ca

**Services:** Immigration \* Reception, referral, information and guidance. \* Certification of documents. \* Assistance with filling out forms. \* Francization, French classes and conversation workshops. \* English classes. \* Computer classes. \* Citizenship course. \* Pairing between Québec families and newcomers. \* Tax clinic. \* Daycare during activities. \* Form for Montrealers offering housing to incoming Ukrainians: [docs.google.com/forms/d/e/1FAIpQLSfwl6LRUNoi8N0BVjDw5lxcZFWEMMfWwBtdvFWsVtZn2JRYPg/viewform](https://docs.google.com/forms/d/e/1FAIpQLSfwl6LRUNoi8N0BVjDw5lxcZFWEMMfWwBtdvFWsVtZn2JRYPg/viewform) Employment \* Employment: job search workshops, resume writing, individual monitoring, placement, networking, etc. Psychosocial support \* Psychoeducational clinic. \* Individual and group support for immigrant women, discussion workshops. Food \* Collective kitchens. Recreational activities \* Social, physical and educational activities for families. \* Manual, crafts and sewing workshops. \* Summer camp. \* Family holiday camp.

**Eligibility:** immigrant families and individuals, visible minorities, temporary residents, asylum seekers and refugees

**Coverage area:** Greater Montréal, particularly Saint-Laurent

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

**Fees:** none

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

**Legal status:** non-profit organization

### CENTRE DES FEMMES DE SAINT-LAURENT

685 Décarie Boulevard, Suite 101, Saint-Laurent, Montréal, QC, H4L 5G4

**514 744-3513** Fax: 514 744-5609

**Website:** www.cfstl.org

**Email:** info@cfstl.org

**Services:** \* Reception, support, listening and referral by phone or in person. \* Educational activities: discussions, workshops, personal development workshops, educational outings. \* Drop-in daycare. \* Collective actions. \* Promotion of women's living conditions.

**Eligibility:** women

**Coverage area:** Saint-Laurent

**Hours:** Monday to Thursday 9h00 to 12h00 and 13h00 to 16h30

**Fees:** annual membership: \$10

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

**Legal status:** non-profit organization

## Women's associations

### CENTRE D'ACCUEIL ET DE RÉFÉRENCE SOCIALE ET ÉCONOMIQUE POUR IMMIGRANTS DE SAINT-LAURENT

774 Décarie Boulevard, Suite 300, Saint-Laurent, Montréal, QC, H4L 3L5

**514 748-2007 Fax:** 514 748-2766

**Website:** cari.qc.ca

**Email:** carist@cari.qc.ca

**Services:** Immigration \* Reception, referral, information and guidance. \* Certification of documents. \* Assistance with filling out forms. \* Francization, French classes and conversation workshops. \* English classes. \* Computer classes. \* Citizenship course. \* Pairing between Québec families and newcomers. \* Tax clinic. \* Daycare during activities. \* Form for Montrealers offering housing to incoming Ukrainians: [docs.google.com/forms/d/e/1FAIpQLSfwl6LRUNoi8N0BVjDw5lxcZfwEMMfWwBtdvFWsVtZn2JRYPg/viewform](https://docs.google.com/forms/d/e/1FAIpQLSfwl6LRUNoi8N0BVjDw5lxcZfwEMMfWwBtdvFWsVtZn2JRYPg/viewform) Employment \* Employment: job search workshops, resume writing, individual monitoring, placement, networking, etc. Psychosocial support \* Psychoeducational clinic. \* Individual and group support for immigrant women, discussion workshops. Food \* Collective kitchens. Recreational activities \* Social, physical and educational activities for families. \* Manual, crafts and sewing workshops. \* Summer camp. \* Family holiday camp.

**Eligibility:** immigrant families and individuals, visible minorities, temporary residents, asylum seekers and refugees

**Coverage area:** Greater Montréal, particularly Saint-Laurent

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

**Fees:** none

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

**Legal status:** non-profit organization

### CENTRE DES FEMMES DE SAINT-LAURENT

685 Décarie Boulevard, Suite 101, Saint-Laurent, Montréal, QC, H4L 5G4

**514 744-3513 Fax:** 514 744-5609

**Website:** www.cfstl.org

**Email:** info@cfstl.org

**Services:** \* Reception, support, listening and referral by phone or in person. \* Educational activities: discussions, workshops, personal development workshops, educational outings. \* Drop-in daycare. \* Collective actions. \* Promotion of women's living conditions.

**Eligibility:** women

**Coverage area:** Saint-Laurent

**Hours:** Monday to Thursday 9h00 to 12h00 and 13h00 to 16h30

**Fees:** annual membership: \$10

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

**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

### MONTRÉAL PUBLIC LIBRAIRIES NETWORK - VIEUX-SAINT-LAURENT LIBRARY

1380 de l'Église Street, Saint-Laurent, Montréal, QC, H4L 2H2

**514 855-6130**

**Website:** [montreal.ca/en/places/bibliotheque-du-vieux-saint-laurent](http://montreal.ca/en/places/bibliotheque-du-vieux-saint-laurent)

**Services:** \* Loan and consultation of books, audiovisual and digital documents. \* Computers, Internet access and printing devices. \* FabricARThèque: space of artisanal creation. \* Music listening stations. \* Story time. \* Book club for children. \* Home book loan for people 65 years and over or with reduced mobility. \* Workshops, conferences and exhibitions.

**Eligibility:** general public

**Coverage area:** Montréal

**Hours:** Monday to Wednesday 10h00 to 19h00, Thursday and Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 16h00

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

**Financing:** municipal, provincial

**Legal status:** municipal agency

### MONTRÉAL PUBLIC LIBRARIES NETWORK - DU BOISÉ LIBRARY

2727 Thimens Boulevard, Saint-Laurent, Montréal, QC, H4R 1T4

**514 855-6130**

**Website:** [montreal.ca/en/places/bibliotheque-du-boise](http://montreal.ca/en/places/bibliotheque-du-boise)

**Services:** \* Loan and consultation of printed, audiovisual and digital documents. \* Computers, Internet access and printing devices. \* Music listening stations. \* 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:** Monday to Wednesday 11h00 to 21h00, Thursday and Friday 11h00 to 20h00, Saturday and Sunday 10h00 to 17h00

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

**Financing:** municipal, provincial

**Legal status:** municipal agency

### PLACE BENOÎT COMMUNITY CENTRE

155 Benoît Place, Suite 02, Saint-Laurent, Montréal, QC, H4N 2H4

**514 744-0897 Fax: 514 744-6205**

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

**Email:** [infos@centreboncourage.org](mailto:infos@centreboncourage.org)

**Services:** Children and youth \* Youth programs for academic success and popular education. \* Early childhood program. \* Leadership program for youth from the black community. \* Day camp. Seniors \* Seniors program. Food \* Community meals. \* Community kitchen. \* Occasional buying groups. \* Food bank. Other \* Christmas activities for members. \* Neighbourhood committee. \* Community radio. \* Furniture and household items donation pairing for newcomers. \* Help with errands for the residents of Place Benoît.

**Eligibility:** multiethnic communities, people on a low income, seniors, families

**Coverage area:** Hodge-Place-Benoît neighborhood, Ward-Gold neighbourhood and surroundings

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

**Fees:** membership: \$5 to \$7

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

**Legal status:** non-profit organization

**TEKEYAN ARMENIAN CULTURAL ASSOCIATION**

825 Manougian Street, Saint-Laurent, Montréal, QC, H4N 1Z5

**514 747-6680** Fax: 514 747-6162

**Website:** tekeyanmontreal.ca

**Email:** centretekeyan@bellnet.ca

**Services:** \* Cultural activities: theater, arts ad crafts, literature, traditional dance. \* Social activities. \* Summer day camps. \* Armenian books library. \* Abaka weekly newspaper. \* Vision Créative Tekeyan: variety shows with cultural themes. \* Hay Pem theater company. \* Annual bazaar. \* Weekly community dinners. \* Operation of the Tekeyan Center. \* Room rental.

**Eligibility:** people from the Armenian community

**Coverage area:** Montréal Island, Laval

**Hours:** community meals: Friday evening

**Fees:** annual membership: \$25 for students and people 65 years old and over, \$45 regular, activities: variable

**Financing:** donations, self-financing, membership fees

**Legal status:** non-profit organization

**Clubs and social events****ACTE D'AMOUR !**

710 Décarie Boulevard, Suite 1B, Saint-Laurent, Montréal, QC, H4L 3L5

**514 942-3632**

**Website:** www.actedamour.ca

**Email:** ensemble@actedamour.ca

**Services:** Services offered at home, youth centres, schools and organizations to promote the integration of vulnerable people and breaking down the isolation. Seniors \* Computer workshops. \* Memory game exercises. \* Bingo. \* Music and singing workshops. \* Help with reading. \* Accompaniment to walk. \* Special events. Youth \* Programs and workshops on bullying, violence, and school dropout. \* Science and technology workshops. Support for immigrant women \* Referrals, thematic workshops and conferences for immigrant women. \* Awareness and fight against the violence towards girls and women.

**Eligibility:** seniors with a loss of autonomy, youth 7 to 29, immigrant women

**Coverage area:** Province of Québec

**Hours:** variables

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

**ARMENIAN GENERAL BENEVOLENT UNION**

805 Manougian Street, Saint-Laurent, Montréal, QC, H4N 1Z5

**514 748-2428** Fax: 514 748-6307

**Website:** agbumontreal.org

**Email:** montreal@agbu.org

**Services:** Community centre. \* Social, cultural and sports activities. \* Scouting.

**Eligibility:** people of Armenian origin, youth, young professionals, seniors

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 10h00 to 17h00

**Financing:** contributions, donations

**Legal status:** non-profit organization

### ASSOCIATION DE PARENTS POUR LA SANTÉ MENTALE DE SAINT-LAURENT-BORDEAUX-CARTIERVILLE

1900 Thimens Boulevard, Suite 210, Saint-Laurent, Montréal, QC, H4R 2K2

**514 744-5218**

**Website:** aidemaladiementale.com

**Email:** apsm@videotron.ca

**Services:** \* Reception and listening. \* Telephone support. \* Individual meetings and follow-ups. \* Support group. \* Various psychosocial workshops. \* Teleconferences. \* Writing of request for a psychiatric assessment. \* Christmas dinner. \* Weekend respite for members. \* Art-therapy workshops. \* Yoga workshops. \* Goove dance workshop.

**Eligibility:** families or close ones of people living with a mental health issue

**Capacity:** training and support group: 8 to 10 participants

**Coverage area:** Saint-Laurent, Bordeaux-Cartierville

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

**Fees:** none

**Financing:** provincial, municipal, foundations, donations

**Legal status:** non-profit organization

### ASSOCIATION DES FEMMES VIETNAMIENNES DU CANADA - RÉGION DE MONTRÉAL

2730 O'Grady Street, Saint-Laurent, Montréal, QC, H4M 2W5

**514 287-1149 Fax:** 514 287-9450

**Services:** \* General assistance in social, cultural and legal fields. \* Interpretation, translation, accompaniment. \* Promotion of the Vietnamese culture. \* Social, cultural and intercultural activities. \* Cooking lessons. \* Knitting, flower arrangement and photography courses. \* Conferences and information sessions.

**Eligibility:** Vietnamese women and their family, women from other ethnic communities who want to discover the Vietnamese culture

**Coverage area:** Greater Montréal

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

**Fees:** annual membership: \$35

**Financing:** contributions, self-financing

**Legal status:** non-profit organization

### CARREFOUR DES AÎNÉS DE SAINT-LAURENT

1375 Grenet Street, Saint-Laurent, Montréal, QC, H4L 5K3

**514 748-0943 Fax:** 514 748-2264

**Email:** carrefour.aines@gmail.com

**Services:** \* Recreational activities for seniors.

**Eligibility:** seniors 50 years and over

**Capacity:** 1000 persons

**Coverage area:** Saint-Laurent

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

**Fees:** annual membership: \$10

**Financing:** municipal

**Legal status:** non-profit organization

### CENTRE D'ACCUEIL ET DE RÉFÉRENCE SOCIALE ET ÉCONOMIQUE POUR IMMIGRANTS DE SAINT-LAURENT

774 Décarie Boulevard, Suite 300, Saint-Laurent, Montréal, QC, H4L 3L5

**514 748-2007 Fax:** 514 748-2766

**Website:** cari.qc.ca

**Email:** carist@cari.qc.ca

**Services:** Immigration \* Reception, referral, information and guidance. \* Certification of documents. \* Assistance with filling out forms. \* Francization, French classes and conversation workshops. \* English classes. \* Computer classes. \* Citizenship course. \* Pairing between Québec families and newcomers. \* Tax clinic. \* Daycare during activities. \* Form for Montrealers offering housing to incoming Ukrainians: [docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVjDw5lxcZFWEMMFwWbtdvFWsVtZn2JRYPg/viewform](https://docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVjDw5lxcZFWEMMFwWbtdvFWsVtZn2JRYPg/viewform)  
 Employment \* Employment: job search workshops, resume writing, individual monitoring, placement, networking, etc. Psychosocial support \* Psychoeducational clinic. \* Individual and group support for immigrant women, discussion workshops. Food \* Collective kitchens. Recreational activities \* Social, physical and educational activities for families. \* Manual, crafts and sewing workshops. \* Summer camp. \* Family holiday camp.

**Eligibility:** immigrant families and individuals, visible minorities, temporary residents, asylum seekers and refugees

**Coverage area:** Greater Montréal, particularly Saint-Laurent

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

**Fees:** none

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

**Legal status:** non-profit organization

### **CENTRE D'ENCADREMENT POUR JEUNES FEMMES IMMIGRANTES**

1775 Édouard-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4L 2B9

**514 744-2252 Fax:** 514 744-0540

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

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

**Services:** \* Information and referral. \* Trainings: head of family child care, hairdressing. \* Guidance, accompaniment and follow-up. \* Social and friendship networks. \* Promotion and public awareness. \* Language courses. \* Computer courses. \* Food and clothing assistance. \* Employability services. \* Psychosocial support. \* Legal assistance.

**Eligibility:** immigrant women, their family

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00, food assistance: Tuesday 15h00

**Financing:** provincial, federal

**Legal status:** non-profit organization

### **CENTRE DES FEMMES DE SAINT-LAURENT**

685 Décarie Boulevard, Suite 101, Saint-Laurent, Montréal, QC, H4L 5G4

**514 744-3513 Fax:** 514 744-5609

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

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

**Services:** \* Reception, support, listening and referral by phone or in person. \* Educational activities: discussions, workshops, personal development workshops, educational outings. \* Drop-in daycare. \* Collective actions. \* Promotion of women's living conditions.

**Eligibility:** women

**Coverage area:** Saint-Laurent

**Hours:** Monday to Thursday 9h00 to 12h00 and 13h00 to 16h30

**Fees:** annual membership: \$10

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

**Legal status:** non-profit organization

### **CLUB DE L'ÂGE D'OR SAINT-HIPPOLYTE (VILLE SAINT-LAURENT)**

1415 Filion Street, Saint-Laurent, Montréal, QC, H4L 4E7

**514 747-4300**

**Services:** \* Physical exercise. \* Community meals. \* Outings. \* Conferences.

**Eligibility:** people 50 years and over

**Coverage area:** Saint-Laurent

**Hours:** physical activities: Tuesday and Thursday mornings

**Fees:** membership: \$10

**Financing:** provincial, municipal, donations, contributions

**Legal status:** non-profit organization

### **CORPORATION CULTURELLE LATINO-AMÉRICAINNE DE L'AMITIÉ**

1357 Saint-Louis Street, Saint-Laurent, Montréal, QC, H4L 2P4

**514 543-0416**

**Website:** www.coclamontreal.org

**Email:** cocla.mtl@gmail.com

**Services:** \* Food bank. \* Community grocery store. \* Community meals. \* Nutritional training and workshop, community nutritionist. \* Outreach work initiative for seniors living in a vulnerable situation (ITMAV). \* Information and referral. \* Assistance with filling out forms. \* Seniors' program to break isolation. \* Assistance to the integration of people with disabilities. \* On-site recovery of food donations. \* Christmas party.

**Eligibility:** any person in need, newcomers and refugees

**Coverage area:** Saint-Laurent

**Hours:** community grocery store: Monday to Friday 11h00 to 17h00, Saturday and Sunday 13h00 to 17h00

**Fees:** community grocery store: with or without contribution

**Financing:** federal, provincial, municipal

**Legal status:** non-profit organization

### **HANDICAPÉS DE SAINT-LAURENT**

1375 Grenet Street, Saint-Laurent, Montréal, QC, H4L 5K3

**514 855-6110 ext. 4937**

**Services:** Social club for autonomous disabled people. \* Community meals. \* Christmas meal. \* Cultural outings in summer.

**Eligibility:** autonomous disabled people

**Coverage area:** Montréal Island

**Hours:** September 7th 2022 to May 31st 2023: Wednesday 9h00 to 15h00

**Fees:** annual membership: \$7, activities: variable

**Financing:** financing campaigns, provincial, municipal, donations, contributions

**Legal status:** non-profit organization

### **PLACE BENOÎT COMMUNITY CENTRE**

155 Benoît Place, Suite 02, Saint-Laurent, Montréal, QC, H4N 2H4

**514 744-0897 Fax: 514 744-6205**

**Website:** www.centreboncourage.org

**Email:** infos@centreboncourage.org

**Services:** Children and youth \* Youth programs for academic success and popular education. \* Early childhood program. \* Leadership program for youth from the black community. \* Day camp. Seniors \* Seniors program. Food \* Community meals. \* Community kitchen. \* Occasional buying groups. \* Food bank. Other \* Christmas activities for members. \* Neighbourhood committee. \* Community radio. \* Furniture and household items donation pairing for newcomers. \* Help with errands for the residents of Place Benoît.

**Eligibility:** multiethnic communities, people on a low income, seniors, families

**Coverage area:** Hodge-Place-Benoît neighborhood, Ward-Gold neighbourhood and surroundings

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

**Fees:** membership: \$5 to \$7

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

**Legal status:** non-profit organization

**TEKEYAN ARMENIAN CULTURAL ASSOCIATION**

825 Manoojian Street, Saint-Laurent, Montréal, QC, H4N 1Z5

**514 747-6680** Fax: 514 747-6162

**Website:** tekeyanmontreal.ca

**Email:** centretekeyan@bellnet.ca

**Services:** \* Cultural activities: theater, arts ad crafts, literature, traditional dance. \* Social activities. \* Summer day camps. \* Armenian books library. \* Abaka weekly newspaper. \* Vision Créative Tekeyan: variety shows with cultural themes. \* Hay Pem theater company. \* Annual bazaar. \* Weekly community dinners. \* Operation of the Tekeyan Center. \* Room rental.

**Eligibility:** people from the Armenian community

**Coverage area:** Montréal Island, Laval

**Hours:** community meals: Friday evening

**Fees:** annual membership: \$25 for students and people 65 years old and over, \$45 regular, activities: variable

**Financing:** donations, self-financing, membership fees

**Legal status:** non-profit organization

**Community recreation centres****CLUB DE L'ÂGE D'OR SAINT-HIPPOLYTE (VILLE SAINT-LAURENT)**

1415 Fillion Street, Saint-Laurent, Montréal, QC, H4L 4E7

**514 747-4300**

**Services:** \* Physical exercise. \* Community meals. \* Outings. \* Conferences.

**Eligibility:** people 50 years and over

**Coverage area:** Saint-Laurent

**Hours:** physical activities: Tuesday and Thursday mornings

**Fees:** membership: \$10

**Financing:** provincial, municipal, donations, contributions

**Legal status:** non-profit organization

**FITNESS WALKING**

3131 de la Côte-Vertu Boulevard, Saint-Laurent, Montréal, QC, H4R 1Y8

**514 335-4147**

**Services:** Walking club in the Place Vertu shopping centre aiming to break isolation and improve mental and physical health. \* Walks. \* Snacks. \* Picnics. \* Tai Chi. \* Meditation. \* Volunteer work.

**Eligibility:** open to everyone, mainly people 55 years and over

**Coverage area:** Montréal Island

**Hours:** Monday, Wednesday and Friday 7h00 to 9h00

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

**Financing:** provincial, municipal, contributions

**Legal status:** non-profit organization

**SAINT-LAURENT YMCA**

1745 Décarie Boulevard, Saint-Laurent, Montréal, QC, H4L 3N5

**514 747-5353** Fax: 514 747-9453

**Website:** www.ymcaquebec.org/en

**Services:** \* Community programs related to food, youth, families and seniors. \* Homework assistance and tutoring program. \* Toy lending library. \* Youth zone. \* Daycare.

**Eligibility:** children, youth, adults and seniors

**Coverage area:** Saint-Laurent and surroundings

**Hours:** Monday to Friday 6h45 to 18h00

**Fees:** depending on the activities and programs

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

### SAINT-LAURENT YMCA - TOY LIBRARY AND FAMILY PROGRAM DEPARTMENT

1745 Décarie Boulevard, Saint-Laurent, Montréal, QC, H4L 3N5

**514 747-9801 Fax:** 514 744-6268

**Website:** [www.ymcaquebec.org/en/Community-Programs/Child-Family-Development-/Family-Resource-Centre](http://www.ymcaquebec.org/en/Community-Programs/Child-Family-Development-/Family-Resource-Centre)

**Email:** [joujoutheque.sl@ymcaquebec.org](mailto:joujoutheque.sl@ymcaquebec.org)

**Services:** Place for meeting and relaxing for children et parents. \* Loan of educational toys. \* Homework assistance for 6 to 12 year olds. \* À la découverte de l'eau: swimming courses with parents for children 4 months to 5 years. \* Sports and leadership activities for 6 to 12 year olds. \* 40 developmental assets: workshops for parents. \* Parent-child sewing courses. \* Family outings.

**Eligibility:** families with children 0 to 12 years old

**Coverage area:** Saint-Laurent

**Hours:** variable

**Fees:** Toy library: \$65 per year per family

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

**Legal status:** non-profit organization

### Day camps and specialized camps

#### CENTRE D'ACCUEIL ET DE RÉFÉRENCE SOCIALE ET ÉCONOMIQUE POUR IMMIGRANTS DE SAINT-LAURENT

774 Décarie Boulevard, Suite 300, Saint-Laurent, Montréal, QC, H4L 3L5

**514 748-2007 Fax:** 514 748-2766

**Website:** [cari.qc.ca](http://cari.qc.ca)

**Email:** [carist@cari.qc.ca](mailto:carist@cari.qc.ca)

**Services:** Immigration \* Reception, referral, information and guidance. \* Certification of documents. \* Assistance with filling out forms. \* Francization, French classes and conversation workshops. \* English classes. \* Computer classes. \* Citizenship course. \* Pairing between Québec families and newcomers. \* Tax clinic. \* Daycare during activities. \* Form for Montrealers offering housing to incoming Ukrainians: [docs.google.com/forms/d/e/1FAIpQLSfwl6LRUNoi8N0BVjDw5lxcZFWEMMFwWbtdvFWsVtZn2JRYPg/viewform](https://docs.google.com/forms/d/e/1FAIpQLSfwl6LRUNoi8N0BVjDw5lxcZFWEMMFwWbtdvFWsVtZn2JRYPg/viewform) Employment \* Employment: job search workshops, resume writing, individual monitoring, placement, networking, etc. Psychosocial support \* Psychoeducational clinic. \* Individual and group support for immigrant women, discussion workshops. Food \* Collective kitchens. Recreational activities \* Social, physical and educational activities for families. \* Manual, crafts and sewing workshops. \* Summer camp. \* Family holiday camp.

**Eligibility:** immigrant families and individuals, visible minorities, temporary residents, asylum seekers and refugees

**Coverage area:** Greater Montréal, particularly Saint-Laurent

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

**Fees:** none

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

**Legal status:** non-profit organization

#### CENTRE DE PÉDIATRIE SOCIALE DE SAINT-LAURENT - AU COEUR DE L'ENFANCE

1159 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Z2

**514 333-8989 ext. 521 Fax:** 514 940-3321

**Website:** [aucoeurdelenfance.ca](http://aucoeurdelenfance.ca)

**Email:** [cps@aucoeurdelenfance.ca](mailto:cps@aucoeurdelenfance.ca)

**Services:** Reception, clinical assessment and support for children and families. \* Social perinatality: pregnancy care, multidisciplinary preventive services and pediatric follow-up. \* Language development support and stimulation workshops. \* Kindergarten preparation camps. \* Motor skills development. \* Parent-children workshops. \* Support group for parents of children with special needs. \* Social and leisure activities. \* Community garden. \* Donations collected on site: toys, clothing and sports equipment for children aged 0 to 12 years.

**Eligibility:** children, families

**Coverage area:** Saint-Laurent

**Hours:** depending on activities

**Fees:** none

**Financing:** foundations, fundraising campaigns

**Legal status:** non-profit organization

### **ENTRAIDE DES FAMILLES (ENFAM-QUÉBEC)**

1775 Edouard-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4L 2B9

**438 875-6014**

**Website:** [www.enfam-qc.org](http://www.enfam-qc.org)

**Email:** [contact@enfam-qc.org](mailto:contact@enfam-qc.org)

**Services:** Personalized support for families. Material assistance \* Food bank: food assistance baskets worth \$200. \* Clothing bank: second hand clothes for all. \* Donations of dishes, mattresses and furniture. \* School supplies. \* Christmas baskets and gifts. Immigration \* Welcoming and needs assessment. \* Guidance, advice and information on community resources. \* Accompaniment for a period of 4 years to facilitate integration in the form of group workshops or individual interventions. \* Integration activities: sugar shack, Quebec's national holiday, etc. Families \* Workshops for parents: bullying and cyberbullying prevention, workshops on the functioning of the school system, etc. \* Homework assistance. \* Interventions and preventions. \* Day camps and spring break camp. \* Conferences.

**Eligibility:** immigrant families, families on a low income, school supplies: youth 5 to 15 years old, donations of dishes: newly arrived single-parent families

**Capacity:** 250 families

**Coverage area:** Ahuntsic-Cartierville, Saint-Laurent

**Hours:** Monday to Friday 11h00 to 16h00, food baskets: Thursday, except the last of the month

**Fees:** annual membership: \$20 per family, food assistance: \$30 per month, camps: \$70 per youth

**Financing:** federal, provincial, municipal

**Legal status:** non-profit organization

### **PLACE BENOÎT COMMUNITY CENTRE**

155 Benoît Place, Suite 02, Saint-Laurent, Montréal, QC, H4N 2H4

**514 744-0897** Fax: 514 744-6205

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

**Email:** [infos@centreboncourage.org](mailto:infos@centreboncourage.org)

**Services:** Children and youth \* Youth programs for academic success and popular education. \* Early childhood program. \* Leadership program for youth from the black community. \* Day camp. Seniors \* Seniors program. Food \* Community meals. \* Community kitchen. \* Occasional buying groups. \* Food bank. Other \* Christmas activities for members. \* Neighbourhood committee. \* Community radio. \* Furniture and household items donation pairing for newcomers. \* Help with errands for the residents of Place Benoît.

**Eligibility:** multiethnic communities, people on a low income, seniors, families

**Coverage area:** Hodge-Place-Benoît neighborhood, Ward-Gold neighbourhood and surroundings

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

**Fees:** membership: \$5 to \$7

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

**Legal status:** non-profit organization



**TEKEYAN ARMENIAN CULTURAL ASSOCIATION**

825 Manoojian Street, Saint-Laurent, Montréal, QC, H4N 1Z5

**514 747-6680** Fax: 514 747-6162

**Website:** tekeyanmontreal.ca

**Email:** centretekeyan@bellnet.ca

**Services:** \* Cultural activities: theater, arts ad crafts, literature, traditional dance. \* Social activities. \* Summer day camps. \* Armenian books library. \* Abaka weekly newspaper. \* Vision Créative Tekeyan: variety shows with cultural themes. \* Hay Pem theater company. \* Annual bazaar. \* Weekly community dinners. \* Operation of the Tekeyan Center. \* Room rental.

**Eligibility:** people from the Armenian community

**Coverage area:** Montréal Island, Laval

**Hours:** community meals: Friday evening

**Fees:** annual membership: \$25 for students and people 65 years old and over, \$45 regular, activities: variable

**Financing:** donations, self-financing, membership fees

**Legal status:** non-profit organization

**Hobbies****ACTE D'AMOUR !**

710 Décarie Boulevard, Suite 1B, Saint-Laurent, Montréal, QC, H4L 3L5

**514 942-3632**

**Website:** www.actedamour.ca

**Email:** ensemble@actedamour.ca

**Services:** Services offered at home, youth centres, schools and organizations to promote the integration of vulnerable people and breaking down the isolation. Seniors \* Computer workshops. \* Memory game exercises. \* Bingo. \* Music and singing workshops. \* Help with reading. \* Accompaniment to walk. \* Special events. Youth \* Programs and workshops on bullying, violence, and school dropout. \* Science and technology workshops. Support for immigrant women \* Referrals, thematic workshops and conferences for immigrant women. \* Awareness and fight against the violence towards girls and women.

**Eligibility:** seniors with a loss of autonomy, youth 7 to 29, immigrant women

**Coverage area:** Province of Québec

**Hours:** variables

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

**ASSOCIATION DES FEMMES VIETNAMIENNES DU CANADA - RÉGION DE MONTRÉAL**

2730 O'Grady Street, Saint-Laurent, Montréal, QC, H4M 2W5

**514 287-1149** Fax: 514 287-9450

**Services:** \* General assistance in social, cultural and legal fields. \* Interpretation, translation, accompaniment. \* Promotion of the Vietnamese culture. \* Social, cultural and intercultural activities. \* Cooking lessons. \* Knitting, flower arrangement and photography courses. \* Conferences and information sessions.

**Eligibility:** Vietnamese women and their family, women from other ethnic communities who want to discover the Vietnamese culture

**Coverage area:** Greater Montréal

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

**Fees:** annual membership: \$35

**Financing:** contributions, self-financing

**Legal status:** non-profit organization

## CENTRE D'ACCUEIL ET DE RÉFÉRENCE SOCIALE ET ÉCONOMIQUE POUR IMMIGRANTS DE SAINT-LAURENT

774 Décarie Boulevard, Suite 300, Saint-Laurent, Montréal, QC, H4L 3L5

514 748-2007 Fax: 514 748-2766

Website: cari.qc.ca

Email: carist@cari.qc.ca

**Services:** Immigration \* Reception, referral, information and guidance. \* Certification of documents. \* Assistance with filling out forms. \* Francization, French classes and conversation workshops. \* English classes. \* Computer classes. \* Citizenship course. \* Pairing between Québec families and newcomers. \* Tax clinic. \* Daycare during activities. \* Form for Montrealers offering housing to incoming Ukrainians: [docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVjDw5lxcZfwEMMfWwBtdvFWsVtZn2JRYPg/viewform](https://docs.google.com/forms/d/e/1FAIpQLSfwI6LRUNoi8N0BVjDw5lxcZfwEMMfWwBtdvFWsVtZn2JRYPg/viewform) Employment \* Employment: job search workshops, resume writing, individual monitoring, placement, networking, etc. Psychosocial support \* Psychoeducational clinic. \* Individual and group support for immigrant women, discussion workshops. Food \* Collective kitchens. Recreational activities \* Social, physical and educational activities for families. \* Manual, crafts and sewing workshops. \* Summer camp. \* Family holiday camp.

**Eligibility:** immigrant families and individuals, visible minorities, temporary residents, asylum seekers and refugees

**Coverage area:** Greater Montréal, particularly Saint-Laurent

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

**Fees:** none

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

**Legal status:** non-profit organization

## CENTRE D'ENCADREMENT POUR JEUNES FEMMES IMMIGRANTES

1775 Édouard-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4L 2B9

514 744-2252 Fax: 514 744-0540

Website: www.cejfi.org

Email: info@cejfi.org

**Services:** \* Information and referral. \* Trainings: head of family child care, hairdressing. \* Guidance, accompaniment and follow-up. \* Social and friendship networks. \* Promotion and public awareness. \* Language courses. \* Computer courses. \* Food and clothing assistance. \* Employability services. \* Psychosocial support. \* Legal assistance.

**Eligibility:** immigrant women, their family

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00, food assistance: Tuesday 15h00

**Financing:** provincial, federal

**Legal status:** non-profit organization

## FITNESS WALKING

3131 de la Côte-Vertu Boulevard, Saint-Laurent, Montréal, QC, H4R 1Y8

514 335-4147

**Services:** Walking club in the Place Vertu shopping centre aiming to break isolation and improve mental and physical health. \* Walks. \* Snacks. \* Picnics. \* Tai Chi. \* Meditation. \* Volunteer work.

**Eligibility:** open to everyone, mainly people 55 years and over

**Coverage area:** Montréal Island

**Hours:** Monday, Wednesday and Friday 7h00 to 9h00

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

**Financing:** provincial, municipal, contributions

**Legal status:** non-profit organization

**MONTRÉAL PUBLIC LIBRAIRIES NETWORK - VIEUX-SAINT-LAURENT LIBRARY**

1380 de l'Église Street, Saint-Laurent, Montréal, QC, H4L 2H2

**514 855-6130**

**Website:** [montreal.ca/en/places/bibliotheque-du-vieux-saint-laurent](http://montreal.ca/en/places/bibliotheque-du-vieux-saint-laurent)

**Services:** \* Loan and consultation of books, audiovisual and digital documents. \* Computers, Internet access and printing devices. \* FabricARThèque: space of artisanal creation. \* Music listening stations. \* Story time. \* Book club for children. \* Home book loan for people 65 years and over or with reduced mobility. \* Workshops, conferences and exhibitions.

**Eligibility:** general public

**Coverage area:** Montréal

**Hours:** Monday to Wednesday 10h00 to 19h00, Thursday and Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 16h00

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

**Financing:** municipal, provincial

**Legal status:** municipal agency

**MONTRÉAL PUBLIC LIBRARIES NETWORK - DU BOISÉ LIBRARY**

2727 Thimens Boulevard, Saint-Laurent, Montréal, QC, H4R 1T4

**514 855-6130**

**Website:** [montreal.ca/en/places/bibliotheque-du-boise](http://montreal.ca/en/places/bibliotheque-du-boise)

**Services:** \* Loan and consultation of printed, audiovisual and digital documents. \* Computers, Internet access and printing devices. \* Music listening stations. \* 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:** Monday to Wednesday 11h00 to 21h00, Thursday and Friday 11h00 to 20h00, Saturday and Sunday 10h00 to 17h00

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

**Financing:** municipal, provincial

**Legal status:** municipal agency

**SAINT-LAURENT YMCA - TOY LIBRARY AND FAMILY PROGRAM DEPARTMENT**

1745 Décarie Boulevard, Saint-Laurent, Montréal, QC, H4L 3N5

**514 747-9801 Fax: 514 744-6268**

**Website:** [www.ymcaquebec.org/en/Community-Programs/Child-Family-Development-/Family-Resource-Centre](http://www.ymcaquebec.org/en/Community-Programs/Child-Family-Development-/Family-Resource-Centre)

**Email:** [joujoutheque.sl@ymcaquebec.org](mailto:joujoutheque.sl@ymcaquebec.org)

**Services:** Place for meeting and relaxing for children et parents. \* Loan of educational toys. \* Homework assistance for 6 to 12 year olds. \* À la découvert de l'eau: swimming courses with parents for children 4 months to 5 years. \* Sports and leadership activities for 6 to 12 year olds. \* 40 developmental assets: workshops for parents. \* Parent-child sewing courses. \* Family outings.

**Eligibility:** families with children 0 to 12 years old

**Coverage area:** Saint-Laurent

**Hours:** variable

**Fees:** Toy library: \$65 per year per family

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

**Legal status:** non-profit organization

**VANIER COLLEGE**

821 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3X9

**1 855 744-7500 Fax: 514 744-7505**

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

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

**Services:** Public higher education English language institution at the college level. \* Pre-university, career (DEC) and Attestation of College Studies programs (AEC). \* Ongoing education. \* Language school: French, English, Spanish, Japanese, Italian.

**Coverage area:** Province of Québec

**Financing:** provincial, self-financing

**Legal status:** parapublic organization

## Libraries

### MONTRÉAL PUBLIC LIBRAIRIES NETWORK - VIEUX-SAINT-LAURENT LIBRARY

1380 de l'Église Street, Saint-Laurent, Montréal, QC, H4L 2H2

**514 855-6130**

**Website:** [montreal.ca/en/places/bibliotheque-du-vieux-saint-laurent](http://montreal.ca/en/places/bibliotheque-du-vieux-saint-laurent)

**Services:** \* Loan and consultation of books, audiovisual and digital documents. \* Computers, Internet access and printing devices. \* FabricARThèque: space of artisanal creation. \* Music listening stations. \* Story time. \* Book club for children. \* Home book loan for people 65 years and over or with reduced mobility. \* Workshops, conferences and exhibitions.

**Eligibility:** general public

**Coverage area:** Montréal

**Hours:** Monday to Wednesday 10h00 to 19h00, Thursday and Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 16h00

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

**Financing:** municipal, provincial

**Legal status:** municipal agency

### MONTRÉAL PUBLIC LIBRARIES NETWORK - DU BOISÉ LIBRARY

2727 Thimens Boulevard, Saint-Laurent, Montréal, QC, H4R 1T4

**514 855-6130**

**Website:** [montreal.ca/en/places/bibliotheque-du-boise](http://montreal.ca/en/places/bibliotheque-du-boise)

**Services:** \* Loan and consultation of printed, audiovisual and digital documents. \* Computers, Internet access and printing devices. \* Music listening stations. \* 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:** Monday to Wednesday 11h00 to 21h00, Thursday and Friday 11h00 to 20h00, Saturday and Sunday 10h00 to 17h00

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

**Financing:** municipal, provincial

**Legal status:** municipal agency

### TEKEYAN ARMENIAN CULTURAL ASSOCIATION

825 Manoogian Street, Saint-Laurent, Montréal, QC, H4N 1Z5

**514 747-6680 Fax: 514 747-6162**

**Website:** [tekeyanmontreal.ca](http://tekeyanmontreal.ca)

**Email:** [centretekeyan@bellnet.ca](mailto:centretekeyan@bellnet.ca)

**Services:** \* Cultural activities: theater, arts ad crafts, literature, traditional dance. \* Social activities. \* Summer day camps. \* Armenian books library. \* Abaka weekly newspaper. \* Vision Créative Tekeyan: variety shows with cultural themes. \* Hay Pem theater company. \* Annual bazaar. \* Weekly community dinners. \* Operation of the Tekeyan Center. \* Room rental.

**Eligibility:** people from the Armenian community

**Coverage area:** Montréal Island, Laval

**Hours:** community meals: Friday evening

**Fees:** annual membership: \$25 for students and people 65 years old and over, \$45 regular, activities: variable

**Financing:** donations, self-financing, membership fees

**Legal status:** non-profit organization

## Sport

### FITNESS WALKING

3131 de la Côte-Vertu Boulevard, Saint-Laurent, Montréal, QC, H4R 1Y8

**514 335-4147**

**Services:** Walking club in the Place Vertu shopping centre aiming to break isolation and improve mental and physical health. \* Walks. \* Snacks. \* Picnics. \* Tai Chi. \* Meditation. \* Volunteer work.

**Eligibility:** open to everyone, mainly people 55 years and over

**Coverage area:** Montréal Island

**Hours:** Monday, Wednesday and Friday 7h00 to 9h00

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

**Financing:** provincial, municipal, contributions

**Legal status:** non-profit organization

## Sports and recreation for people with a disability

### HANDICAPÉS DE SAINT-LAURENT

1375 Grenet Street, Saint-Laurent, Montréal, QC, H4L 5K3

**514 855-6110 ext. 4937**

**Services:** Social club for autonomous disabled people. \* Community meals. \* Christmas meal. \* Cultural outings in summer.

**Eligibility:** autonomous disabled people

**Coverage area:** Montréal Island

**Hours:** September 7th 2022 to May 31st 2023: Wednesday 9h00 to 15h00

**Fees:** annual membership: \$7, activities: variable

**Financing:** financing campaigns, provincial, municipal, donations, contributions

**Legal status:** non-profit organization

## **Thrift store and material aid**

**CLOTHING**

**SCHOOL SUPPLIES**

**THRIFT STORES**

## Clothing

### CENTRE D'ENCADREMENT POUR JEUNES FEMMES IMMIGRANTES

1775 Édouard-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4L 2B9

**514 744-2252** Fax: 514 744-0540

**Website:** www.cejfi.org

**Email:** info@cejfi.org

**Services:** \* Information and referral. \* Trainings: head of family child care, hairdressing. \* Guidance, accompaniment and follow-up. \* Social and friendship networks. \* Promotion and public awareness. \* Language courses. \* Computer courses. \* Food and clothing assistance. \* Employability services. \* Psychosocial support. \* Legal assistance.

**Eligibility:** immigrant women, their family

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00, food assistance: Tuesday 15h00

**Financing:** provincial, federal

**Legal status:** non-profit organization

### CENTRE DE PÉDIATRIE SOCIALE DE SAINT-LAURENT - AU COEUR DE L'ENFANCE

1159 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Z2

**514 333-8989 ext. 521** Fax: 514 940-3321

**Website:** aucoeurdelenfance.ca

**Email:** cps@aucoeurdelenfance.ca

**Services:** Reception, clinical assessment and support for children and families. \* Social perinatality: pregnancy care, multidisciplinary preventive services and pediatric follow-up. \* Language development support and stimulation workshops. \* Kindergarten preparation camps. \* Motor skills development. \* Parent-children workshops. \* Support group for parents of children with special needs. \* Social and leisure activities. \* Community garden. \* Donations collected on site: toys, clothing and sports equipment for children aged 0 to 12 years.

**Eligibility:** children, families

**Coverage area:** Saint-Laurent

**Hours:** depending on activities

**Fees:** none

**Financing:** foundations, fundraising campaigns

**Legal status:** non-profit organization

### ENTRAIDE DES FAMILLES (ENFAM-QUÉBEC)

1775 Édouard-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4L 2B9

**438 875-6014**

**Website:** www.enfam-qc.org

**Email:** contact@enfam-qc.org

**Services:** Personalized support for families. Material assistance \* Food bank: food assistance baskets worth \$200. \* Clothing bank: second hand clothes for all. \* Donations of dishes, mattresses and furniture. \* School supplies. \* Christmas baskets and gifts. Immigration \* Welcoming and needs assessment. \* Guidance, advice and information on community resources. \* Accompaniment for a period of 4 years to facilitate integration in the form of group workshops or individual interventions. \* Integration activities: sugar shack, Quebec's national holiday, etc. Families \* Workshops for parents: bullying and cyberbullying prevention, workshops on the functioning of the school system, etc. \* Homework assistance. \* Interventions and preventions. \* Day camps and spring break camp. \* Conferences.

**Eligibility:** immigrant families, families on a low income, school supplies: youth 5 to 15 years old, donations of dishes: newly arrived single-parent families

**Capacity:** 250 families

**Coverage area:** Ahuntsic-Cartierville, Saint-Laurent

**Hours:** Monday to Friday 11h00 to 16h00, food baskets: Thursday, except the last of the month

**Fees:** annual membership: \$20 per family, food assistance: \$30 per month, camps: \$70 per youth

**Financing:** federal, provincial, municipal

**Legal status:** non-profit organization

### MAISON DES FAMILLES DE SAINT-LAURENT

1159 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Z2

**514 333-8989 ext. 321**

**Website:** maisondesfamilles.org

**Email:** info@maisondesfamilles.org

**Services:** Meeting place for parents and socialization place for children. \* Parent-child workshops and stimulation activities. \* Perinatal: prenatal courses and accompaniment. \* Family outings. \* Discussion groups. \* Daycare. \* Parent-child homework assistance. \* Winter clothes sales once a year: winter clothing at low cost for babies, children and adults.

**Eligibility:** families with children between 0 and 10 years, new parents, newcomers

**Coverage area:** Saint-Laurent

**Hours:** Monday to Friday 9h00 to 18h00

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

## School supplies

### CENTRE D'ACCUEIL ET DE RÉFÉRENCE SOCIALE ET ÉCONOMIQUE POUR IMMIGRANTS DE SAINT-LAURENT

774 Décarie Boulevard, Suite 300, Saint-Laurent, Montréal, QC, H4L 3L5

**514 748-2007 Fax:** 514 748-2766

**Website:** cari.qc.ca

**Email:** carist@cari.qc.ca

**Services:** Immigration \* Reception, referral, information and guidance. \* Certification of documents. \* Assistance with filling out forms. \* Francization, French classes and conversation workshops. \* English classes. \* Computer classes. \* Citizenship course. \* Pairing between Québec families and newcomers. \* Tax clinic. \* Daycare during activities. \* Form for Montrealers offering housing to incoming Ukrainians: [docs.google.com/forms/d/e/1FAIpQLSfwl6LRUNoi8N0BVjDw5lxcZFwEMMfWwBtdvFWsVtZn2JRYPg/viewform](https://docs.google.com/forms/d/e/1FAIpQLSfwl6LRUNoi8N0BVjDw5lxcZFwEMMfWwBtdvFWsVtZn2JRYPg/viewform) Employment \* Employment: job search workshops, resume writing, individual monitoring, placement, networking, etc. Psychosocial support \* Psychoeducational clinic. \* Individual and group support for immigrant women, discussion workshops. Food \* Collective kitchens. Recreational activities \* Social, physical and educational activities for families. \* Manual, crafts and sewing workshops. \* Summer camp. \* Family holiday camp.

**Eligibility:** immigrant families and individuals, visible minorities, temporary residents, asylum seekers and refugees

**Coverage area:** Greater Montréal, particularly Saint-Laurent

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

**Fees:** none

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

**Legal status:** non-profit organization

### ENTRAIDE DES FAMILLES (ENFAM-QUÉBEC)

1775 Edouard-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4L 2B9

**438 875-6014**

**Website:** www.enfam-qc.org

**Email:** contact@enfam-qc.org



## Thrift store and material aid

**Services:** Personalized support for families. Material assistance \* Food bank: food assistance baskets worth \$200. \* Clothing bank: second hand clothes for all. \* Donations of dishes, mattresses and furniture. \* School supplies. \* Christmas baskets and gifts. Immigration \* Welcoming and needs assessment. \* Guidance, advice and information on community resources. \* Accompaniment for a period of 4 years to facilitate integration in the form of group workshops or individual interventions. \* Integration activities: sugar shack, Quebec's national holiday, etc. Families \* Workshops for parents: bullying and cyberbullying prevention, workshops on the functioning of the school system, etc. \* Homework assistance. \* Interventions and preventions. \* Day camps and spring break camp. \* Conferences.

**Eligibility:** immigrant families, families on a low income, school supplies: youth 5 to 15 years old, donations of dishes: newly arrived single-parent families

**Capacity:** 250 families

**Coverage area:** Ahuntsic-Cartierville, Saint-Laurent

**Hours:** Monday to Friday 11h00 to 16h00, food baskets: Thursday, except the last of the month

**Fees:** annual membership: \$20 per family, food assistance: \$30 per month, camps: \$70 per youth

**Financing:** federal, provincial, municipal

**Legal status:** non-profit organization

### SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINTE-CROIX

1055 Tassé Street, basement, Saint-Laurent, Montréal, QC, H4L 1P6

514 747-3013

**Website:** [ssvp-mtl.org/en](http://ssvp-mtl.org/en)

**Email:** [saintecroixconference@hotmail.com](mailto:saintecroixconference@hotmail.com)

**Services:** \* Home visits for punctual distribution of food vouchers. \* Christmas baskets. \* School supplies.

**Eligibility:** individuals and families on a low income, newly arrived immigrants

**Coverage area:** part of Saint-Laurent and Bordeaux-Cartierville

**Hours:** by appointment

**Fees:** free

**Financing:** donations

**Legal status:** non-profit organization

## Thrift Stores

### RENAISSANCE - DÉCARIE THRIFT STORE

1495 de l'Église Street, Saint-Laurent, Montréal, QC, H4L 3L7

514 747-2635

**Website:** [renaissancequebec.ca/en](http://renaissancequebec.ca/en)

**Email:** [information@renaissancequebec.ca](mailto:information@renaissancequebec.ca)

**Services:** Recovery and sale of clothing, housewares, sporting equipment, school supplies, small appliances, computer equipment, books and bicycles.

**Coverage area:** Saint-Laurent

**Hours:** Monday to Wednesday 9h00 to 19h00, Thursday and Friday 9h00 to 21h00, Saturday and Sunday 9h00 to 17h00

**Financing:** self-financing

**Legal status:** non-profit organization

## **Transportation**

**ACCOMPANIED TRANSPORT**

**ACCOMPANIED TRANSPORT FOR MEDICAL REASONS**

## Accompanied transport

### SAINT-LAURENT VOLUNTEER BUREAU - ACCOMPANIMENT-TRANSPORTATION

910 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Y6

**514 744-5511** Fax: 514 744-1206

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

**Email:** [communication@centreabc.org](mailto:communication@centreabc.org)

**Services:** \* Accompaniment with or without transportation to medical appointments by volunteers. \*  
Accompaniment and transportation for shopping.

**Eligibility:** seniors 65 years and over with a loss of autonomy with an income of \$25,000 maximum for a single person or \$30,000 for a couple

**Coverage area:** Saint-Laurent, transportation into the Greater Montréal

**Hours:** appointment: Monday to Friday 8h00 to 16h00, office: Monday, Tuesday, Wednesday and Friday 8h00 to 17h30, Thursday 8h00 to 20h00

**Fees:** membership: \$10 per year, \$0.50 per km if the volunteer's car is used

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

**Legal status:** non-profit organization

## Accompanied transport for medical reasons

### SAINT-LAURENT VOLUNTEER BUREAU - ACCOMPANIMENT-TRANSPORTATION

910 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Y6

**514 744-5511** Fax: 514 744-1206

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

**Email:** [communication@centreabc.org](mailto:communication@centreabc.org)

**Services:** \* Accompaniment with or without transportation to medical appointments by volunteers. \*  
Accompaniment and transportation for shopping.

**Eligibility:** seniors 65 years and over with a loss of autonomy with an income of \$25,000 maximum for a single person or \$30,000 for a couple

**Coverage area:** Saint-Laurent, transportation into the Greater Montréal

**Hours:** appointment: Monday to Friday 8h00 to 16h00, office: Monday, Tuesday, Wednesday and Friday 8h00 to 17h30, Thursday 8h00 to 20h00

**Fees:** membership: \$10 per year, \$0.50 per km if the volunteer's car is used

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

**Legal status:** non-profit organization

## **Violence and abuse**

**CHILD ABUSE**

**DOMESTIC VIOLENCE: SHELTERS AND SUPPORT**

**PREVENTION OF VIOLENCE AND CRIME**

**SUPPORT FOR VICTIMS AND THEIR FAMILIES**

**THERAPY AND COUNSELLING**

## Child abuse

### ACTE D'AMOUR !

710 Décarie Boulevard, Suite 1B, Saint-Laurent, Montréal, QC, H4L 3L5

**514 942-3632**

**Website:** www.actedamour.ca

**Email:** ensemble@actedamour.ca

**Services:** Services offered at home, youth centres, schools and organizations to promote the integration of vulnerable people and breaking down the isolation. Seniors \* Computer workshops. \* Memory game exercises. \* Bingo. \* Music and singing workshops. \* Help with reading. \* Accompaniment to walk. \* Special events. Youth \* Programs and workshops on bullying, violence, and school dropout. \* Science and technology workshops. Support for immigrant women \* Referrals, thematic workshops and conferences for immigrant women. \* Awareness and fight against the violence towards girls and women.

**Eligibility:** seniors with a loss of autonomy, youth 7 to 29, immigrant women

**Coverage area:** Province of Québec

**Hours:** variables

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

## Domestic violence: shelters and support

### ACTE D'AMOUR !

710 Décarie Boulevard, Suite 1B, Saint-Laurent, Montréal, QC, H4L 3L5

**514 942-3632**

**Website:** www.actedamour.ca

**Email:** ensemble@actedamour.ca

**Services:** Services offered at home, youth centres, schools and organizations to promote the integration of vulnerable people and breaking down the isolation. Seniors \* Computer workshops. \* Memory game exercises. \* Bingo. \* Music and singing workshops. \* Help with reading. \* Accompaniment to walk. \* Special events. Youth \* Programs and workshops on bullying, violence, and school dropout. \* Science and technology workshops. Support for immigrant women \* Referrals, thematic workshops and conferences for immigrant women. \* Awareness and fight against the violence towards girls and women.

**Eligibility:** seniors with a loss of autonomy, youth 7 to 29, immigrant women

**Coverage area:** Province of Québec

**Hours:** variables

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

### AMAL-CENTER FOR WOMEN

903 Décarie Boulevard, Suite 204, Saint-Laurent, Montréal, QC, H4L 3N3

**514 855-0330 ext. 1** Fax: 514 360-4105

**Website:** amalwomencenter.ca

**Email:** info@amalwomencenter.ca

**Services:** Centre promoting the individual and familial welfare of women. \* Psychosocial support for victims of domestic violence, family or marital conflicts. \* Individual counselling. \* Workshops on issues faced by Muslim women and on domestic abuse in visible minority communities. \* Information and referral. \* Legal and medical accompaniment. \* Art-therapy workshops. \* Counselling on multicultural cases for community organizations. \* Awareness about domestic violence.

**Eligibility:** women in difficulty, especially immigrant women or from Arabic, North-African and South-Asian communities, families, couples

**Coverage area:** Greater Montréal

**Hours:** by appointment

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

## Prevention of violence and crime

### ACTE D'AMOUR !

710 Décarie Boulevard, Suite 1B, Saint-Laurent, Montréal, QC, H4L 3L5

**514 942-3632**

**Website:** www.actedamour.ca

**Email:** ensemble@actedamour.ca

**Services:** Services offered at home, youth centres, schools and organizations to promote the integration of vulnerable people and breaking down the isolation. Seniors \* Computer workshops. \* Memory game exercises. \* Bingo. \* Music and singing workshops. \* Help with reading. \* Accompaniment to walk. \* Special events. Youth \* Programs and workshops on bullying, violence, and school dropout. \* Science and technology workshops. Support for immigrant women \* Referrals, thematic workshops and conferences for immigrant women. \* Awareness and fight against the violence towards girls and women.

**Eligibility:** seniors with a loss of autonomy, youth 7 to 29, immigrant women

**Coverage area:** Province of Québec

**Hours:** variables

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

### AMAL-CENTER FOR WOMEN

903 Décarie Boulevard, Suite 204, Saint-Laurent, Montréal, QC, H4L 3N3

**514 855-0330 ext. 1 Fax:** 514 360-4105

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**Eligibility:** women in difficulty, especially immigrant women or from Arabic, North-African and South-Asian communities, families, couples

**Coverage area:** Greater Montréal

**Hours:** by appointment

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

### ENTRAIDE DES FAMILLES (ENFAM-QUÉBEC)

1775 Edouard-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4L 2B9

**438 875-6014**

**Website:** www.enfam-qc.org

**Email:** contact@enfam-qc.org

**Services:** Personalized support for families. Material assistance \* Food bank: food assistance baskets worth \$200. \* Clothing bank: second hand clothes for all. \* Donations of dishes, mattresses and furniture. \* School supplies. \* Christmas baskets and gifts. Immigration \* Welcoming and needs assessment. \* Guidance, advice and information on community resources. \* Accompaniment for a period of 4 years to facilitate integration in the form of group workshops or individual interventions. \* Integration activities: sugar shack, Quebec's national holiday, etc. Families \* Workshops for parents: bullying and cyberbullying prevention, workshops on the functioning of the school system, etc. \* Homework assistance. \* Interventions and preventions. \* Day camps and spring break camp. \* Conferences.

**Eligibility:** immigrant families, families on a low income, school supplies: youth 5 to 15 years old, donations of dishes: newly arrived single-parent families

**Capacity:** 250 families

**Coverage area:** Ahuntsic-Cartierville, Saint-Laurent

**Hours:** Monday to Friday 11h00 to 16h00, food baskets: Thursday, except the last of the month

**Fees:** annual membership: \$20 per family, food assistance: \$30 per month, camps: \$70 per youth

**Financing:** federal, provincial, municipal

**Legal status:** non-profit organization

## SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 7 - SAINT-LAURENT

1761 Grenet Street, Saint-Laurent, Montréal, QC, H4L 2R6

**514 280-0107 Fax:** 514 280-0607

**Website:** [spsvm.qc.ca/en/PDQ7](http://spsvm.qc.ca/en/PDQ7)

**Email:** [pdq7@spsvm.qc.ca](mailto:pdq7@spsvm.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:** Saint-Laurent

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

**Financing:** municipal, provincial

**Legal status:** municipal agency

## Support for victims and their families

### AMAL-CENTER FOR WOMEN

903 Décarie Boulevard, Suite 204, Saint-Laurent, Montréal, QC, H4L 3N3

**514 855-0330 ext. 1 Fax:** 514 360-4105

**Website:** [amalwomenscenter.ca](http://amalwomenscenter.ca)

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

**Services:** Centre promoting the individual and familial welfare of women. \* Psychosocial support for victims of domestic violence, family or marital conflicts. \* Individual counselling. \* Workshops on issues faced by Muslim women and on domestic abuse in visible minority communities. \* Information and referral. \* Legal and medical accompaniment. \* Art-therapy workshops. \* Counselling on multicultural cases for community organizations. \* Awareness about domestic violence.

**Eligibility:** women in difficulty, especially immigrant women or from Arabic, North-African and South-Asian communities, families, couples

**Coverage area:** Greater Montréal

**Hours:** by appointment

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

## Therapy and counselling

### AMAL-CENTER FOR WOMEN

903 Décarie Boulevard, Suite 204, Saint-Laurent, Montréal, QC, H4L 3N3

**514 855-0330 ext. 1** Fax: 514 360-4105

**Website:** amalwomencenter.ca

**Email:** info@amalwomencenter.ca

**Services:** Centre promoting the individual and familial welfare of women. \* Psychosocial support for victims of domestic violence, family or marital conflicts. \* Individual counselling. \* Workshops on issues faced by Muslim women and on domestic abuse in visible minority communities. \* Information and referral. \* Legal and medical accompaniment. \* Art-therapy workshops. \* Counselling on multicultural cases for community organizations. \* Awareness about domestic violence.

**Eligibility:** women in difficulty, especially immigrant women or from Arabic, North-African and South-Asian communities, families, couples

**Coverage area:** Greater Montréal

**Hours:** by appointment

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

### ASSOCIATION DE PARENTS POUR LA SANTÉ MENTALE DE SAINT-LAURENT-BORDEAUX-CARTIERVILLE

1900 Thimens Boulevard, Suite 210, Saint-Laurent, Montréal, QC, H4R 2K2

**514 744-5218**

**Website:** aidemaladiementale.com

**Email:** apsm@videotron.ca

**Services:** \* Reception and listening. \* Telephone support. \* Individual meetings and follow-ups. \* Support group. \* Various psychosocial workshops. \* Teleconferences. \* Writing of request for a psychiatric assessment. \* Christmas dinner. \* Weekend respite for members. \* Art-therapy workshops. \* Yoga workshops. \* Goove dance workshop.

**Eligibility:** families or close ones of people living with a mental health issue

**Capacity:** training and support group: 8 to 10 participants

**Coverage area:** Saint-Laurent, Bordeaux-Cartierville

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

**Fees:** none

**Financing:** provincial, municipal, foundations, donations

**Legal status:** non-profit organization

### CENTRE D'ENCADREMENT POUR JEUNES FEMMES IMMIGRANTES

1775 Édouard-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4L 2B9

**514 744-2252** Fax: 514 744-0540

**Website:** www.cejfi.org

**Email:** info@cejfi.org

**Services:** \* Information and referral. \* Trainings: head of family child care, hairdressing. \* Guidance, accompaniment and follow-up. \* Social and friendship networks. \* Promotion and public awareness. \* Language courses. \* Computer courses. \* Food and clothing assistance. \* Employability services. \* Psychosocial support. \* Legal assistance.

**Eligibility:** immigrant women, their family

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00, food assistance: Tuesday 15h00

**Financing:** provincial, federal

**Legal status:** non-profit organization



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