



DIRECTORY OF SOCIAL AND COMMUNITY RESOURCES

MONTREAL / MONTRÉAL / LE PLATEAU-MONT-ROYAL



2-1-1



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Summary

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Child, Youth and Family

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Child, Youth and Family

CHILD WELFARE

DAYCARE AND RESPITE

FAMILY SUPPORT

JUVENILE DELINQUENCY

MATERNITY SUPPORT AND ADOPTION

PARENTING EDUCATION

RECREATIONAL ACTIVITIES

YOUTH CENTRES AND SUPPORT

YOUTH EMPLOYMENT

YOUTH SHELTERS AND SUPPORT

Child welfare

MARIE-VINCENT FOUNDATION

4689 Papineau Avenue, 3rd floor, Le Plateau-Mont-Royal, Montréal, QC, H2H 1V4

514 285-0505

Website: www.marie-vincent.org

Email: info@marie-vincent.org

Services: Prevention of sexual violence against children and adolescents. * Awareness among children, parents and counsellors in community, school or health sectors. * Support to children and adolescents who are victims of sexual violence and their parents: police interview, medical examination, needs assessment and psychosocial treatment. * Training for counsellors: conferences and webinars. * Funding of research and grants to programs aimed at the prevention of sexual violence. * Psychotherapy services for children 0 to 12 years old with problematic sexual behaviors.

Eligibility: children, female genital mutilation victims, adolescents, parents and counsellors

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 18h00, phone services: Monday to Friday 8h30 to 18h00

Financing: self-financing, donations

Legal status: non-profit organization

MONTRÉAL ASSAULT PREVENTION CENTRE

4617 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2L4

514 284-1212

Website: www.cpamapc.org

Email: centre@cpamapc.org

Services: Prevention of abuse. * Information and referral workshops. * Self-defense courses for teenage girls and women. * Assault prevention program for children (CAP/ESPACE) and people living with an intellectual disability.

Eligibility: children 3½ to 12 years old, teenagers, women, people living with an intellectual disability, women living with a physical disability, organizations

Coverage area: Greater Montréal

Hours: Monday to Thursday 9h30 to 16h30

Fees: variable

Financing: membership fees, foundations, provincial

Legal status: non-profit organization

Daycare and respite

CARREFOUR DES PETITS SOLEILS

5115 Rivard Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2P2

514 270-5471 Fax: 514 270-8505

Website: www.carrefourpetitssoleils.com

Email: info@petitssoleils.com

Services: * Discussion, activities and stimulation workshops for parents with children from 0 to 1 year old in the afternoon, for parents with children from 1 to 3 years old in the morning. * Animated workshops for children from 3 to 5 years old, twice a week. * Integration of children with disabilities. * Occasional workshops for parents and family outings. * Post-partum self-help groups. * Daycare.

Eligibility: families with children aged 0 to 5 years old

Capacity: limited places, 50% are for families meeting the following requirements: low-income, single-parent, newcomers, integration of a child with disabilities

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 15h30

Fees: reduced price for families on a low-income

Financing: grants

Legal status: non-profit organization

DU PARC YMCA

5550 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2V 4H1

514 271-9622 Fax: 514 277-9102

Website: www.ymcaquebec.org/en/Find-a-Y/Du-Parc-YMCA

Email: contact@ymcaquebec.org

Services: Childhood and family * Parent-child activities. * Activities for children. * Subsidized daycare. * Day and spring break camps. * Homework help for 6 to 12 years old. Youth * Youth Zone for 12 to 17 years old. * Alternative suspension: school dropout prevention program. * CIEC Mile-End and Outremont: youth services cooperative. Sports * Training room. * Group classes. * Sports at the gym. * Public swim for adults and families. * Group or private swimming lessons. * Swimming club and triathlon club. Seniors * Café Rendez-Vous Y: socialization activities for seniors 55 years and over. * Leisure activities. Training * First aid and cardio-pulmonary resuscitation (CPR) courses. * Aquatic certifications. * Fitness certifications. Various * Room rental. * Tax clinic.

Eligibility: children, youth, adults, seniors

Coverage area: Montréal Island

Hours: Monday to Friday 6h30 to 20h30, Saturday and Sunday 8h00 to 17h30

Fees: subscription: variable according to age, activities: variable

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

Legal status: non-profit organization

PETITE MAISON DE LA MISÉRICORDE (LA)

4401 Saint-Hubert Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2X1

514 526-2639 Fax: 514 526-5954

Website: www.petitemaisondelamisericorde.org

Email: petitemaison@videotron.qc.ca

Services: * La Halte-Amitié: home environment. * La Rosée: daycare. * Telephone listening. * Personalized support to families. * Workshops, coffee meetings, social and family activities. * Weekend respite.

Eligibility: single-parent mothers, with children or pregnant

Coverage area: Greater Montréal

Hours: Monday to Friday 7h00 to 18h00

Financing: provincial, foundations, donations, fundraising campaigns

Legal status: non-profit organization

PIROUETTE HALTE-GARDERIE (LA)

1901 Gilford Street, Apartment 2, Le Plateau-Mont-Royal, Montréal, QC, H2H 1G8

514 527-4828

Website: www.lapirouette.org

Email: info@lapirouette.org

Services: Family services. * Daycare: half day for children 6 months to 5 years old and full days for children 18 months to 5 years old. * Open house. * Parent-child workshops. * Adult workshops: cooking, physical activity, creation, etc. * Family activities.

Eligibility: families

Coverage area: Le Plateau-Mont-Royal

Hours: Monday to Friday, open house: Wednesday 9h30 to 11h30

Fees: variable

Financing: self-financing, grants

Legal status: non-profit organization

PIROUETTE HALTE-GARDERIE (LA) - ANNEXE

2414 Mont-Royal Street East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1C1

514 527-4828

Website: www.lapirouette.org

Email: info@lapirouette.org

Services: Family services. * Daycare: full day for children 18 months to 5 years old. * Pause Parents Plateau: coffee-chats. * Parent-child workshops. * Adult workshops: cooking, physical activity, creation, etc. * Family activities.

Eligibility: families

Coverage area: Le Plateau-Mont-Royal

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

Fees: variable

Financing: self-financing, grants

Legal status: non-profit organization

Family Support**AUTISME MONTRÉAL**

4450 Saint-Hubert Street, Suite 320, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 524-6114 Fax: 514 524-6420

Website: www.autisme-montreal.com

Email: accueil@autisme-montreal.com

Services: * Advocacy of rights and interests of people with an autism spectrum disorder and their family. * Promotion, information and awareness. * Development of direct services. * Bi-monthly support group for people 16 years and over with ASD and without intellectual disability and their parents.

Eligibility: parents of children with an autism spectrum disorder with or without intellectual disorder, ASD 16 years old and over without an intellectual disability, professionals, students

Capacity: 632 members

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, meetings and support groups in the evening

Fees: annual membership

Financing: provincial, federal, Centraide of Greater Montréal

Legal status: non-profit organization

CARREFOUR DES PETITS SOLEILS

5115 Rivard Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2P2

514 270-5471 Fax: 514 270-8505

Website: www.carrefourpetitssoleils.com

Email: info@petitssoleils.com

Services: * Discussion, activities and stimulation workshops for parents with children from 0 to 1 year old in the afternoon, for parents with children from 1 to 3 years old in the morning. * Animated workshops for children from 3 to 5 years old, twice a week. * Integration of children with disabilities. * Occasional workshops for parents and family outings. * Post-partum self-help groups. * Daycare.

Eligibility: families with children aged 0 to 5 years old

Capacity: limited places, 50% are for families meeting the following requirements: low-income, single-parent, newcomers, integration of a child with disabilities

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 15h30

Fees: reduced price for families on a low-income

Financing: grants

Legal status: non-profit organization

CENTRE D'AIDE À LA FAMILLE

Confidential Address

514 982-0804**Website:** www.centreaidefamille.com**Email:** centreaidefamille@centreaidefamille.com

Services: * Psychosocial intervention, active listening. * Information, accompaniment, awareness. * Support in case of violence. * Court accompaniment for victims of violence. * Self-help and support groups for immigrants. * Support groups for victims of violence. * Senior abuse prevention. * Art-therapy and meditation workshops. * Food bank. * Christmas baskets. * Collective kitchen. * Trainings. * Recreational outings. * Conferences. * French classes.

Eligibility: men, women and families, particularly immigrants, some services are dedicated to victims of violence

Coverage area: Le Plateau-Mont-Royal, no limits for Portuguese-speakers

Hours: Monday, Tuesday, Thursday and Friday 9h00 to 12h00 and 13h00 to 17h00, food bank: Wednesday 13h30 to 15h00

Financing: provincial, donations, self-financing

Legal status: non-profit organization

CENTRE DE RESSOURCES POUR HOMMES DE MONTRÉAL

4245 Laval Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2W 2J6

514 355-8300**Website:** www.crhmontreal.ca**Email:** info@crhmontreal.ca

Services: * Psychosocial intervention: active listening, phone and in-person reception, referral and accompaniment. * Support groups (only in French). * Workshop-conferences. * Coffee-meeting to break the isolation. * Bereavement support group. * Individual follow-up and support groups for anger management (excluding domestic violence).

Eligibility: men living relationship and emotional difficulties

Coverage area: Greater Montréal

Hours: Monday to Friday 10h00 to 20h00

Fees: low cost adapted to income

Financing: provincial, donations

Legal status: non-profit organization

HIRONDELLE (L') - SOUTIEN ET AIDE À LA FAMILLE ET RAPPROCHEMENT INTERCULTUREL

4652 Jeanne-Mance Street, 2nd and 3rd Floor, Le Plateau-Mont-Royal, Montréal, QC, H2V 4J4

514 281-2038**Website:** www.hirondelle.qc.ca

Services: * Self-help group for fathers. * Individual follow-up. * Pairing. * Training workshops. * Family activities.

Eligibility: immigrant fathers and their families

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Financing: Centraide of Greater Montréal

Legal status: non-profit organization

MAISON BUISSONNIÈRE (LA) - MILE END

5377A Park Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2V 4G9

438 388-0168**Website:** www.maisonbuissonniere.org**Email:** info@maisonbuissonniere.org

Services: Support for young children and their family. * Children's social education through play and speech. * Listening and support to parents. * Preparation for CPE and kindergarten.

Eligibility: families with children aged less than 4 years

Coverage area: Greater Montréal

Hours: Monday, Friday and Saturday 9h30 to 12h30

Fees: mandatory contributions

Financing: provincial, donations

Legal status: non-profit organization

PETITE MAISON DE LA MISÉRICORDE (LA)

4401 Saint-Hubert Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2X1

514 526-2639 Fax: 514 526-5954

Website: www.petitemaisondelamisericorde.org

Email: petitemaison@videotron.qc.ca

Services: * La Halte-Amitié: home environment. * La Rosée: daycare. * Telephone listening. * Personalized support to families. * Workshops, coffee meetings, social and family activities. * Weekend respite.

Eligibility: single-parent mothers, with children or pregnant

Coverage area: Greater Montréal

Hours: Monday to Friday 7h00 to 18h00

Financing: provincial, foundations, donations, fundraising campaigns

Legal status: non-profit organization

PIROUETTE HALTE-GARDERIE (LA)

1901 Gilford Street, Apartment 2, Le Plateau-Mont-Royal, Montréal, QC, H2H 1G8

514 527-4828

Website: www.lapirouette.org

Email: info@lapirouette.org

Services: Family services. * Daycare: half day for children 6 months to 5 years old and full days for children 18 months to 5 years old. * Open house. * Parent-child workshops. * Adult workshops: cooking, physical activity, creation, etc. * Family activities.

Eligibility: families

Coverage area: Le Plateau-Mont-Royal

Hours: Monday to Friday, open house: Wednesday 9h30 to 11h30

Fees: variable

Financing: self-financing, grants

Legal status: non-profit organization

PIROUETTE HALTE-GARDERIE (LA) - ANNEXE

2414 Mont-Royal Street East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1C1

514 527-4828

Website: www.lapirouette.org

Email: info@lapirouette.org

Services: Family services. * Daycare: full day for children 18 months to 5 years old. * Pause Parents Plateau: coffee-chats. * Parent-child workshops. * Adult workshops: cooking, physical activity, creation, etc. * Family activities.

Eligibility: families

Coverage area: Le Plateau-Mont-Royal

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

Fees: variable

Financing: self-financing, grants

Legal status: non-profit organization

Juvenile Delinquency

PLEIN MILIEU

4677 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2L5

1 877 257-0477 Fax: 514 524-1809

Website: pleinmilieu.qc.ca/en

Email: info@pleinmilieu.qc.ca

Services: School-based intervention and street work. * Active listening, welcoming, support, referral, mediation and accompaniment. * Permanent site: needle exchange and recovery, distribution of condoms, inhalation and injection equipment. * STI prevention. * Toll free helplines to reach a community counsellor. * Social mediation between homeless people and residents or shop owners to prevent police intervention. * Assistance finding housing and follow-up for people referred by community workers. * Drug addiction prevention and sexual education workshops in high schools. * Naloxone kits distribution. * Distribution and delivery of fentanyl test strips. * Distribution of menstrual hygiene products. * Christmas baskets. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.

Eligibility: homeless people, youth and adults injecting or inhaling drugs

Coverage area: Le Plateau-Mont-Royal

Hours: administration: Monday to Friday 9h00 to 17h00, permanent site: Monday to Friday 17h00 to 19h00, street work: 7 days 10h00 to 21h00

Fees: none

Financing: provincial, federal, municipal, foundations

Legal status: non-profit organization

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 38 - LE PLATEAU-MONT-ROYAL

1033 Rachel Street East, Le Plateau-Mont-Royal, Montréal, QC, H2J 2J5

514 280-0138 Fax: 514 280-0638

Website: spvm.qc.ca/en/PDQ38

Email: pdq38@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: Le Plateau-Mont-Royal

Hours: Monday to Sunday 9h00 to 19h00

Financing: municipal, provincial

Legal status: municipal agency

Maternity support and adoption

CLSC DU PLATEAU MONT-ROYAL

4625 de Lorimier Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 2B4

514 521-7663

Website: ciuss-centresudmtl.gouv.qc.ca/etablissement/clsc-du-plateau-mont-royal

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

Coverage area: Le Plateau-Mont-Royal
Hours: Monday to Friday 8h00 to 18h00
Financing: provincial
Legal status: parapublic organization

CLSC SAINT-LOUIS DU PARC

15 du Mont-Royal Avenue West, Suite 100, Le Plateau-Mont-Royal, Montréal, QC, H2T 2R9
514 286-9657

Website: cussss-centresudmtl.gouv.qc.ca/etablissement/clsc-de-saint-louis-du-parc

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

Coverage area: Le Plateau-Mont-Royal, Ville-Marie

Hours: Monday to Friday 8h00 to 17h00, Saturday, Sunday and holidays 8h00 to 12h00

Financing: provincial

Legal status: parapublic organization

HIRONDELLE (L') - SOUTIEN ET AIDE À LA FAMILLE ET RAPPROCHEMENT INTERCULTUREL

4652 Jeanne-Mance Street, 2nd and 3rd Floor, Le Plateau-Mont-Royal, Montréal, QC, H2V 4J4
514 281-2038

Website: www.hirondelle.qc.ca

Services: * Self-help group for fathers. * Individual follow-up. * Pairing. * Training workshops. * Family activities.

Eligibility: immigrant fathers and their families

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Financing: Centraide of Greater Montréal

Legal status: non-profit organization

WOMEN'S CENTRE OF MONTRÉAL - FRONT LINE SERVICES

3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 842-4780 Fax: 514 842-5613

Website: centredesfemmesdemtl.org/en

Email: cfmwcm@centredesfemmesdemtl.org

Services: * Support, listening, information and referral. * Crisis intervention. * Individual meetings. * Group activities. * Psychosocial intervention. * Collective kitchen. * Food and clothing assistance. * Christmas baskets. * Francization, French and English classes. * Computer classes. * Arts and crafts, knitting, dance and choir workshops. * Coffee-meetings. * Legal information. * Accompaniment to court for domestic violence victims. * Support group for women victims of sexual abuse in childhood. * La Cigognerie group encouraging women to break their isolation, create a network for exchanges and services and to improve self-confidence and parenting skills. * Distribution of baby diapers. * Mother and Child program with daycare: living conditions improvement of mothers and their pre-school children. * Immigration: installation and integration assistance, Francization, general information and group activities. * Native women: listening, information and accompaniment based on respect for the values and rhythm of Native women.

Eligibility: women aged 18 years and over, from Québec, newcomers and native women

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, food bank: Thursday 9h00 to 12h00 and 13h00 to 17h00, support groups, workshops and courses: Tuesday 9h00 to 21h00

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

Legal status: non-profit organization

Parenting Education

CENTRE D'ACTION SOCIO-COMMUNAUTAIRE DE MONTRÉAL

32 Saint-Joseph Boulevard West, Le Plateau-Mont-Royal, Montréal, QC, H2T 2P3

514 842-8045 Fax: 514 842-2356

Website: www.cascmontreal.ca

Email: accueil@cascmontreal.ca

Services: Reception, information, social guidance and advocacy. * Social and cultural activities for seniors. * Information sessions and training workshops. * Social and educational support for children 6 to 12 years old with learning difficulties or mild behavior disorders. * Parenting skills development. * Settlement and integration of newcomers.

Eligibility: newcomers and immigrants

Coverage area: Greater Montréal

Hours: Monday 13h30 to 17h00, Tuesday to Friday 9h00 to 12h30 and 13h30 to 17h00

Financing: grants, self-financing

Legal status: non-profit organization

CENTRE DE RÉADAPTATION LUCIE-BRUNEAU

2275 Laurier Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2H 2N8

514 527-4527 Fax: 514 527-0979

Website: cuss-centresudmtl.gouv.qc.ca/etablissement/centre-de-readaptation-en-deficience-physique-lucie-bruneau

Services: Specialized, overspecialized and personalized services for adaptation and rehabilitation as well as social, residential and professional reintegration. * Technical and technological assistance device for mobility and posture. * Program for people with a locomotor pathology, a musculoskeletal or orthopedic injury. * Driving assessment clinic: assessment for driving license test or car adaptation. * Chronic pain adaptation clinic. * Parents Plus Clinic: reduce disabilities consequences on parental responsibilities. * Work rehabilitation and transition into active life. * Socioresidential resources program. * Rehabilitation medicine. * Institut Raymond-Dewar Documentation Centre specializing in deafness and deafblindness.

Eligibility: adults living with a physical, motor or neurological disability

Coverage area: Montréal Island

Hours: ongoing services: 24/7, office: Monday to Friday 8h30 to 16h30, documentation centre: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: parapublic organization

CLSC DU PLATEAU MONT-ROYAL

4625 de Lorimier Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 2B4

514 521-7663

Website: cuss-centresudmtl.gouv.qc.ca/etablissement/clsc-du-plateau-mont-royal

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

Coverage area: Le Plateau-Mont-Royal

Hours: Monday to Friday 8h00 to 18h00

Financing: provincial

Legal status: parapublic organization

CLSC SAINT-LOUIS DU PARC

15 du Mont-Royal Avenue West, Suite 100, Le Plateau-Mont-Royal, Montréal, QC, H2T 2R9

514 286-9657

Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/clsc-de-saint-louis-du-parc

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

Coverage area: Le Plateau-Mont-Royal, Ville-Marie

Hours: Monday to Friday 8h00 to 17h00, Saturday, Sunday and holidays 8h00 to 12h00

Financing: provincial

Legal status: parapublic organization

FRONTIER COLLEGE

4384 Saint-Laurent Boulevard, Le Plateau-Mont-Royal, Montréal, QC, H2W 1Z5

514 528-1001

Website: www.collegefrontiere.ca

Email: montreal@collegefrontiere.ca

Services: * Literacy programs. * French as a second language. * Individual and group tutoring for adults. * Homework assistance. * Training workshops for community organizations. * Conferences.

Eligibility: children, teenagers, adults

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial, fundraising campaigns

Legal status: non-profit organization

MAISON BUISSONNIÈRE (LA) - MILE END

5377A Park Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2V 4G9

438 388-0168

Website: www.maisonbuissonniere.org

Email: info@maisonbuissonniere.org

Services: Support for young children and their family. * Children's social education through play and speech. * Listening and support to parents. * Preparation for CPE and kindergarten.

Eligibility: families with children aged less than 4 years

Coverage area: Greater Montréal

Hours: Monday, Friday and Saturday 9h30 to 12h30

Fees: mandatory contributions

Financing: provincial, donations

Legal status: non-profit organization

PETITE MAISON DE LA MISÉRICORDE (LA)

4401 Saint-Hubert Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2X1

514 526-2639 Fax: 514 526-5954

Website: www.petitemaisondelamisericorde.org

Email: petitemaison@videotron.qc.ca

Services: * La Halte-Amitié: home environment. * La Rosée: daycare. * Telephone listening. * Personalized support to families. * Workshops, coffee meetings, social and family activities. * Weekend respite.

Eligibility: single-parent mothers, with children or pregnant

Coverage area: Greater Montréal

Hours: Monday to Friday 7h00 to 18h00

Financing: provincial, foundations, donations, fundraising campaigns

Legal status: non-profit organization

WOMEN'S CENTRE OF MONTRÉAL - FRONT LINE SERVICES

3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6

514 842-4780 Fax: 514 842-5613

Website: centredesfemmesdemtl.org/en

Email: cfmwcm@centredesfemmesdemtl.org

Services: * Support, listening, information and referral. * Crisis intervention. * Individual meetings. * Group activities. * Psychosocial intervention. * Collective kitchen. * Food and clothing assistance. * Christmas baskets. * Francization, French and English classes. * Computer classes. * Arts and crafts, knitting, dance and choir workshops. * Coffee-meetings. * Legal information. * Accompaniment to court for domestic violence victims. * Support group for women victims of sexual abuse in childhood. * La Cigognerie group encouraging women to break their isolation, create a network for exchanges and services and to improve self-confidence and parenting skills. * Distribution of baby diapers. * Mother and Child program with daycare: living conditions improvement of mothers and their pre-school children. * Immigration: installation and integration assistance, Francization, general information and group activities. * Native women: listening, information and accompaniment based on respect for the values and rhythm of Native women.

Eligibility: women aged 18 years and over, from Québec, newcomers and native women

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, food bank: Thursday 9h00 to 12h00 and 13h00 to 17h00, support groups, workshops and courses: Tuesday 9h00 to 21h00

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

Legal status: non-profit organization

Recreational Activities

CARREFOUR DES PETITS SOLEILS

5115 Rivard Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2P2

514 270-5471 Fax: 514 270-8505

Website: www.carrefourpetitssoleils.com

Email: info@petitssoleils.com

Services: * Discussion, activities and stimulation workshops for parents with children from 0 to 1 year old in the afternoon, for parents with children from 1 to 3 years old in the morning. * Animated workshops for children from 3 to 5 years old, twice a week. * Integration of children with disabilities. * Occasional workshops for parents and family outings. * Post-partum self-help groups. * Daycare.

Eligibility: families with children aged 0 to 5 years old

Capacity: limited places, 50% are for families meeting the following requirements: low-income, single-parent, newcomers, integration of a child with disabilities

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 15h30

Fees: reduced price for families on a low-income

Financing: grants

Legal status: non-profit organization

CENTRE DU PLATEAU (LE)

2275 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1G4

514 872-6830

Website: www.centreduplateau.qc.ca

Email: directioncentreduplateau@gmail.com

Services: Community centre. * Community, sporting, cultural, recreational and educational activities. * Enfants à défis program: recreational accompaniment for children with a physical or intellectual disability or a precarious financial situation.

Eligibility: residents and families, special programs for children with physical or intellectual disabilities

Coverage area: Le Plateau-Mont-Royal, Centre-Sud, Ville-Marie

Hours: Monday to Friday 7h00 to 22h00, Saturday and Sunday 7h30 to 17h00

Financing: federal, provincial, municipal, donations

Legal status: non-profit organization

CENTRE SABLON

4265 Papineau Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 1T3

514 527-1256 Fax: 514 527-3220

Website: www.centresablon.com

Email: info@centresablon.com

Services: * Activities for the whole family: gymnastics, boxing, soccer, taekwondo, swimming, triathlon, etc. *

Fitness room and group classes. * Day camps for 3 to 17 year olds. * Le P'tit Bonheur camps: nature class

school trips, vacation camp for 5 to 17 year olds.

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 20h30, Saturday and Sunday 8h30 to 17h00

Fees: variable, financial assistance available

Financing: foundations, fundraising campaigns, self-financing

Legal status: non-profit organization

DU PARC YMCA

5550 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2V 4H1

514 271-9622 Fax: 514 277-9102

Website: www.ymcaquebec.org/en/Find-a-Y/Du-Parc-YMCA

Email: contact@ymcaquebec.org

Services: Childhood and family * Parent-child activities. * Activities for children. * Subsidized daycare. * Day and spring break camps. * Homework help for 6 to 12 years old. Youth * Youth Zone for 12 to 17 years old. * Alternative suspension: school dropout prevention program. * CIEC Mile-End and Outremont: youth services cooperative. Sports * Training room. * Group classes. * Sports at the gym. * Public swim for adults and families. * Group or private swimming lessons. * Swimming club and triathlon club. Seniors * Café Rendez-Vous Y: socialization activities for seniors 55 years and over. * Leisure activities. Training * First aid and cardio-pulmonary resuscitation (CPR) courses. * Aquatic certifications. * Fitness certifications. Various * Room rental. * Tax clinic.

Eligibility: children, youth, adults, seniors

Coverage area: Montréal Island

Hours: Monday to Friday 6h30 to 20h30, Saturday and Sunday 8h00 to 17h30

Fees: subscription: variable according to age, activities: variable

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

Legal status: non-profit organization

HIRONDELLE (L') - SOUTIEN ET AIDE À LA FAMILLE ET RAPPROCHEMENT INTERCULTUREL

4652 Jeanne-Mance Street, 2nd and 3rd Floor, Le Plateau-Mont-Royal, Montréal, QC, H2V 4J4

514 281-2038

Website: www.hirondelle.qc.ca

Services: * Self-help group for fathers. * Individual follow-up. * Pairing. * Training workshops. * Family activities.

Eligibility: immigrant fathers and their families

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Financing: Centraide of Greater Montréal

Legal status: non-profit organization

MILTON-PARK RECREATION ASSOCIATION

3555 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6

514 872-0566 ext. 0

Website: www.miltonpark.org

Email: info@miltonpark.org

Services: * Intercultural outdoor activity program. * Recreational activities for all ages. * Beach volleyball at Jeanne-Mance park. * Summer and spring-break day camps. * Outings and special events. * Room and gym rental. * Tax clinic.

Eligibility: children, teenagers, adults, seniors

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 18h00

Fees: annual membership: \$10

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

Legal status: non-profit organization

PIROUETTE HALTE-GARDERIE (LA)

1901 Gilford Street, Apartment 2, Le Plateau-Mont-Royal, Montréal, QC, H2H 1G8

514 527-4828

Website: www.lapirouette.org

Email: info@lapirouette.org

Services: Family services. * Daycare: half day for children 6 months to 5 years old and full days for children 18 months to 5 years old. * Open house. * Parent-child workshops. * Adult workshops: cooking, physical activity, creation, etc. * Family activities.

Eligibility: families

Coverage area: Le Plateau-Mont-Royal

Hours: Monday to Friday, open house: Wednesday 9h30 to 11h30

Fees: variable

Financing: self-financing, grants

Legal status: non-profit organization

PIROUETTE HALTE-GARDERIE (LA) - ANNEXE

2414 Mont-Royal Street East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1C1

514 527-4828

Website: www.lapirouette.org

Email: info@lapirouette.org

Services: Family services. * Daycare: full day for children 18 months to 5 years old. * Pause Parents Plateau: coffee-chats. * Parent-child workshops. * Adult workshops: cooking, physical activity, creation, etc. * Family activities.

Eligibility: families

Coverage area: Le Plateau-Mont-Royal

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

Fees: variable

Financing: self-financing, grants

Legal status: non-profit organization

WOMEN'S CENTRE OF MONTRÉAL - FRONT LINE SERVICES

3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6

514 842-4780 Fax: 514 842-5613

Website: centredesfemmesdemtl.org/en

Email: cfmwcm@centredesfemmesdemtl.org

Services: * Support, listening, information and referral. * Crisis intervention. * Individual meetings. * Group activities. * Psychosocial intervention. * Collective kitchen. * Food and clothing assistance. * Christmas baskets. * Francization, French and English classes. * Computer classes. * Arts and crafts, knitting, dance and choir workshops. * Coffee-meetings. * Legal information. * Accompaniment to court for domestic violence victims. * Support group for women victims of sexual abuse in childhood. * La Cigognerie group encouraging women to break their isolation, create a network for exchanges and services and to improve self-confidence and parenting skills. * Distribution of baby diapers. * Mother and Child program with daycare: living conditions improvement of mothers and their pre-school children. * Immigration: installation and integration assistance, Francization, general information and group activities. * Native women: listening, information and accompaniment based on respect for the values and rhythm of Native women.

Eligibility: women aged 18 years and over, from Québec, newcomers and native women

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, food bank: Thursday 9h00 to 12h00 and 13h00 to 17h00, support groups, workshops and courses: Tuesday 9h00 to 21h00

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

Legal status: non-profit organization

Youth Centres and Support

CENTRE DU PLATEAU (LE)

2275 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1G4

514 872-6830

Website: www.centreduplateau.qc.ca

Email: directioncentreduplateau@gmail.com

Services: Community centre. * Community, sporting, cultural, recreational and educational activities. * Enfants à défis program: recreational accompaniment for children with a physical or intellectual disability or a precarious financial situation.

Eligibility: residents and families, special programs for children with physical or intellectual disabilities

Coverage area: Le Plateau-Mont-Royal, Centre-Sud, Ville-Marie

Hours: Monday to Friday 7h00 to 22h00, Saturday and Sunday 7h30 to 17h00

Financing: federal, provincial, municipal, donations

Legal status: non-profit organization

CENTRE LE BEAU VOYAGE INC. - CENTRE DE JEUNES

4540 Garnier Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 3S7

514 523-5852 ext. 2 Fax: 514 523-8223

Email: direction@centrelebeauvoyage.org

Services: Place for socialization. * Reception. * Support and accompaniment. * Activities and special projects. * Events.

Eligibility: children, teenagers, young adults

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 19h00, variable depending on activities

Fees: free (except for special activities)

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

Legal status: non-profit organization

CENTRE SABLON

4265 Papineau Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 1T3

514 527-1256 Fax: 514 527-3220

Website: www.centresablou.com

Email: info@centresablou.com

Services: * Activities for the whole family: gymnastics, boxing, soccer, taekwondo, swimming, triathlon, etc. * Fitness room and group classes. * Day camps for 3 to 17 year olds. * Le P'tit Bonheur camps: nature class school trips, vacation camp for 5 to 17 year olds.

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 20h30, Saturday and Sunday 8h30 to 17h00

Fees: variable, financial assistance available

Financing: foundations, fundraising campaigns, self-financing

Legal status: non-profit organization

DU PARC YMCA

5550 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2V 4H1

514 271-9622 Fax: 514 277-9102

Website: www.ymcaquebec.org/en/Find-a-Y/Du-Parc-YMCA

Email: contact@ymcaquebec.org

Services: Childhood and family * Parent-child activities. * Activities for children. * Subsidized daycare. * Day and spring break camps. * Homework help for 6 to 12 years old. Youth * Youth Zone for 12 to 17 years old. * Alternative suspension: school dropout prevention program. * CIEC Mile-End and Outremont: youth services cooperative. Sports * Training room. * Group classes. * Sports at the gym. * Public swim for adults and families. * Group or private swimming lessons. * Swimming club and triathlon club. Seniors * Café Rendez-Vous Y: socialization activities for seniors 55 years and over. * Leisure activities. Training * First aid and cardio-pulmonary resuscitation (CPR) courses. * Aquatic certifications. * Fitness certifications. Various * Room rental. * Tax clinic.

Eligibility: children, youth, adults, seniors

Coverage area: Montréal Island

Hours: Monday to Friday 6h30 to 20h30, Saturday and Sunday 8h00 to 17h30

Fees: subscription: variable according to age, activities: variable

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

Legal status: non-profit organization

IMAGERIE, LOCAL DES JEUNES

949 Marie-Anne Street East, Le Plateau-Mont-Royal, Montréal, QC, H2J 2B2

514 598-8651

Website: mdj-imagerie.blogspot.com

Email: mdj_imagerie@yahoo.ca

Services: * Preventive activities and social services. * Social, communication and training activities. * Support and introduction to decision-making and democratic life. * Communication, improvisation, cinema and other projects.

Eligibility: teenagers 12 to 18 years old

Capacity: 63 people

Coverage area: Greater Montréal, mainly Saint-Louis and Le Plateau Mont-Royal neighbourhoods

Hours: Monday to Thursday 11h30 to 21h30, youth welcoming from 15h30

Fees: none

Financing: provincial, federal, self-financing, municipal

Legal status: non-profit organization

INSTITUT DU NOUVEAU MONDE

5606 de Gaspé Avenue, Suite 404, Le Plateau-Mont-Royal, Montréal, QC, H2T 2A4

514 934-5999 Fax: 514 934-6330

Website: www.inm.qc.ca

Email: inm@inm.qc.ca

Services: * Citizenship schools for youth. * Social entrepreneurship program. * Strategic meetings on social issues. * Social innovation laboratory. * Advisory services for organizations: participatory process design and facilitation, civic competence development, specific public participation issues. * Documentation centre.

Eligibility: citizens, organizations

Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial, grants
Legal status: non-profit organization

MAISON DES JEUNES DU PLATEAU

5046 Cartier Street, Le Plateau-Mont-Royal, Montréal, QC, H2H 1X5
514 525-7402 Fax: 514 525-7402
Email: mdjplateau@gmail.com

Services: Supervised meeting place for youth. * Animation and preventive intervention. * Social, cultural and recreational activities. * Cooking workshops. * Improv team and music room. * Youth committee. * Organized outings. * Youth service cooperative.

Eligibility: youth 12 to 18 years old

Capacity: 35

Coverage area: Montréal Island

Hours: Tuesday to Friday 15h00 to 21h00, administration: Tuesday to Friday 12h00 to 15h00

Fees: free

Financing: provincial, donations, municipal

Legal status: non-profit organization

MILTON-PARK RECREATION ASSOCIATION

3555 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 872-0566 ext. 0

Website: www.miltonpark.org

Email: info@miltonpark.org

Services: * Intercultural outdoor activity program. * Recreational activities for all ages. * Beach volleyball at Jeanne-Mance park. * Summer and spring-break day camps. * Outings and special events. * Room and gym rental. * Tax clinic.

Eligibility: children, teenagers, adults, seniors

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 18h00

Fees: annual membership: \$10

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

Legal status: non-profit organization

MUSÉE DES GRANDS QUÉBÉCOIS

4587 Pontiac Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2T2
514 528-0716

Website: www.mdgq.ca

Email: info@mdgq.ca

Services: Promotion of Québec's human heritage. * Permanent portrait exhibition. * Traveling museum. * Educational workshop on historical characters in schools.

Eligibility: general public, educational workshop: primary and high school students

Capacity: 30

Coverage area: Montréal Island

Hours: 10h00 to 17h00

Fees: educational workshop: \$200 per group

Financing: grants, donations, self-financing

Legal status: non-profit organization

SCOUTS DU MONTRÉAL MÉTROPOLITAIN (LES)

1215 Saint-Joseph Boulevard East, Suite 101, Le Plateau-Mont-Royal, Montréal, QC, H2J 1L7

514 849-9208 Fax: 514 849-4273

Website: www.scoutsmm.qc.ca

Email: info@scoutsmm.qc.ca

Services: Sports, cultural and educational activities, aimed at developing values, abilities and life skills. * Dropout and physical inactivity prevention. * Integration of youth from cultural communities. * Promotion of volunteering in the local community.

Eligibility: youth 7 to 25 years old

Coverage area: Montréal Island, Laval, Repentigny

Hours: Monday, Tuesday, Thursday and Friday 9h00 to 17h00, Wednesday 9h00 to 21h00

Fees: variable according to the group

Financing: provincial, foundations, federal, self-financing

Legal status: non-profit organization

Youth Employment**CONSEILLERS EN DÉVELOPPEMENT DE LA MAIN-D'OEUVRE (LES)**

425 Sherbrooke Street East, Suite 11, Le Plateau-Mont-Royal, Montréal, QC, H2L 1J9

514 522-9151 Fax: 514 528-8507

Website: www.codem.qc.ca

Email: sae@codem.qc.ca

Services: * Socioprofessional integration: reception, needs assessment, referral, monitoring, follow-up. * Career and education guidance. * Job search help. * Returning to school. * Assessment of skills. * Career transition. * Employment integration. * Business start-up. * Information on the labor market and training programs. * Bank of employers. * Dropout prevention.

Eligibility: people 16 years old and over, companies, organizations

Coverage area: Centre-Sud, Plateau Mont-Royal, Mile-End

Hours: Monday, Tuesday, Thursday, Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 8h30 to 12h00 and 14h00 to 19h30

Fees: none

Financing: provincial

Legal status: non-profit organization

DU PARC YMCA

5550 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2V 4H1

514 271-9622 Fax: 514 277-9102

Website: www.ymcaquebec.org/en/Find-a-Y/Du-Parc-YMCA

Email: contact@ymcaquebec.org

Services: Childhood and family * Parent-child activities. * Activities for children. * Subsidized daycare. * Day and spring break camps. * Homework help for 6 to 12 years old. Youth * Youth Zone for 12 to 17 years old. * Alternative suspension: school dropout prevention program. * CIEC Mile-End and Outremont: youth services cooperative. Sports * Training room. * Group classes. * Sports at the gym. * Public swim for adults and families. * Group or private swimming lessons. * Swimming club and triathlon club. Seniors * Café Rendez-Vous Y: socialization activities for seniors 55 years and over. * Leisure activities. Training * First aid and cardio-pulmonary resuscitation (CPR) courses. * Aquatic certifications. * Fitness certifications. Various * Room rental. * Tax clinic.

Eligibility: children, youth, adults, seniors

Coverage area: Montréal Island

Hours: Monday to Friday 6h30 to 20h30, Saturday and Sunday 8h00 to 17h30

Fees: subscription: variable according to age, activities: variable

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

Legal status: non-profit organization

FABRIQUE ENTREPRENEURIALE (LA)

5445 de Lorimier Avenue, Suite 408C, Le Plateau-Mont-Royal, Montréal, QC, H2H 2S5

514 375-4500 Fax: 514 526-2911

Website: www.fabrique.coop

Email: info@fabrique.coop

Services: Youth entrepreneurship assistance.

Eligibility: youth 15 to 29 years old

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 16h00

Financing: provincial, grants

Legal status: non-profit organization

FONDATION TRAVAIL SANS FRONTIÈRES

4535 Saint-Laurent Boulevard, Le Plateau-Mont-Royal, Montréal, QC, H2T 1R2

514 499-0606 Fax: 514 499-1819

Website: tsf.qc.ca

Email: emploi@tsf.qc.ca

Services: * Proactive job search: resume, business cards, vocational guidance, psychosocial follow-up if needed. * Development workshops: Internet and social networks, phone calls and networking, job interviews, personal knowledge and organization. * Equipment available: computers, photocopier, fax, Internet. * Projet Essor: program for people working in arts and culture who wish to make a career transition. * Mutation vers l'emploi: 12-week program for men aged 36 to 60 furthest from the labour market or in the process of a career transition. * Programme d'organisation au travail: 12-week program for men and women aged 16 to 35 furthest from the labour market and who wish to return to school. * Motiv'action: 26-week program for youth 16 to 29 years old struggling with social or professional integration difficulties.

Eligibility: people 16 years and over

Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

FUTURPRENEUR CANADA - BUREAU DU QUÉBEC

5605 De Gaspé Avenue, Suite 402, Le Plateau-Mont-Royal, Montréal, QC, H2T 2A4

514 225-7035

Website: www.futurpreneur.ca

Email: info@futurpreneur.ca

Services: Youth entrepreneurship support. * Pre-startup and startup assistance. * Accompaniment of part-time entrepreneurs. * Funding mentoring. * Online resource centre. * Financing up to \$60,000.

Eligibility: entrepreneurs 18 to 39 years old

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: free

Financing: federal, provincial, donations

Legal status: non-profit organization

MAISON DES JEUNES DU PLATEAU

5046 Cartier Street, Le Plateau-Mont-Royal, Montréal, QC, H2H 1X5

514 525-7402 Fax: 514 525-7402

Email: mdjplateau@gmail.com

Services: Supervised meeting place for youth. * Animation and preventive intervention. * Social, cultural and recreational activities. * Cooking workshops. * Improv team and music room. * Youth committee. * Organized outings. * Youth service cooperative.

Eligibility: youth 12 to 18 years old

Capacity: 35

Coverage area: Montréal Island

Hours: Tuesday to Friday 15h00 to 21h00, administration: Tuesday to Friday 12h00 to 15h00

Fees: free

Financing: provincial, donations, municipal

Legal status: non-profit organization

Youth Shelters and Support

CLSC DU PLATEAU MONT-ROYAL

4625 de Lorimier Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 2B4

514 521-7663

Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/clsc-du-plateau-mont-royal

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

Coverage area: Le Plateau-Mont-Royal

Hours: Monday to Friday 8h00 to 18h00

Financing: provincial

Legal status: parapublic organization

CLSC SAINT-LOUIS DU PARC

15 du Mont-Royal Avenue West, Suite 100, Le Plateau-Mont-Royal, Montréal, QC, H2T 2R9

514 286-9657

Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/clsc-de-saint-louis-du-parc

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

Coverage area: Le Plateau-Mont-Royal, Ville-Marie

Hours: Monday to Friday 8h00 to 17h00, Saturday, Sunday and holidays 8h00 to 12h00

Financing: provincial

Legal status: parapublic 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

ALLIANCE 3E ÂGE GRAND PLATEAU

465 Gifford Street, Suite 1, Le Plateau-Mont-Royal, Montréal, QC, H2J 1N5
514 282-1553 ext. 200

Services: Consultation table for seniors. * Information sharing on members' activities. * Common projects to improve seniors' quality of life.

Eligibility: seniors' organizations

Capacity: 25 members

Coverage area: Le Plateau-Mont-Royal, Mile-End, Saint-Louis-du-Parc

Fees: annual membership: \$25

Financing: membership fees

Legal status: non-profit organization

ALTERNATIVES, RÉSEAU D'ACTION ET DE COMMUNICATION POUR LE DÉVELOPPEMENT INTERNATIONAL

3720 du Parc Avenue, Suite 300, Le Plateau-Mont-Royal, Montréal, QC, H2X 2J1
1 800 982-6646 Fax: 514 982-6122

Website: www.alternatives.ca

Email: info@alternatives.ca

Services: Networking, development of innovative initiatives and promotion for popular and social movements fighting for economic, social, political, cultural and environmental rights. * Employment assistance for immigrants: orientation, resume and cover letter writing, job search assistance, interview preparation and simulation. * Project creation: research, mobilization, international solidarity.

Eligibility: general population, employment assistance: refugees and permanent residents in Canada for less than 5 years who are unemployed and not registered as full-time students

Coverage area: Canada, employment assistance: Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: annual membership: \$60, employment assistance: none

Financing: self-financing, membership fees

Legal status: non-profit organization

ASSOCIATION CANADIENNE POUR LA SANTÉ MENTALE DIVISION DU QUÉBEC ET FILIALE DE MONTRÉAL

55 Mont-Royal Avenue West, Suite 605, Le Plateau-Mont-Royal, Montréal, QC, H2T 2S6
514 521-4993

Website: www.acsmmontreal.qc.ca

Email: info@acsmmontreal.qc.ca

Services: Mental health promotion and prevention. * Information and awareness. * Training, conferences, forums. * Discussion and collaboration.

Eligibility: youth, seniors, people from cultural communities, isolated people, organizations

Coverage area: Greater Montréal

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

Financing: provincial, self-financing

Legal status: non-profit organization

ASSOCIATION DES HALTES-GARDERIES COMMUNAUTAIRES DU QUÉBEC

4245 Laval Street, Le Plateau-Mont-Royal, Montréal, QC, H2W 2J6
1 888 598-1917 Fax: 514 598-5925

Website: www.ahgcq.org

Email: info@ahgcq.org

Services: Grouping, promotion and defense of the interests of community day care services in Québec.

Eligibility: children, parents, childcare organizations and services

Coverage area: Province of Québec
Hours: Monday to Thursday 9h00 to 17h00
Financing: provincial
Legal status: non-profit organization

ATELIER HABITATION MONTRÉAL

55 Mont-Royal Avenue West, Suite 300, Le Plateau-Mont-Royal, Montréal, QC, H2T 2S6
514 270-8488 Fax: 514 270-6728
Website: www.atelierhabitationmontreal.org
Email: info@atelierhabitationmontreal.org

Services: * Development of housing projects, cooperatives, non-profit organizations and early childhood centres. * Collaboration and accompaniment of organizations in the creation and implementation of shelters and residences for people in precarious situations. * Contribution to the achievement of projects: assistance in searching for funding, information, animation and training on financial management.

Eligibility: non-profit organizations seeking to create housing projects, applicants for community housing

Coverage area: Montréal Island, Longueuil, Saint-Hubert, Brossard, Boucherville, Saint-Lambert
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Fees: variable

Financing: provincial, self-financing

Legal status: non-profit organization

BERTHIAUME-DU-TREMBLAY FOUNDATION (THE)

300 Léo-Pariseau Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 4B3
514 382-8018 Fax: 514 382-8019
Website: www.berthiaume-du-tremblay.com
Email: fondation@berthiaume-du-tremblay.com

Services: Promotion of the well-being of seniors. * Community, housing, accommodation and in-home support development.

Eligibility: seniors

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Financing: donations

Legal status: non-profit organization

CENTRE D'ÉCOLOGIE URBAINE DE MONTRÉAL

5333 Casgrain Avenue, Suite 701, Le Plateau-Mont-Royal, Montréal, QC, H2T 1X3
514 282-8378
Website: www.ecologieurbaine.net
Email: info@ecologieurbaine.net

Services: * Consultations and promotion of urban transformation practices. * Conferences, citizen meetings, trainings, Jane's Walks. * Citizen participation, participatory budget, planning and climate change adaptation projects. * Consultancy: built environment analysis, planning and accompaniment through urban environmental projects.

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Financing: self-financing, grants, donations

Legal status: non-profit organization

COALITION DES ORGANISMES COMMUNAUTAIRES POUR LE DÉVELOPPEMENT DE LA MAIN-D'OEUVRE

5000 d'Iberville Street, Suite 304, Le Plateau-Mont-Royal, Montréal, QC, H2H 2S6

514 948-0505

Website: cocdmo.qc.ca

Email: info@cocdmo.qc.ca

Services: * Job insertion and integration. * Training and education adapted to the needs. * Rights promotion and advocacy. * Local and community development.

Eligibility: employability organizations, people who are unemployed

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: national members: \$500 per year, corporate members: \$25 per year

Financing: provincial

Legal status: non-profit organization

COALITION DES ORGANISMES COMMUNAUTAIRES QUÉBÉCOIS DE LUTTE CONTRE LE SIDA

1 Sherbrooke Street East, Le Plateau-Mont-Royal, Montréal, QC, H2X 3V8

1 866 535-0481 Fax: 514 844-2498

Website: www.cocqsida.com

Email: info@cocqsida.com

Services: * Support to organizations: discussion, assessment and networking. * Promotion of sexual health through prevention and information. * Legal information and advice for people living with HIV/AIDS. * Advocacy of the rights and interests of people living with HIV/AIDS. * Mobilization, awareness, research and referral.

Eligibility: people living with HIV/AIDS, community organizations fighting against HIV/AIDS

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: free

Financing: grants

Legal status: non-profit organization

CUISINES COLLECTIVES DU GRAND PLATEAU

4095 Saint-André Street, Le Plateau-Mont-Royal, Montréal, QC, H2L 3W4

514 523-1752 Fax: 514 523-0755

Website: www.ccgp-montreal.org

Email: direction@ccgp-montreal.org

Services: * Collective kitchens. * Assistance for starting collective kitchens. * Information, training and awareness on healthy nutrition. * Cooking workshops for youth living in low-rent housing. * Culinary discovery workshops for seniors living food insecurity situations. * Nutrition workshops for people with diabetes. * Coordination on food security.

Eligibility: people on a low income, groups willing to start collective kitchens, children and youth 6 to 12 years old

Coverage area: Le Plateau-Mont-Royal

Hours: Monday to Friday 9h00 to 16h00

Fees: membership: \$30 per year

Financing: provincial, donations

Legal status: non-profit organization

EX AEQUO

3680 Jeanne-Mance Street, Suite 328, Le Plateau-Mont-Royal, Montréal, QC, H2X 2K5

514 288-3852 Fax: 514 288-2834

Website: www.exaequo.net

Email: info@exaequo.net

Services: Promotion of universal accessibility and rights advocacy for people living with motor disabilities. * Attendants bank for people using the service employment paycheque. * Citizen action, representation, consultation and partnership with different organizations. * Information, training and awareness.

Eligibility: people living with motor disabilities

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Fees: membership: \$5 per year

Financing: Centraide of Greater Montréal, provincial, donations

Legal status: non-profit organization

FÉDÉRATION DES CENTRES D'ACTION BÉNÉVOLE DU QUÉBEC

1855 Rachel Street, 1st floor, Suite 102, Le Plateau-Mont-Royal, Montréal, QC, H2H 1P5

1 800 715-7515 Fax: 514 843-6485

Website: www.fcabq.org

Email: admin@fcabq.org

Services: Mobilization, support and representation of volunteer centres. * Promotion, recognition and development of volunteering practices. * Online documentation centre. * Provincial website of twinning between volunteer centres and non-profit organizations with volunteers: www.jebenevole.ca

Eligibility: volunteer centres, twinning website: volunteer centres and volunteers

Capacity: 112 volunteer centres

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: \$475 per year per association

Financing: grants, contributions

Legal status: non-profit organization

FORUM RÉGIONAL SUR LE DÉVELOPPEMENT SOCIAL DE L'ÎLE DE MONTRÉAL

3680 Jeanne-Mance Street, Suite 420, Le Plateau-Mont-Royal, Montréal, QC, H2X 2K5

438 387-7074

Website: frdsim.org

Email: info@frdsim.org

Services: Dialogue space that mobilizes regional and national actors to reflect, exchange and advance on social development issues.

Eligibility: regional and national actors working on social development

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

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

Legal status: non-profit organization

REGROUPEMENT DES ORGANISMES POUR HOMMES DE L'ÎLE DE MONTRÉAL

4245 Laval Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2W 2J6

438 397-0698

Website: www.rohim.net

Email: info@rohim.net

Services: * Works for a better visibility of the organizations involved with men residing on the island of Montreal. * Creates, groups and integrates research resources providing referrals on male condition. * Concertation, training, networking. * Services to members.

Eligibility: organizations for men

Coverage area: Montreal Island

Hours: Monday to Friday 9h00 to 17h00

Fees: annual contribution: \$20 for active members, \$10 for associate members, \$5 for sympathizing members

Financing: provincial

Legal status: non-profit organization

RÉSEAU ALTERNATIF ET COMMUNAUTAIRE DES ORGANISMES EN SANTÉ MENTALE DE L'ÎLE DE MONTRÉAL

55, du Mont-Royal Avenue West, Suite 602, Le Plateau-Mont-Royal, Montréal, QC, H2T 2S6

514 847-0787

Website: racorsm.org

Email: racor@racorsm.org

Services: Grouping and representation of mental health organizations. * Training about mental health for social workers and all the community. * List and map of members: information on mental health services, activities and programs. * Online calendar of events and training. * Information about Montreal's mental health community and the associated issues through online articles. * Newsletter several times a year.

Eligibility: community and alternative organizations in mental health

Coverage area: Montréal Island

Hours: Monday to Thursday 9h00 to 17h00

Financing: provincial

Legal status: non-profit organization

RESTO PLATEAU

4450 Saint-Hubert Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 527-5997 Fax: 514 527-5965

Website: www.restoplateau.com

Services: * Community restaurant providing affordable meals. * Catering. * Cooking training and socioprofessional integration. * Program subsidized by Emploi-Québec. * Community development and partnerships. * Tax clinic for members only.

Eligibility: people on a low income or isolated

Capacity: 250 to 450 people per day

Coverage area: Montréal Island

Hours: restaurant: Monday to Friday 11h30 to 13h30, office: 9h00 to 17h00

Fees: meal: \$4.25

Financing: grants, donations, Centraide of Greater Montréal, foundations

Legal status: non-profit organization

Charity Organizations

BERTHIAUME-DU-TREMBLAY FOUNDATION (THE)

300 Léo-Pariseau Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 4B3

514 382-8018 Fax: 514 382-8019

Website: www.berthiaume-du-tremblay.com

Email: fondation@berthiaume-du-tremblay.com

Services: Promotion of the well-being of seniors. * Community, housing, accommodation and in-home support development.

Eligibility: seniors

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Financing: donations

Legal status: non-profit organization

CENTRAIDE OF GREATER MONTRÉAL

493 Sherbrooke Street West, Le Plateau-Mont-Royal, Montréal, QC, H3A 1B6

514 288-1261 Fax: 514 350-7282

Website: www.centraide-mtl.org

Email: info@centraide-mtl.org

Services: Support to local community organizations through a fundraising campaign and donations collected.

Eligibility: non-profit organizations
Coverage area: Greater Montréal
Financing: fundraising campaigns, self-financing
Legal status: non-profit organization

CENTRAIDE OF GREATER MONTRÉAL - COVID-19 EMERGENCY FUND

493 Sherbrooke Street West, Le Plateau-Mont-Royal, Montréal, QC, H3A 1B6

514 288-1261 Fax: 514 350-7282

Website: www.centraide-mtl.org/en/covid-19/

Email: info@centraide-mtl.org

Services: Support to community agencies in Greater Montreal that can provide essential services to vulnerable people during this crisis. * Eligibility criteria: https://www.centraide-mtl.org/documents/85957/upload/documents/Criteres_dadmissibilite_Fonds_durgence_COVID-19_xZFU6py.pdf * Funding applications online:

<https://docs.google.com/forms/d/e/1FAIpQLSdV96eEMqD5gNbTri01TNs7dViLRUQA3TfFb4ldNzZvp7H22A/viewform> * To donate: <https://donations.helpforcharities.com/centraide/index.php?lang=en>

Eligibility: community agencies meeting essential needs: distribution of food supplies, preparation and distribution of meals and other basic necessities and listening, assistance and referral services for vulnerable and isolated people

Coverage area: Greater Montréal

Legal status: non-profit organization

MARIE-VINCENT FOUNDATION

4689 Papineau Avenue, 3rd floor, Le Plateau-Mont-Royal, Montréal, QC, H2H 1V4

514 285-0505

Website: www.marie-vincent.org

Email: info@marie-vincent.org

Services: Prevention of sexual violence against children and adolescents. * Awareness among children, parents and counsellors in community, school or health sectors. * Support to children and adolescents who are victims of sexual violence and their parents: police interview, medical examination, needs assessment and psychosocial treatment. * Training for counsellors: conferences and webinars. * Funding of research and grants to programs aimed at the prevention of sexual violence. * Psychotherapy services for children 0 to 12 years old with problematic sexual behaviors.

Eligibility: children, female genital mutilation victims, adolescents, parents and counsellors

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 18h00, phone services: Monday to Friday 8h30 to 18h00

Financing: self-financing, donations

Legal status: non-profit organization

SIDALYS FOUNDATION

3702 Sainte-Famille Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2L4

514 842-4439 Fax: 514 842-2284

Website: sidalys.org

Email: sidasecours@hotmail.com

Services: Fundraising campaigns for the Sidalys Centres offering short, medium and long-term housing accommodations for people with HIV/Aids.

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Financing: donations

Legal status: non-profit organization

WEDOSOMETHING MTL

4563 de l'Esplanade Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2T 2Y6

Website: www.wedosomething.org

Email: hello@wedosomehing.org

Services: * Fun-raising: fundraising events for various community organizations.

Coverage area: Montréal Island

Hours: 9h00 to 17h00

Financing: fundraising events

Legal status: non-profit organization

Community centres**ATELIERS D'ÉDUCATION POPULAIRE DU PLATEAU**

4273 Drolet Street, Le Plateau-Mont-Royal, Montréal, QC, H2W 2L7

514 350-8881 ext. 202

Website: www.aepp.ca

Email: adjointedir@aepp.ca

Services: Community action * Popular education workshops: artistic, language, digital, botanical, etc. * Social involvement. * Citizen mobilization. * Community garden. * Tax clinic. * Computer room with internet. Food * Food autonomy: collective kitchens and cooking workshops.

Eligibility: general public

Coverage area: Le Plateau-Mont-Royal and surroundings

Hours: Monday to Friday 9h00 to 17h00

Fees: free

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

Legal status: non-profit organization

CENTRE DE SERVICES COMMUNAUTAIRES DU MONASTÈRE

4450 Saint-Hubert Street, Suite 123, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 521-9191 Fax: 514 521-9399

Website: cscmonastere.org

Email: administration@cscmonastere.org

Services: Centre grouping many community services and organizations. * Reception and referral. * Room rental.

Eligibility: community organizations, individuals

Coverage area: Le Plateau-Mont-Royal

Hours: Monday to Friday 8h00 to 22h00

Financing: membership fees, donations, self-financing

Legal status: non-profit organization

CENTRE DU PLATEAU (LE)

2275 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1G4

514 872-6830

Website: www.centreduplateau.qc.ca

Email: directioncentreduplateau@gmail.com

Services: Community centre. * Community, sporting, cultural, recreational and educational activities. * Enfants à défis program: recreational accompaniment for children with a physical or intellectual disability or a precarious financial situation.

Eligibility: residents and families, special programs for children with physical or intellectual disabilities

Coverage area: Le Plateau-Mont-Royal, Centre-Sud, Ville-Marie

Hours: Monday to Friday 7h00 to 22h00, Saturday and Sunday 7h30 to 17h00

Financing: federal, provincial, municipal, donations

Legal status: non-profit organization

DU PARC YMCA

5550 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2V 4H1

514 271-9622 Fax: 514 277-9102

Website: www.ymcaquebec.org/en/Find-a-Y/Du-Parc-YMCA

Email: contact@ymcaquebec.org

Services: Childhood and family * Parent-child activities. * Activities for children. * Subsidized daycare. * Day and spring break camps. * Homework help for 6 to 12 years old. Youth * Youth Zone for 12 to 17 years old. * Alternative suspension: school dropout prevention program. * CIEC Mile-End and Outremont: youth services cooperative. Sports * Training room. * Group classes. * Sports at the gym. * Public swim for adults and families. * Group or private swimming lessons. * Swimming club and triathlon club. Seniors * Café Rendez-Vous Y: socialization activities for seniors 55 years and over. * Leisure activities. Training * First aid and cardio-pulmonary resuscitation (CPR) courses. * Aquatic certifications. * Fitness certifications. Various * Room rental. * Tax clinic.

Eligibility: children, youth, adults, seniors

Coverage area: Montréal Island

Hours: Monday to Friday 6h30 to 20h30, Saturday and Sunday 8h00 to 17h30

Fees: subscription: variable according to age, activities: variable

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

Legal status: non-profit organization

MAISON D'AUORE (LA)

4816 Garnier Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 4B4

514 527-9075

Website: www.maisonauore.org

Email: info@maisonauore.org

Services: * Individualized support: information, referral, listening, follow-up, accompaniment and assistance with filling out forms. * Open to all: community meals and citizenship evenings. * Youth: homework assistance for children referred directly by primary schools across the Plateau. * Activities for seniors 50 years and over: knitting, physical activities, computer classes, outings, intergenerational projects and tax clinic. * Food: collective kitchens, cooking workshops and fruits and vegetables baskets. * Traditional Holidays meal. * Distribution point for the meals of the insertion company Resto Plateau.

Eligibility: people of all ages

Capacity: collective kitchens: 4 groups

Coverage area: Le Plateau-Mont-Royal and surroundings

Hours: Monday, Wednesday and Thursday 9h00 to 12h00 and 13h15 to 17h00, Tuesday 13h15 to 17h00, collective kitchens: depending on the group, community meals: last Thursday of the month at 12h00, fruits and vegetables baskets: delivery every 2 weeks

Fees: collective kitchens: portion fees, community meals: voluntary contribution of \$4, Resto Plateau: \$3 per portion, physical activities: \$20 for 10 weeks, fruits and vegetables baskets: from \$10 to 20, 50% grant for people on a low income

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

MAISON DES AMIS DU PLATEAU MONT-ROYAL (LA)

1360 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1M3

514 527-1344 Fax: 514 527-3769

Website: www.maisondesamis.org

Email: info@maisondesamis.org

Services: * Reception, listening and referral. * Access to phonelines, Internet and the documentation centre on community resources in Montréal. * Community meals. * Collective kitchen. * Recreational and informational activities. * Thrift store and annual bazaars. * Donation of clothing and furniture upon referral. * Holiday meals on December 25th and January 1st.

Eligibility: people 18 years and over, with or without children, in need and living with psychosocial difficulties

Capacity: community meals: 150

Coverage area: Le Plateau-Mont-Royal, Rosemont-La Petite-Patrie, Centre-Sud, Hochelaga-Maisonneuve

Hours: Monday to Friday 12h30 to 14h00

Fees: meals and access to phonelines and Internet: free, community kitchen: \$5 for 3 to 5 meals

Financing: provincial, federal, self-financing, donations

Legal status: non-profit organization

MILE END COMMUNITY MISSION

99 Bernard Street West, Le Plateau-Mont-Royal, Montréal, QC, H2T 2J9

514 274-3401

Website: mileendmission.org

Email: general@mileendmission.org

Services: * Weekly food bank for Mile-End residents. * Free community meals. * Information and referral. * Free legal clinic. * Computer, Internet and public phone access. * Thrift shop. * Bi-annual dental clinic for people on a low income who don't have dental coverage. * Community activities. * Christmas lunch and Christmas baskets for members.

Eligibility: people and family on a low income, vulnerable, homeless or seniors

Coverage area: Mile-End residents

Hours: Tuesday to Friday 10h00 to 15h00, free lunches: Tuesday, Wednesday and Thursday 12h00, free breakfasts: Thursday 8h00 and Friday 10h00, dental clinic: in Autumn and Winter by appointment, legal clinic: Wednesday 16h00 to 19h00

Fees: annual membership: \$2 per member of the family, food bank: \$1.50 per week, community meals: free

Financing: self-financing

Legal status: non-profit organization

Community development

ATELIER HABITATION MONTRÉAL

55 Mont-Royal Avenue West, Suite 300, Le Plateau-Mont-Royal, Montréal, QC, H2T 2S6

514 270-8488 Fax: 514 270-6728

Website: www.atelierhabitationmontreal.org

Email: info@atelierhabitationmontreal.org

Services: * Development of housing projects, cooperatives, non-profit organizations and early childhood centres. * Collaboration and accompaniment of organizations in the creation and implementation of shelters and residences for people in precarious situations. * Contribution to the achievement of projects: assistance in searching for funding, information, animation and training on financial management.

Eligibility: non-profit organizations seeking to create housing projects, applicants for community housing

Coverage area: Montréal Island, Longueuil, Saint-Hubert, Brossard, Boucherville, Saint-Lambert

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

Fees: variable

Financing: provincial, self-financing

Legal status: non-profit organization

CENTRAIDE OF GREATER MONTRÉAL - COVID-19 EMERGENCY FUND

493 Sherbrooke Street West, Le Plateau-Mont-Royal, Montréal, QC, H3A 1B6

514 288-1261 Fax: 514 350-7282

Website: www.centraide-mtl.org/en/covid-19/

Email: info@centraide-mtl.org

Services: Support to community agencies in Greater Montreal that can provide essential services to vulnerable people during this crisis. * Eligibility criteria: https://www.centraide-mtl.org/documents/85957/upload/documents/Criteres_dadmissibilite_Fonds_durgence_COVID-19_xZFU6py.pdf * Funding applications online:

<https://docs.google.com/forms/d/e/1FAIpQLSdV96eEMqD5gNbTri01TNs7dViLRUQA3TfFb4IdNzZvp7H22A/viewform> * To donate: <https://donations.helpforcharities.com/centraide/index.php?lang=en>

Eligibility: community agencies meeting essential needs: distribution of food supplies, preparation and distribution of meals and other basic necessities and listening, assistance and referral services for vulnerable and isolated people

Coverage area: Greater Montréal

Legal status: non-profit organization

CENTRE FOR COMMUNITY ORGANIZATIONS (THE)

3680 Jeanne-Mance Street, Suite 470, Le Plateau-Mont-Royal, Montréal, QC, H2X 2K5

514 849-5599 Fax: 514 849-5553

Website: coco-net.org

Email: info@coco-net.org

Services: Development assistance and support to community organizations through capacity building. * Information, training, workshops and popular education within organizations to enhance their organizational health and development. * Coaching, support and accompaniment. * Mediation and conflict resolution.

Eligibility: administrators, members, employees and volunteers of non-profit organizations, coalitions and social movements

Coverage area: Province of Québec

Hours: Monday to Thursday 10h00 to 16h00

Fees: information: free, other services: variable

Financing: Centraide of Greater Montréal, foundations, provincial

Legal status: non-profit organization

CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE - ACTION SOLIDARITÉ GRAND PLATEAU

4450 Saint-Hubert Street, Suite 226, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 528-8656

Website: www.asgp.qc.ca

Email: info@asgp.qc.ca

Services: Place of consultation promoting community, social and economic development. * Support to neighborhood initiatives. * Networking. * Mobilization around social and economical issues. * Publications.

Eligibility: community organizations

Coverage area: Le Plateau-Mont-Royal

Fees: membership fees

Financing: membership fees, provincial, municipal

Legal status: non-profit organization

INSTITUT DU NOUVEAU MONDE

5606 de Gaspé Avenue, Suite 404, Le Plateau-Mont-Royal, Montréal, QC, H2T 2A4

514 934-5999 Fax: 514 934-6330

Website: www.inm.qc.ca

Email: inm@inm.qc.ca

Services: * Citizenship schools for youth. * Social entrepreneurship program. * Strategic meetings on social issues. * Social innovation laboratory. * Advisory services for organizations: participatory process design and facilitation, civic competence development, specific public participation issues. * Documentation centre.

Eligibility: citizens, organizations

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Financing: provincial, grants

Legal status: non-profit organization

MICROCRÉDIT MONTRÉAL

3680 Jeanne-Mance Street, Suite 319, Le Plateau-Mont-Royal, Montréal, QC, H2X 2K5

514 843-7296

Website: microcreditmontreal.ca

Email: info@microcreditmontreal.ca

Services: * Loans, accompaniment and technical support to individuals and organizations who do not have access to traditional forms of credit for the starting up or expansion of their business. * Awareness workshop on community credit. * Training aimed at the development of entrepreneurial skills and business plan. *

Recognition of prior learning: funding for the recognition and update of the professional skills of people trained abroad. * Ensemble pour l'entreprenariat des femmes immigrantes program: workshops, conferences, mentoring, accompaniment in a business project.

Eligibility: individuals excluded from traditional financing systems, immigrants, community organizations

Coverage area: Montréal Island

Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 12h30

Financing: provincial, donations

Legal status: non-profit organization

Information and referral

CENTRE DE SANTÉ DES FEMMES DE MONTRÉAL

3401 De Lorimier Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2K 3X5

514 270-6110 Fax: 514 270-6115

Website: www.csfmontreal.qc.ca

Email: info@csfmontreal.qc.ca

Services: Sexual and reproductive health services. * Termination of pregnancy. * Gynecological health clinic for vulnerable women. * Information and referral. * Sexual and reproductive health workshops in women's groups on demand. * Gynecological exam training for nurses. * Feminist consultation and representation.

Eligibility: women, gynecological clinic: women who already have a medical record at the Centre, members and women referred by an organization that has an agreement with the Centre

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h15

Financing: self-financing, grants, donations

Legal status: non-profit organization

REGROUPEMENT QUÉBÉCOIS DE LA DANSE

3680 Jeanne-Mance Street, Suite 440, Le Plateau-Mont-Royal, Montréal, QC, H2X 2K5

514 849-4003 Fax: 514 849-3288

Website: www.quebecdanse.org

Email: info@quebecdanse.org

Services: Grouping and representation of dance professionals. * Information, support and resources. * Promotion. * Training. * Networking. * Mobilization and advocacy.

Eligibility: dance professionals

Coverage area: Province of Québec

Hours: 9h00 to 17h00

Financing: donations, contributions, grants

Legal status: non-profit organization

Volunteering and volunteer centres

ACCORDAILLES (LES)

465 Gilford Street, Suite 101, Le Plateau-Mont-Royal, Montréal, QC, H2J 1N5

514 282-1553 Fax: 514 282-1429

Website: accordailles.org

Email: info@accordailles.org

Services: * Friendly phone calls and visits. * Community meals. * Groceries project: collective snack. * Volunteer recruitment.

Eligibility: seniors 50 years old and over

Coverage area: CLSC Plateau Mont-Royal and CLSC Saint-Louis-du-Parc

Hours: office: Monday to Friday 8h00 to 16h00, community meal: Tuesday 12h00 to 15h00

Fees: community meal: \$4 for members, \$5 for non-members

Financing: provincial

Legal status: non-profit organization

ASSOCIATION DES SPORTS POUR AVEUGLES DU MONTRÉAL MÉTROPOLITAIN

4450 Saint-Hubert Street, Suite 428, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 524-4715

Website: asamm.ca

Email: info@asamm.ca

Services: * Development and organization of sports for people with visual disabilities. * Recruitment and training of volunteers for assistance. * Public awareness through information sessions, conferences and sports demonstrations.

Eligibility: people living with a visual disability

Coverage area: Greater Montréal

Hours: Monday and Thursday 10h00 to 17h00

Fees: membership: \$25, renewal: \$20

Financing: donations, membership fees

Legal status: non-profit organization

ATELIERS D'ÉDUCATION POPULAIRE DU PLATEAU

4273 Drolet Street, Le Plateau-Mont-Royal, Montréal, QC, H2W 2L7

514 350-8881 ext. 202

Website: www.aepp.ca

Email: adjointedir@aepp.ca

Services: Community action * Popular education workshops: artistic, language, digital, botanical, etc. * Social involvement. * Citizen mobilization. * Community garden. * Tax clinic. * Computer room with internet. Food * Food autonomy: collective kitchens and cooking workshops.

Eligibility: general public

Coverage area: Le Plateau-Mont-Royal and surroundings

Hours: Monday to Friday 9h00 to 17h00

Fees: free

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

Legal status: non-profit organization

FÉDÉRATION DES CENTRES D'ACTION BÉNÉVOLE DU QUÉBEC

1855 Rachel Street, 1st floor, Suite 102, Le Plateau-Mont-Royal, Montréal, QC, H2H 1P5

1 800 715-7515 Fax: 514 843-6485

Website: www.fcabq.org

Email: admin@fcabq.org

Services: Mobilization, support and representation of volunteer centres. * Promotion, recognition and development of volunteering practices. * Online documentation centre. * Provincial website of twinning between volunteer centres and non-profit organizations with volunteers: www.jebenevole.ca

Eligibility: volunteer centres, twinning website: volunteer centres and volunteers

Capacity: 112 volunteer centres

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: \$475 per year per association

Financing: grants, contributions

Legal status: non-profit organization

PROJET CHANGEMENT - CENTRE COMMUNAUTAIRE POUR LES 50 ANS ET PLUS

4450 Saint-Hubert Street, Suite 130, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 521-5145

Website: www.projetchangement.com

Email: aines@projetchangement.com

Services: * Reception, information, guidance and referral. * Safety phone calls and friendly calls. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Foot care clinic. * Thematic conferences. * Community and social development. * Physical, psychological, intellectual, spiritual and relational health promotion activities. * Summer and holiday outings. * Je m'engage dans ma communauté: volunteer work with vulnerable seniors. * Individual intervention and home environment group animation. * Low-cost meals five times a week at lunchtime. * Tax clinic for people already benefiting from another service offered by the organization.

Eligibility: seniors 50 years and over

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30

Fees: membership: \$15 per year

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

Legal status: non-profit organization

REGROUPEMENT DES AVEUGLES ET AMBLYOPES DU MONTRÉAL MÉTROPOLITAIN

5225 Berri Street, Suite 101, Le Plateau-Mont-Royal, Montréal, QC, H2J 2S4

514 277-4401 Fax: 514 277-8961

Website: raamm.org

Email: info@raamm.org

Services: * Promotion and advocacy of rights and interests. * Guiding and reading services for members. * Community centre. * Publiphone: information access system. * Recruitment and training of volunteers for accompaniment.

Eligibility: people living with a visual impairment

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30

Fees: regular member: 10\$ per year

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

ROBIN DES BOIS

4653 Saint-Laurent Boulevard, Le Plateau-Mont-Royal, Montréal, QC, H2T 1R2

514 288-1010

Website: robindesbois.ca/en

Email: resto@robindesbois.ca

Services: Restaurant. * Volunteering. * Recruitment and training. * Hall for corporate and special events: weddings, shows, conferences, birthdays.

Capacity: 110 seats

Coverage area: Greater Montréal

Disability

Hours: Monday to Friday 11h30 to 22h00, Saturday 17h00 to 22h00, Sunday: group reservations only

Financing: self-financing

Legal status: non-profit organization

Disability**ADAPTED WORK AND EMPLOYABILITY SUPPORT****ADVOCACY FOR PEOPLE WITH A PHYSICAL DISABILITY****ADVOCACY FOR PEOPLE WITH AN INTELLECTUAL DISABILITY****AUTISM, PDD, ADHD****DEAF AND HEARING IMPAIRED****LANGUAGE DISORDERS****MOBILITY AIDS****RECREATION AND CAMPS****RESPIRE SERVICES AND HOUSING****RESPIRE, CHILD CARE AND HOUSING****SUPPORT ASSOCIATIONS****SUPPORT AND INTEGRATION ORGANIZATIONS****THE BLIND****THERAPY AND REHABILITATION CENTRES**

Adapted work and employability support

ATELIER (L')

3680 Jeanne-Mance Street, Suite 213, Le Plateau-Mont-Royal, Montréal, QC, H2X 2K5

514 844-6458 Fax: 514 288-3848

Website: www.atelierdartisanat.org

Email: direction@atelierdartisanat.org

Services: Employability and arts and crafts training program. * Regart program: social insertion through arts and crafts training. * Action program: employability development for people who participated to the Regart program. * Transart vers l'emploi program: labour market reintegration. * Boutique and exhibitions.

Eligibility: adults living with mental health issues

Capacity: 150 people per week

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization

ATELIER LE FIL D'ARIANE

4837 Boyer Street, Suite 100, Le Plateau-Mont-Royal, Montréal, QC, H2J 3E6

514 842-5592 Fax: 514 842-8343

Website: atelierlefieldariane.org

Email: atelier.bureau.ariane@ssss.gouv.qc.ca

Services: Rehabilitation center. * Learning and workplace integration services (SAIT). * Embroidery and creative workshop aimed at gaining autonomy and at social integration.

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

Capacity: 20 persons

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: non-profit organization

CENTRE D'APPRENTISSAGE PARALLÈLE DE MONTRÉAL

4865 Saint-Laurent Boulevard, Le Plateau-Mont-Royal, Montréal, QC, H2T 1R6

514 843-5658 Fax: 514 843-3508

Website: www.ateliersducap.org

Email: info@ateliersducap.org

Services: Learning centre for people living with a mental health issue. * 6 months job preparation program: acquiring personal and vocational skills to integrate the job market, job search and retention assistance. * Atelier Projet: 20 hours a week, 12 months, social and vocational integration through artistic learning. * Workshops on expression through visual arts: 2 hours a week, therapeutic workshops to foster mental fluidity and reduce anxiety.

Eligibility: people living with a mental health issue

Capacity: 60 persons per day

Coverage area: Montréal Island

Hours: Monday to Thursday 9h30 to 16h30

Fees: expression workshops: \$45 for people receiving social assistance, general rate: \$75, job preparation program: free

Financing: provincial

Legal status: non-profit organization

CENTRE DE RESSOURCES ÉDUCATIVES ET PÉDAGOGIQUES

5643 Clark Street, 3rd floor, Le Plateau-Mont-Royal, Montréal, QC, H2T 2V5

514 596-4567 Fax: 514-596-4562

Website: www.icilecrep.qc.ca

Email: crep@cscdm.qc.ca

Services: Training offered to individuals, organizations and integration companies. * Social integration. * Socioprofessionnel integration. * Francization. * Popular education.

Eligibility: organizations, integration companies and individuals

Coverage area: Montréal Island

Hours: Monday to Friday 8h00 to 16h00

Fees: free or variable depending on the services

Financing: provincial

Legal status: parapublic organization

CENTRE DES FEMMES DU PLATEAU MONT-ROYAL

1022 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1L1

514 527-2295

Website: www.cfemmesplateau.org

Email: info@cfemmesplateau.org

Services: * Reception, listening and referral. * Training workshops. * Information meetings. * Special activities. * Socioprofessional integration and guidance.

Eligibility: women of all ages and backgrounds

Coverage area: Greater Montréal

Hours: Tuesday to Thursday 9h00 to 17h00

Financing: provincial, municipal

Legal status: non-profit organization

DRESS FOR SUCCESS MONTRÉAL

3945 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2W 2M4

514 282-1222

Website: dressforsuccessmontreal.org

Email: info@dressforsuccessmontreal.org

Services: Professional integration assistance for women. * Ready-to-wear program: professional outfits selection and donations and interview preparation. * Réseau femmes action: networking and conferences. * Recovery of professional clothing.

Eligibility: women in the process of integrating the job market with very limited financial resources or none

Coverage area: Montréal Island

Hours: by appointment only

Fees: none

Financing: donations

Legal status: non-profit organization

LES MUSES - CENTRE DES ARTS DE LA SCÈNE

5017 Saint-Hubert Street, Suite 317, Le Plateau-Mont-Royal, Montréal, QC, H2J 2X9

514 350-8060 ext. 8834

Website: www.lesmuses.org

Email: info@lesmuses.org

Services: Performing arts professional school for artists living with a disability. * Promotion of the integration of artists with disabilities to the artistic community. * Training programs: acting, dancing and singing.

Eligibility: people living with and intellectual, physical or sensorial disability, with an autism spectrum disorder

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 15h10

Fees: none

Financing: municipal, provincial, federal, donations

Legal status: non-profit organization

OPEN DOOR (THE)

3535 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2X 2H8

514 939-1970

Website: www.opendoortoday.org

Email: caleb@opendoortoday.org

Services: * Breakfast, lunch, dinner, snacks. * Clothing bank and laundry room. * Showers. * Distribution of menstrual hygiene products. * Telephone, computers and Internet access. * Listening, evaluation, referral, guidance and accompaniment. * Medical, psychosocial and legal services on site. * Facilitated access to the Accès Montréal card. * PAAS-Action program. * Possibility of compensatory work. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.

Eligibility: homeless people, people at risk of homelessness, with or without pets

Coverage area: downtown

Hours: Monday to Friday 7h45 to 13h00 and 15h00 to 18h00, breakfast: 7h30, lunch: 11h30, dinner: 16h30

Financing: donations

Legal status: non-profit organization

RESTO PLATEAU

4450 Saint-Hubert Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 527-5997 Fax: 514 527-5965

Website: www.restoplateau.com

Services: * Community restaurant providing affordable meals. * Catering. * Cooking training and socioprofessional integration. * Program subsidized by Emploi-Québec. * Community development and partnerships. * Tax clinic for members only.

Eligibility: people on a low income or isolated

Capacity: 250 to 450 people per day

Coverage area: Montréal Island

Hours: restaurant: Monday to Friday 11h30 to 13h30, office: 9h00 to 17h00

Fees: meal: \$4.25

Financing: grants, donations, Centraide of Greater Montréal, foundations

Legal status: non-profit organization

SERVICE D'ORIENTATION ET DE RECHERCHE D'EMPLOI POUR L'INTÉGRATION DES FEMMES AU TRAVAIL

5150 Saint-Hubert Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2Y3

514 271-3866 Fax: 514 271-5002

Website: www.sorif.org

Email: info@sorif.org

Services: 15-week full-time group training to learn about courses and the labour market, develop self-confidence, conciliate work, family and studies, make a personal and professional assessment and define career choice. * Introduction to computers workshops. * Internships in businesses. * Job search assistance. * Support for returning to school.

Eligibility: women with children, speaking and writing French

Coverage area: Montreal Island

Hours: Monday to Friday 8h30 to 16h30

Fees: free, possibility of allowances granted by Emploi-Québec

Financing: provincial

Legal status: non-profit organization

TRANSART VERS L'EMPLOI

3680 Jeanne-Mance Street, Suite 213, Le Plateau-Mont-Royal, Montréal, QC, H2X 2K5

514 844-6458 ext. 228 Fax: 514 288-3848

Website: www.atelierdartisanat.org

Email: j.constant@atelierdartisanat.org

Services: Pre-employment program for the reintegration to the labour market of people living mental health difficulties. * Group training with individual follow-up to assess skills. * Art workshops: intervention plan and learning of technical skills on enamel on copper, silkscreen or jewelry. * Assistance in internship search. * Job search assistance: writing resumes and cover letters, simulation of interviews and job search tools.

Eligibility: people 18 years old and over without income, on social assistance or employment insurance, with minimum of a 3rd grade in high school and who have been struggling with mental health issues

Capacity: 20 persons per group, 2 groups per year

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 16h00

Fees: free

Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization

WOMEN'S CENTRE OF MONTRÉAL - EMPLOYABILITY - NON-TRADITIONAL TRADES

3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6

514 842-6652 Fax: 514 284-2243

Website: www.centredesfemmesdemtl.org/en

Email: emploi@centredesfemmesdemtl.org

Services: Employment integration support and access to training programs for women interested in non-traditional trades and professions. * Ongoing admission. * 4 week group program: thorough skills assessment and portfolio. * Individual coaching. * Action-oriented and support program. * Professional English classes and computer classes for beginners. * Workshops on self-awareness, identification of a realistic goal, soft skills in the workplace and various subjects. * Career plan development. * Training and professional information. * Job search tools and strategies, job search assistance. * Social networks. * Internship management and monitoring. * Pairing and mentoring.

Eligibility: women into sectors where the female workforce accounts for less than 33% of the total, group workshops: French only, individual meetings: French and English

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Financing: provincial, membership fees, donations, grants, Centraide of Greater Montréal

Legal status: non-profit organization

Advocacy for people with a physical disability**ASSOCIATION DES SPORTS POUR AVEUGLES DU MONTRÉAL MÉTROPOLITAIN**

4450 Saint-Hubert Street, Suite 428, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 524-4715

Website: asamm.ca

Email: info@asamm.ca

Services: * Development and organization of sports for people with visual disabilities. * Recruitment and training of volunteers for assistance. * Public awareness through information sessions, conferences and sports demonstrations.

Eligibility: people living with a visual disability

Coverage area: Greater Montréal

Hours: Monday and Thursday 10h00 to 17h00

Fees: membership: \$25, renewal: \$20

Financing: donations, membership fees

Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE LA DÉGÉNÉRESCENCE MACULAIRE

400 Laurier Avenue West, Suite 403, Le Plateau-Mont-Royal, Montréal, QC, H2V 2K7

1 866 867-9389

Website: www.aqdm.org

Email: info@aqdm.org

Services: Grouping people living with macular degeneration. * Phone support network. * Information and referral to existing medical, technological and socio-cultural resources. * Information sessions led by knowledgeable people. * Prevention and awareness to the public, health professionals and government agencies on the disease.

Eligibility: people living with macular degeneration, their close ones, health professionals and the general public

Coverage area: Province of Québec

Fees: free

Financing: donations, contributions

Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DES PERSONNES APHASIQUES

4450 Saint-Hubert Street, Suite 510, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 277-5678

Website: aphasie.ca/wpaqpa/en

Email: aqpa@aphasie.ca

Services: * Information, support and referral. * Discussion, reading and writing workshops. * Accompaniment for daily communication needs. * Photography workshops. * Computer workshops. * Advocacy of rights and interests of people with aphasia. * Awareness. * Choir. * Friendly visits. * SAPPA program: assistance for caregivers, visits of social workers and speech language therapists.

Eligibility: adults with aphasia, close ones, people interested in aphasia

Capacity: discussion workshops: 10 to 12 persons

Coverage area: Montréal Island

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

Fees: annual membership: \$25, workshops: \$20 per semester

Financing: provincial, donations, membership fees

Legal status: non-profit organization

AUDITION QUÉBEC

5455 de Gaspé Avenue, Suite 710, Le Plateau-Mont-Royal, Montréal, QC, H2T 3B3

438 806-9011

Website: www.auditionquebec.org

Email: info@auditionquebec.org

Services: * Information and referral services to adults who are hard of hearing or deafened, as well as to those around them including their family, friends, as well as all those with whom they interact. * Raising awareness and informing the population and public authorities about the situation of people who are hard of hearing or who have become deaf in Quebec. * Development of tools to help people who are hard of hearing or deafened to remain active and integrated into society. * Help to people who are hard of hearing or deafened to increase their autonomy and skills in communication so as to remain integrated into society. * Contributions to scientific and sociological research on hearing health.

Eligibility: deaf, deafened and hard-of-hearing people aged 18 years old and over

Coverage area: Province of Québec

Hours: variable

Fees: annual membership: \$30 per person

Financing: contributions, provincial, donations

Legal status: non-profit organization

AUTISME MONTRÉAL

4450 Saint-Hubert Street, Suite 320, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 524-6114 Fax: 514 524-6420

Website: www.autisme-montreal.com

Email: accueil@autisme-montreal.com

Services: * Advocacy of rights and interests of people with an autism spectrum disorder and their family. * Promotion, information and awareness. * Development of direct services. * Bi-monthly support group for people 16 years and over with ASD and without intellectual disability and their parents.

Eligibility: parents of children with an autism spectrum disorder with or without intellectual disorder, ASD 16 years old and over without an intellectual disability, professionals, students

Capacity: 632 members

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, meetings and support groups in the evening

Fees: annual membership

Financing: provincial, federal, Centraide of Greater Montréal

Legal status: non-profit organization

DES PAROLES DANS LE VENT

5550 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2V 4H1

514 288-8201 ext. 4868

Website: theatreaphasique.org

Email: theatreaphasique@hotmail.com

Services: Visual arts and dancing workshops. * Shows and exhibitions. * Awareness and information on aphasia.

Eligibility: people with aphasia interested in arts

Coverage area: Montréal Island

Hours: variable

Financing: donations

Legal status: non-profit organization

EX AEQUO

3680 Jeanne-Mance Street, Suite 328, Le Plateau-Mont-Royal, Montréal, QC, H2X 2K5

514 288-3852 Fax: 514 288-2834

Website: www.exaequo.net

Email: info@exaequo.net

Services: Promotion of universal accessibility and rights advocacy for people living with motor disabilities. * Attendants bank for people using the service employment paycheque. * Citizen action, representation, consultation and partnership with different organizations. * Information, training and awareness.

Eligibility: people living with motor disabilities

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Fees: membership: \$5 per year

Financing: Centraide of Greater Montréal, provincial, donations

Legal status: non-profit organization

LEARNING DISABILITIES INSTITUTE

5333 Casgrain Avenue, Suite 401, Le Plateau-Mont-Royal, Montréal, QC, H2T 1X3

1 877 847-1324 Fax: 514 281-5187

Website: www.institutta.com

Email: info@institutta.com

Services: * Information and support for people with learning disabilities and their relatives. * Training, workshops, conferences and seminar for education and health counsellors, businesses and organizations, parents.

Eligibility: children, teenagers, adults living with learning disabilities, including ADHD, parents, professionals and counsellors working with people living with learning disabilities

Coverage area: Province of Québec

Financing: grants, membership fees, fundraising campaigns

Legal status: non-profit organization

MAISON DES FEMMES SOURDES DE MONTRÉAL (LA)

4855 Boyer Street, Suite 105, Le Plateau-Mont-Royal, Montréal, QC, H2J 3E6

514 255-5680 Fax: 514 255-3770 **TTY:** 514 255-6376

Website: www.mfsm.info

Email: femmessourdes@mfsm.ca

Services: Help for deaf or hearing impaired women living difficulties. * Welcoming, intervention, communication and community life. * Individual meetings. * Help, support and referrals. * Information. * Guidance and support (lawyer, court, police station, follow-up during and after housing, etc.) * Awareness and information in the deaf and hard of hearing community (conferences, trainings). * Popular education workshops for deaf and hearing impaired women. * Special events (Christmas, International Women's Day, etc.) * Participation in mobilization activities.

Eligibility: deaf and hearing impaired women

Coverage area: Greater Montréal, North Shore, South Shore

Hours: Monday to Friday 9h00 to 16h30

Fees: free

Financing: provincial, donations

Legal status: non-profit organization

PARRAINAGE CIVIQUE MONTRÉAL

4450 Saint-Hubert Street, Suite 336, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 843-8813 ext. 1

Website: www.parrainagemontreal.org

Email: info@parrainagemontreal.org

Services: Pairing of people with intellectual disabilities with volunteers. * Social skills development. * Adapted collective kitchens. * Advocacy of rights. * Super rigolos: theatre workshops. * Improvisation workshop. * Arts, adapted dance and music workshops. * Vivre heureux et en santé: nutritional workshops. * Computer literacy. * Brin de jasette: support and discussion group. * Personnes filleules: social participation promotion. * Saveurs du monde: discovery of cultures in Montréal.

Eligibility: people 18 years and over with an intellectual disability or an autism spectrum disorder, art workshops: general public

Coverage area: Montréal Island

Hours: administration: Monday to Friday 9h00 to 17h00, activities: evenings and weekends

Fees: \$12 per year

Financing: provincial

Legal status: non-profit organization

QUEBEC ASSOCIATION OF POSTSECONDARY STUDENTS WITH DISABILITIES

425 Sherbrooke Street East, Suite 06, Le Plateau-Mont-Royal, Montréal, QC, H2L 1J9

514 499-9451

Website: www.aqeips.qc.ca

Email: info@aqeips.qc.ca

Services: * Advocacy and promotion of the interests of students with disabilities. * Information to members and their parents. * Scholarships program. * Online resource guide Post-Secondary Studies Are Also For You! aqeips.qc.ca/en/guide/about-this-guide/

Eligibility: postsecondary students with disabilities

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: active member: free, support member: \$20, institutional member: \$50

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

REGROUPEMENT DES ACTIVISTES POUR L'INCLUSION AU QUÉBEC

1371 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1M4

514 656-1664 Fax: 514 504-1664

Website: www.rapliq.org

Email: le.rapliq@gmail.com

Services: Advocacy for people with disabilities. * Assistance and support for conflict resolution. * Information, mobilization and awareness.

Eligibility: people with disabilities

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 17h00

Financing: donations

Legal status: non-profit organization

REGROUPEMENT DES AVEUGLES ET AMBLYOPES DU MONTRÉAL MÉTROPOLITAIN

5225 Berri Street, Suite 101, Le Plateau-Mont-Royal, Montréal, QC, H2J 2S4

514 277-4401 Fax: 514 277-8961

Website: raamm.org

Email: info@raamm.org

Services: * Promotion and advocacy of rights and interests. * Guiding and reading services for members. * Community centre. * Publiphone: information access system. * Recruitment and training of volunteers for accompaniment.

Eligibility: people living with a visual impairment

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30

Fees: regular member: 10\$ per year

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

THÉÂTRE APHASIQUE

225 Sherbrooke Street East, Le Plateau-Mont-Royal, Montréal, QC, H2X 1C9

514 288-8201 ext. 4868 Fax: 514 288-7076

Website: theatreaphasique.org

Email: theatreaphasique@hotmail.com

Services: * Theatre workshops. * Video workshop. * Online language stimulation workshop. * Online reading workshop. * Theatre presentations. * Awareness through plays for the general public.

Eligibility: people with aphasia

Capacity: 125 people

Coverage area: Greater Montréal

Hours: Monday to Friday 8h00 to 16h00

Fees: free

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

Legal status: non-profit organization

VUES ET VOIX

1001 Sherbrooke Street East, Suite 510, Le Plateau-Mont-Royal, Montréal, QC, H2L 1L3

514 282-1999 Fax: 514 282-1676

Website: www.vuesetvoix.com

Email: info@vuesetvoix.com

Services: Producer of audio books and broadcaster for people with visual or motor limitations, or who have severe learning disabilities. * Radio Canal M: programming focused on health, accessibility and social inclusion of people with disabilities.

Eligibility: people living with a visual, physical, intellectual or learning disability visual, their families, disability rights organizations, general public

Coverage area: Canada

Hours: Monday to Friday 9h00 to 17h00

Fees: free

Financing: fundraising campaigns, donations, self-financing

Legal status: non-profit organization

Advocacy for people with an intellectual disability

AUTISME MONTRÉAL

4450 Saint-Hubert Street, Suite 320, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 524-6114 Fax: 514 524-6420

Website: www.autisme-montreal.com

Email: accueil@autisme-montreal.com

Services: * Advocacy of rights and interests of people with an autism spectrum disorder and their family. * Promotion, information and awareness. * Development of direct services. * Bi-monthly support group for people 16 years and over with ASD and without intellectual disability and their parents.

Eligibility: parents of children with an autism spectrum disorder with or without intellectual disorder, ASD 16 years old and over without an intellectual disability, professionals, students

Capacity: 632 members

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, meetings and support groups in the evening

Fees: annual membership

Financing: provincial, federal, Centraide of Greater Montréal

Legal status: non-profit organization

PARRAINAGE CIVIQUE MONTRÉAL

4450 Saint-Hubert Street, Suite 336, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 843-8813 ext. 1

Website: www.parrainagemontreal.org

Email: info@parrainagemontreal.org

Services: Pairing of people with intellectual disabilities with volunteers. * Social skills development. * Adapted collective kitchens. * Advocacy of rights. * Super rigolos: theatre workshops. * Improvisation workshop. * Arts, adapted dance and music workshops. * Vivre heureux et en santé: nutritional workshops. * Computer literacy. * Brin de jasette: support and discussion group. * Personnes filleules: social participation promotion. * Saveurs du monde: discovery of cultures in Montréal.

Eligibility: people 18 years and over with an intellectual disability or an autism spectrum disorder, art workshops: general public

Coverage area: Montréal Island

Hours: administration: Monday to Friday 9h00 to 17h00, activities: evenings and weekends

Fees: \$12 per year

Financing: provincial

Legal status: non-profit organization

QUEBEC ASSOCIATION OF POSTSECONDARY STUDENTS WITH DISABILITIES

425 Sherbrooke Street East, Suite 06, Le Plateau-Mont-Royal, Montréal, QC, H2L 1J9

514 499-9451

Website: www.aqeips.qc.ca

Email: info@aqeips.qc.ca

Services: * Advocacy and promotion of the interests of students with disabilities. * Information to members and their parents. * Scholarships program. * Online resource guide Post-Secondary Studies Are Also For You!: aqeips.qc.ca/en/guide/about-this-guide/

Eligibility: postsecondary students with disabilities

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: active member: free, support member: \$20, institutional member: \$50

Financing: provincial, self-financing

Legal status: non-profit organization

REGROUPEMENT DES ACTIVISTES POUR L'INCLUSION AU QUÉBEC

1371 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1M4

514 656-1664 Fax: 514 504-1664

Website: www.rapliq.org

Email: le.rapliq@gmail.com

Services: Advocacy for people with disabilities. * Assistance and support for conflict resolution. * Information, mobilization and awareness.

Eligibility: people with disabilities

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 17h00

Financing: donations

Legal status: non-profit organization

Autism, PDD, ADHD

ATELIER LE FIL D'ARIANE

4837 Boyer Street, Suite 100, Le Plateau-Mont-Royal, Montréal, QC, H2J 3E6

514 842-5592 Fax: 514 842-8343

Website: atelierlefieldariane.org

Email: atelier.bureau.ariane@ssss.gouv.qc.ca

Services: Rehabilitation center. * Learning and workplace integration services (SAIT). * Embroidery and creative workshop aimed at gaining autonomy and at social integration.

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

Capacity: 20 persons

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: non-profit organization

AUTISME MONTRÉAL

4450 Saint-Hubert Street, Suite 320, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 524-6114 Fax: 514 524-6420

Website: www.autisme-montreal.com

Email: accueil@autisme-montreal.com

Services: * Advocacy of rights and interests of people with an autism spectrum disorder and their family. * Promotion, information and awareness. * Development of direct services. * Bi-monthly support group for people 16 years and over with ASD and without intellectual disability and their parents.

Eligibility: parents of children with an autism spectrum disorder with or without intellectual disorder, ASD 16 years old and over without an intellectual disability, professionals, students

Capacity: 632 members

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, meetings and support groups in the evening

Fees: annual membership

Financing: provincial, federal, Centraide of Greater Montréal

Legal status: non-profit organization

CENTRE DU PLATEAU (LE)

2275 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1G4

514 872-6830

Website: www.centreduplateau.qc.ca

Email: directioncentreduplateau@gmail.com

Services: Community centre. * Community, sporting, cultural, recreational and educational activities. * Enfants à défis program: recreational accompaniment for children with a physical or intellectual disability or a precarious financial situation.

Eligibility: residents and families, special programs for children with physical or intellectual disabilities

Coverage area: Le Plateau-Mont-Royal, Centre-Sud, Ville-Marie

Hours: Monday to Friday 7h00 to 22h00, Saturday and Sunday 7h30 to 17h00

Financing: federal, provincial, municipal, donations

Legal status: non-profit organization

FOYERS DE LA CRÉATION (LES)

2000, Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1E4

514 903-9761

Website: sites.google.com/site/foyersdelacreation

Email: lesfoyersdelacreation@live.ca

Services: Residential service and day centre for people living with an intellectual deficiency or an autism spectrum disorder. * Housing services: Internet and cable access, phone, meals and snacks included. * Second housing residence at Pointe-Saint-Charles: 1110 Montmorency Street. * Respite on week days and weekends. * Daytime activities and outings. * Distribution of varied bakery products. * Christmas baskets for housing residents.

Eligibility: people living with an intellectual deficiency or an autism spectrum disorder, their families, food distribution: people in precarious situations living

Capacity: 25 place

Coverage area: Montréal Island, food distribution: Le Plateau-Mont-Royal

Hours: Monday to Friday 8h30 to 16h30, weekend respite: Friday 17h00 to Sunday 17h00, bakery products distribution: Monday to Friday 11h30 to 13h30

Fees: housing services: \$850 per month, respite: \$80 for 24 hours in the week and \$160 for the weekend, room rentals: \$80 per hour for a small room and \$100 per hour for a big room, daytime activities, outings and food distribution: free

Financing: donations, self-financing

Legal status: non-profit organization

LEARNING DISABILITIES INSTITUTE

5333 Casgrain Avenue, Suite 401, Le Plateau-Mont-Royal, Montréal, QC, H2T 1X3

1 877 847-1324 Fax: 514 281-5187

Website: www.institutta.com

Email: info@institutta.com

Services: * Information and support for people with learning disabilities and their relatives. * Training, workshops, conferences and seminar for education and health counsellors, businesses and organizations, parents.

Eligibility: children, teenagers, adults living with learning disabilities, including ADHD, parents, professionals and counsellors working with people living with learning disabilities

Coverage area: Province of Québec

Financing: grants, membership fees, fundraising campaigns

Legal status: non-profit organization

LES MUSES - CENTRE DES ARTS DE LA SCÈNE

5017 Saint-Hubert Street, Suite 317, Le Plateau-Mont-Royal, Montréal, QC, H2J 2X9

514 350-8060 ext. 8834

Website: www.lesmuses.org

Email: info@lesmuses.org

Services: Performing arts professional school for artists living with a disability. * Promotion of the integration of artists with disabilities to the artistic community. * Training programs: acting, dancing and singing.

Eligibility: people living with and intellectual, physical or sensorial disability, with an autism spectrum disorder

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 15h10

Fees: none

Financing: municipal, provincial, federal, donations

Legal status: non-profit organization

PARRAINAGE CIVIQUE MONTRÉAL

4450 Saint-Hubert Street, Suite 336, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 843-8813 ext. 1

Website: www.parrainagemontreal.org

Email: info@parrainagemontreal.org

Services: Pairing of people with intellectual disabilities with volunteers. * Social skills development. * Adapted collective kitchens. * Advocacy of rights. * Super rigolos: theatre workshops. * Improvisation workshop. * Arts, adapted dance and music workshops. * Vivre heureux et en santé: nutritional workshops. * Computer literacy. * Brin de jasette: support and discussion group. * Personnes filleules: social participation promotion. * Saveurs du monde: discovery of cultures in Montréal.

Eligibility: people 18 years and over with an intellectual disability or an autism spectrum disorder, art workshops: general public

Coverage area: Montréal Island

Hours: administration: Monday to Friday 9h00 to 17h00, activities: evenings and weekends

Fees: \$12 per year

Financing: provincial

Legal status: non-profit organization

Deaf and hearing impaired

AUDITION QUÉBEC

5455 de Gaspé Avenue, Suite 710, Le Plateau-Mont-Royal, Montréal, QC, H2T 3B3

438 806-9011

Website: www.auditionquebec.org

Email: info@auditionquebec.org

Services: * Information and referral services to adults who are hard of hearing or deafened, as well as to those around them including their family, friends, as well as all those with whom they interact. * Raising awareness and informing the population and public authorities about the situation of people who are hard of hearing or who have become deaf in Quebec. * Development of tools to help people who are hard of hearing or deafened to remain active and integrated into society. * Help to people who are hard of hearing or deafened to increase their autonomy and skills in communication so as to remain integrated into society. * Contributions to scientific and sociological research on hearing health.

Eligibility: deaf, deafened and hard-of-hearing people aged 18 years old and over

Coverage area: Province of Québec

Hours: variable

Fees: annual membership: \$30 per person

Financing: contributions, provincial, donations

Legal status: non-profit organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE RAYMOND-DEWAR LAURIER

2222 Laurier Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1C4

514 284-2581 Fax: 514 284-5086 **TTY:** 514 284-3747

Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/centre-de-readaptation-en-deficience-physique-raymond-dewar-laurier

Services: Rehabilitation centre specializing in deafness and communication. * Reception and evaluation. * Québec Sign Language classes, levels 1 to 6. * Distribution of assistive hearing, which are not hearing aids, paid by the RAMQ. * Services to people with stuttering issues, speech impairment or auditive treatment trouble.

Eligibility: deaf, hard of hearing or deaf-blind of all ages, young people with language problems, stuttering or auditory processing disorders

Coverage area: Montréal Island and Laval, people with dysphasia related problems: Montréal only

Hours: Monday to Thursday 7h30 to 21h00, Friday 7h30 to 19h00

Financing: provincial

Legal status: parapublic organization

CENTRE DE RÉADAPTATION LUCIE-BRUNEAU

2275 Laurier Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2H 2N8

514 527-4527 Fax: 514 527-0979

Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/centre-de-readaptation-en-deficience-physique-lucie-bruneau

Services: Specialized, overspecialized and personalized services for adaptation and rehabilitation as well as social, residential and professional reintegration. * Technical and technological assistance device for mobility and posture. * Program for people with a locomotor pathology, a musculoskeletal or orthopedic injury. * Driving assessment clinic: assessment for driving license test or car adaptation. * Chronic pain adaptation clinic. * Parents Plus Clinic: reduce disabilities consequences on parental responsibilities. * Work rehabilitation and transition into active life. * Socioresidential resources program. * Rehabilitation medicine. * Institut Raymond-Dewar Documentation Centre specializing in deafness and deafblindness.

Eligibility: adults living with a physical, motor or neurological disability

Coverage area: Montréal Island

Hours: ongoing services: 24/7, office: Monday to Friday 8h30 to 16h30, documentation centre: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: parapublic organization

DEAF MEN'S CENTRE

5425 de Bordeaux Street, Suite 229, Le Plateau-Mont-Royal, Montréal, QC, H2H 2P9

438 408-3530

Website: www.mhsourds.org

Email: mhsourds@outlook.com

Services: * Information, accompaniment et referral. * Social and recreational activities. * Support and mutual aid groups. * Prevention and educational workshop for fathers and their children. * Prevention, educational and awareness workshops for young teenagers. * Awareness programs involvement. * Conferences, trainings et events.

Eligibility: deaf or hearing-impaired men 14 years old and over

Coverage area: Greater Montréal

Hours: variable

Fees: free

Financing: provincial, grants, donations

Legal status: non-profit organization

LES MUSES - CENTRE DES ARTS DE LA SCÈNE

5017 Saint-Hubert Street, Suite 317, Le Plateau-Mont-Royal, Montréal, QC, H2J 2X9

514 350-8060 ext. 8834

Website: www.lesmuses.org

Email: info@lesmuses.org

Services: Performing arts professional school for artists living with a disability. * Promotion of the integration of artists with disabilities to the artistic community. * Training programs: acting, dancing and singing.

Eligibility: people living with and intellectual, physical or sensorial disability, with an autism spectrum disorder

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 15h10

Fees: none

Financing: municipal, provincial, federal, donations

Legal status: non-profit organization

MAISON DES FEMMES SOURDES DE MONTRÉAL (LA)

4855 Boyer Street, Suite 105, Le Plateau-Mont-Royal, Montréal, QC, H2J 3E6

514 255-5680 Fax: 514 255-3770 **TTY:** 514 255-6376

Website: www.mfsm.info

Email: femmessourdes@mfsm.ca

Services: Help for deaf or hearing impaired women living difficulties. * Welcoming, intervention, communication and community life. * Individual meetings. * Help, support and referrals. * Information. * Guidance and support (lawyer, court, police station, follow-up during and after housing, etc.) * Awareness and information in the deaf and hard of hearing community (conferences, trainings). * Popular education workshops for deaf and hearing impaired women. * Special events (Christmas, International Women's Day, etc.) * Participation in mobilization activities.

Eligibility: deaf and hearing impaired women

Coverage area: Greater Montréal, North Shore, South Shore

Hours: Monday to Friday 9h00 to 16h30

Fees: free

Financing: provincial, donations

Legal status: non-profit organization

SERVICE D'INTERPRÉTATION VISUELLE ET TACTILE

4315 Frontenac Street, Suite 300, Le Plateau-Mont-Royal, Montréal, QC, H2H 2M4

514 285-8877 Fax: 514 285-1443 **TTY:** 514 285-2229

Website: www.sivet.ca

Email: info@sivet.ca

Services: Interpretation for health and social services, government services, legal services, labor and trade unions, parenting support, consumer goods and services, associations, conferences and symposiums. * Video relay service: communication between people using a sign language and speaking telephone users. * After hour service for urgent health requests.

Eligibility: deaf or hearing-impaired people

Coverage area: Montréal Island, Laval, Montérégie

Hours: Monday to Friday 8h00 to 16h00, emergency health line: Monday to Thursday after 17h00, Friday after 16h00

Fees: \$55 per hour, minimum of 2 hours

Financing: grants, self-financing

Legal status: non-profit organization

Language disorders

ASSOCIATION QUÉBÉCOISE DES PERSONNES APHASIQUES

4450 Saint-Hubert Street, Suite 510, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 277-5678

Website: aphasie.ca/wpaqpa/en

Email: aqpa@aphasie.ca

Services: * Information, support and referral. * Discussion, reading and writing workshops. * Accompaniment for daily communication needs. * Photography workshops. * Computer workshops. * Advocacy of rights and interests of people with aphasia. * Awareness. * Choir. * Friendly visits. * SAPPA program: assistance for caregivers, visits of social workers and speech language therapists.

Eligibility: adults with aphasia, close ones, people interested in aphasia

Capacity: discussion workshops: 10 to 12 persons

Coverage area: Montréal Island

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

Fees: annual membership: \$25, workshops: \$20 per semester

Financing: provincial, donations, membership fees

Legal status: non-profit organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE RAYMOND-DEWAR LAURIER

2222 Laurier Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1C4

514 284-2581 Fax: 514 284-5086 **TTY:** 514 284-3747

Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/centre-de-readaptation-en-deficience-physique-raymond-dewar-laurier

Services: Rehabilitation centre specializing in deafness and communication. * Reception and evaluation. * Québec Sign Language classes, levels 1 to 6. * Distribution of assistive hearing, which are not hearing aids, paid by the RAMQ. * Services to people with stuttering issues, speech impairment or auditive treatment trouble.

Eligibility: deaf, hard of hearing or deaf-blind of all ages, young people with language problems, stuttering or auditory processing disorders

Coverage area: Montréal Island and Laval, people with dysphasia related problems: Montréal only

Hours: Monday to Thursday 7h30 to 21h00, Friday 7h30 to 19h00

Financing: provincial

Legal status: parapublic organization

DES PAROLES DANS LE VENT

5550 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2V 4H1

514 288-8201 ext. 4868

Website: theatreaphasique.org

Email: theatreaphasique@hotmail.com

Services: Visual arts and dancing workshops. * Shows and exhibitions. * Awareness and information on aphasia.

Eligibility: people with aphasia interested in arts

Coverage area: Montréal Island

Hours: variable

Financing: donations

Legal status: non-profit organization

THÉÂTRE APHASIQUE

225 Sherbrooke Street East, Le Plateau-Mont-Royal, Montréal, QC, H2X 1C9

514 288-8201 ext. 4868 Fax: 514 288-7076

Website: theatreaphasique.org

Email: theatreaphasique@hotmail.com

Services: * Theatre workshops. * Video workshop. * Online language stimulation workshop. * Online reading workshop. * Theatre presentations. * Awareness through plays for the general public.

Eligibility: people with aphasia

Capacity: 125 people

Coverage area: Greater Montréal

Hours: Monday to Friday 8h00 to 16h00

Fees: free

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

Legal status: non-profit organization

Mobility aids

CENTRE DE RÉADAPTATION LUCIE-BRUNEAU

2275 Laurier Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2H 2N8

514 527-4527 Fax: 514 527-0979

Website: cuss-centresudmtl.gouv.qc.ca/etablissement/centre-de-readaptation-en-deficience-physique-lucie-bruneau

Services: Specialized, overspecialized and personalized services for adaptation and rehabilitation as well as social, residential and professional reintegration. * Technical and technological assistance device for mobility and posture. * Program for people with a locomotor pathology, a musculoskeletal or orthopedic injury. * Driving assessment clinic: assessment for driving license test or car adaptation. * Chronic pain adaptation clinic. * Parents Plus Clinic: reduce disabilities consequences on parental responsibilities. * Work rehabilitation and transition into active life. * Socioresidential resources program. * Rehabilitation medicine. * Institut Raymond-Dewar Documentation Centre specializing in deafness and deafblindness.

Eligibility: adults living with a physical, motor or neurological disability

Coverage area: Montréal Island

Hours: ongoing services: 24/7, office: Monday to Friday 8h30 to 16h30, documentation centre: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: parapublic organization

CLSC DU PLATEAU MONT-ROYAL

4625 de Lorimier Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 2B4

514 521-7663

Website: cuss-centresudmtl.gouv.qc.ca/etablissement/clsc-du-plateau-mont-royal

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

Coverage area: Le Plateau-Mont-Royal

Hours: Monday to Friday 8h00 to 18h00

Financing: provincial

Legal status: parapublic organization

CLSC SAINT-LOUIS DU PARC

15 du Mont-Royal Avenue West, Suite 100, Le Plateau-Mont-Royal, Montréal, QC, H2T 2R9

514 286-9657

Website: cuss-centresudmtl.gouv.qc.ca/etablissement/clsc-de-saint-louis-du-parc

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

Coverage area: Le Plateau-Mont-Royal, Ville-Marie

Hours: Monday to Friday 8h00 to 17h00, Saturday, Sunday and holidays 8h00 to 12h00

Financing: provincial

Legal status: parapublic organization

REGROUPEMENT DES AVEUGLES ET AMBLYOPES DU MONTRÉAL MÉTROPOLITAIN

5225 Berri Street, Suite 101, Le Plateau-Mont-Royal, Montréal, QC, H2J 2S4

514 277-4401 Fax: 514 277-8961

Website: raamm.org

Email: info@raamm.org

Services: * Promotion and advocacy of rights and interests. * Guiding and reading services for members. * Community centre. * Publiphone: information access system. * Recruitment and training of volunteers for accompaniment.

Eligibility: people living with a visual impairment

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30

Fees: regular member: 10\$ per year

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

Recreation and camps

ASSOCIATION DES SPORTS POUR AVEUGLES DU MONTRÉAL MÉTROPOLITAIN

4450 Saint-Hubert Street, Suite 428, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 524-4715

Website: asamm.ca

Email: info@asamm.ca

Services: * Development and organization of sports for people with visual disabilities. * Recruitment and training of volunteers for assistance. * Public awareness through information sessions, conferences and sports demonstrations.

Eligibility: people living with a visual disability

Coverage area: Greater Montréal

Hours: Monday and Thursday 10h00 to 17h00

Fees: membership: \$25, renewal: \$20

Financing: donations, membership fees

Legal status: non-profit organization

AUDITION QUÉBEC

5455 de Gaspé Avenue, Suite 710, Le Plateau-Mont-Royal, Montréal, QC, H2T 3B3

438 806-9011

Website: www.auditionquebec.org

Email: info@auditionquebec.org

Services: * Information and referral services to adults who are hard of hearing or deafened, as well as to those around them including their family, friends, as well as all those with whom they interact. * Raising awareness and informing the population and public authorities about the situation of people who are hard of hearing or who have become deaf in Quebec. * Development of tools to help people who are hard of hearing or deafened to remain active and integrated into society. * Help to people who are hard of hearing or deafened to increase their autonomy and skills in communication so as to remain integrated into society. * Contributions to scientific and sociological research on hearing health.

Eligibility: deaf, deafened and hard-of-hearing people aged 18 years old and over

Coverage area: Province of Québec

Hours: variable

Fees: annual membership: \$30 per person

Financing: contributions, provincial, donations

Legal status: non-profit organization

CENTRE DU PLATEAU (LE)

2275 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1G4

514 872-6830

Website: www.centreduplateau.qc.ca

Email: directioncentreduplateau@gmail.com

Services: Community centre. * Community, sporting, cultural, recreational and educational activities. * Enfants à défis program: recreational accompaniment for children with a physical or intellectual disability or a precarious financial situation.

Eligibility: residents and families, special programs for children with physical or intellectual disabilities

Coverage area: Le Plateau-Mont-Royal, Centre-Sud, Ville-Marie

Hours: Monday to Friday 7h00 to 22h00, Saturday and Sunday 7h30 to 17h00

Financing: federal, provincial, municipal, donations

Legal status: non-profit organization

CORPUSCULE DANSE

4848 de la Roche Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 3J7

514 759-5316

Website: www.corpusculedanse.com

Email: infos@corpusculedanse.com

Services: Research, creation and production of professional and student dance shows. * Integrated dance sessions for people with reduced mobility or a disability and people without disabilities.

Eligibility: children, teenagers and adults with reduced mobility or a mild to moderate intellectual disability, people without disabilities

Coverage area: Montréal Island

Hours: variable

Fees: variable

Financing: donations, self-financing

Legal status: non-profit organization

DEAF MEN'S CENTRE

5425 de Bordeaux Street, Suite 229, Le Plateau-Mont-Royal, Montréal, QC, H2H 2P9

438 408-3530

Website: www.mhsourds.org

Email: mhsourds@outlook.com

Services: * Information, accompaniment et referral. * Social and recreational activities. * Support and mutual aid groups. * Prevention and educational workshop for fathers and their children. * Prevention, educational and awareness workshops for young teenagers. * Awareness programs involvement. * Conferences, trainings et events.

Eligibility: deaf or hearing-impaired men 14 years old and over

Coverage area: Greater Montréal

Hours: variable

Fees: free

Financing: provincial, grants, donations

Legal status: non-profit organization

DES PAROLES DANS LE VENT

5550 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2V 4H1

514 288-8201 ext. 4868

Website: theatreaphasique.org

Email: theatreaphasique@hotmail.com

Services: Visual arts and dancing workshops. * Shows and exhibitions. * Awareness and information on aphasia.

Eligibility: people with aphasia interested in arts

Coverage area: Montréal Island

Hours: variable

Financing: donations

Legal status: non-profit organization

MAISON DES FEMMES SOURDES DE MONTRÉAL (LA)

4855 Boyer Street, Suite 105, Le Plateau-Mont-Royal, Montréal, QC, H2J 3E6

514 255-5680 Fax: 514 255-3770 TTY: 514 255-6376

Website: www.mfsm.info

Email: femmessourdes@mfsm.ca

Services: Help for deaf or hearing impaired women living difficulties. * Welcoming, intervention, communication and community life. * Individual meetings. * Help, support and referrals. * Information. * Guidance and support (lawyer, court, police station, follow-up during and after housing, etc.) * Awareness and information in the deaf and hard of hearing community (conferences, trainings). * Popular education workshops for deaf and hearing impaired women. * Special events (Christmas, International Women's Day, etc.) * Participation in mobilization activities.

Eligibility: deaf and hearing impaired women

Coverage area: Greater Montréal, North Shore, South Shore

Hours: Monday to Friday 9h00 to 16h30

Fees: free

Financing: provincial, donations

Legal status: non-profit organization

PARRAINAGE CIVIQUE MONTRÉAL

4450 Saint-Hubert Street, Suite 336, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 843-8813 ext. 1

Website: www.parrainagemontreal.org

Email: info@parrainagemontreal.org

Services: Pairing of people with intellectual disabilities with volunteers. * Social skills development. * Adapted collective kitchens. * Advocacy of rights. * Super rigolos: theatre workshops. * Improvisation workshop. * Arts, adapted dance and music workshops. * Vivre heureux et en santé: nutritional workshops. * Computer literacy. * Brin de jasette: support and discussion group. * Personnes filleules: social participation promotion. * Saveurs du monde: discovery of cultures in Montréal.

Eligibility: people 18 years and over with an intellectual disability or an autism spectrum disorder, art workshops: general public

Coverage area: Montréal Island

Hours: administration: Monday to Friday 9h00 to 17h00, activities: evenings and weekends

Fees: \$12 per year

Financing: provincial

Legal status: non-profit organization

REGROUPEMENT DES AVEUGLES ET AMBLYOPES DU MONTRÉAL MÉTROPOLITAIN

5225 Berri Street, Suite 101, Le Plateau-Mont-Royal, Montréal, QC, H2J 2S4

514 277-4401 Fax: 514 277-8961

Website: raamm.org

Email: info@raamm.org

Services: * Promotion and advocacy of rights and interests. * Guiding and reading services for members. * Community centre. * Publiphone: information access system. * Recruitment and training of volunteers for accompaniment.

Eligibility: people living with a visual impairment

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30

Fees: regular member: 10\$ per year

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

THÉÂTRE APHASIQUE

225 Sherbrooke Street East, Le Plateau-Mont-Royal, Montréal, QC, H2X 1C9

514 288-8201 ext. 4868 Fax: 514 288-7076

Website: theatreaphasique.org

Email: theatreaphasique@hotmail.com

Services: * Theatre workshops. * Video workshop. * Online language stimulation workshop. * Online reading workshop. * Theatre presentations. * Awareness through plays for the general public.

Eligibility: people with aphasia

Capacity: 125 people

Coverage area: Greater Montréal

Hours: Monday to Friday 8h00 to 16h00

Fees: free

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

Legal status: non-profit organization

VIOMAX

2275 Laurier Avenue East, Suite 153.1, Le Plateau-Mont-Royal, Montréal, QC, H2H 2N8

514 527-4527 ext. 2329 Fax: 514 527-0979

Website: www.viomax.org

Email: viomax.viomax@ssss.gouv.qc.ca

Services: Adapted physical activities for children, adolescents and adults with a physical disability. * Pool with hot water bath. * Adapted training room. * Gymnasium and outdoors group classes. * Private training in the pool or training room. * Form authorizing the practice of physical activity: http://viomax.ca/media/formulaires/Certificat_medical_anglais.pdf

Eligibility: people with a physical disability

Capacity: minimum of 8 people is required for the group activities in the gym and pool

Coverage area: Montréal Island

Hours: secretariat: Monday to Wednesday 11h00 to 17h00, Thursday to Friday 11h00 to 16h00

Fees: membership card: \$46 per year, variable depending on the activity

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

Legal status: non-profit organization

Respite services and housing

EX AEQUO

3680 Jeanne-Mance Street, Suite 328, Le Plateau-Mont-Royal, Montréal, QC, H2X 2K5

514 288-3852 Fax: 514 288-2834

Website: www.exaequo.net

Email: info@exaequo.net

Services: Promotion of universal accessibility and rights advocacy for people living with motor disabilities. * Attendants bank for people using the service employment paycheque. * Citizen action, representation, consultation and partnership with different organizations. * Information, training and awareness.

Eligibility: people living with motor disabilities

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Fees: membership: \$5 per year

Financing: Centraide of Greater Montréal, provincial, donations

Legal status: non-profit organization

FOYERS DE LA CRÉATION (LES)

2000, Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1E4

514 903-9761

Website: sites.google.com/site/foyersdelacreation

Email: lesfoyersdelacreation@live.ca

Services: Residential service and day centre for people living with an intellectual deficiency or an autism spectrum disorder. * Housing services: Internet and cable access, phone, meals and snacks included. * Second housing residence at Pointe-Saint-Charles: 1110 Montmorency Street. * Respite on week days and weekends. * Daytime activities and outings. * Distribution of varied bakery products. * Christmas baskets for housing residents.

Eligibility: people living with an intellectual deficiency or an autism spectrum disorder, their families, food distribution: people in precarious situations living

Capacity: 25 place

Coverage area: Montréal Island, food distribution: Le Plateau-Mont-Royal

Hours: Monday to Friday 8h30 to 16h30, weekend respite: Friday 17h00 to Sunday 17h00, bakery products distribution: Monday to Friday 11h30 to 13h30

Fees: housing services: \$850 per month, respite: \$80 for 24 hours in the week and \$160 for the weekend, room rentals: \$80 per hour for a small room and \$100 per hour for a big room, daytime activities, outings and food distribution: free

Financing: donations, self-financing

Legal status: non-profit organization

Respite, child care and housing

ASSOCIATION QUÉBÉCOISE DES PERSONNES APHASIQUES

4450 Saint-Hubert Street, Suite 510, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 277-5678

Website: aphasie.ca/wpaqpa/en

Email: aqpa@aphasie.ca

Services: * Information, support and referral. * Discussion, reading and writing workshops. * Accompaniment for daily communication needs. * Photography workshops. * Computer workshops. * Advocacy of rights and interests of people with aphasia. * Awareness. * Choir. * Friendly visits. * SAPPA program: assistance for caregivers, visits of social workers and speech language therapists.

Eligibility: adults with aphasia, close ones, people interested in aphasia

Capacity: discussion workshops: 10 to 12 persons

Coverage area: Montréal Island

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

Fees: annual membership: \$25, workshops: \$20 per semester

Financing: provincial, donations, membership fees

Legal status: non-profit organization

CENTRE D'HÉBERGEMENT DU MANOIR-DE-L'ÂGE-D'OR

3430 Jeanne-Mance Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2J9

514 842-1147

Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/centre-dhebergement-du-manoir-de-lage-dor

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

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

Eligibility: seniors and people with a loss of autonomy

Coverage area: Le Plateau-Mont-Royal, Ville-Marie

Financing: provincial

Legal status: parapublic organization

CENTRE DE RÉADAPTATION LUCIE-BRUNEAU - SOCIORESIDENTIAL RESOURCES

2275 Laurier Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2H 2N8

514 527-4527 Fax: 514 527-0979

Website: ciusss-centresudmtl.gouv.qc.ca/soins-et-services/deficience-physique-sensorielle-langage-auditive-et-motrice/aide-au-logement-pour-personnes-mobilite-reduite

Services: * Foster homes and intermediate resources (RA-RI) program: provides, through an agreement with residential resources, living environments that meet the needs of people with physical disabilities. * Info-housing: information tool and assistance to facilitate the search for accessible housing. * Info-housing: coordination of supply and demand for rental housing accessible and available for disabled people in Montréal, Laval and the South Shore. * Rent supplement program for low-income people experiencing permanent mobility problems.

Eligibility: adults living with a physical, motor or neurological disability

Coverage area: Montréal Island, Montérégie, Laval

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

CLSC DU PLATEAU MONT-ROYAL

4625 de Lorimier Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 2B4

514 521-7663

Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/clsc-du-plateau-mont-royal

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

Coverage area: Le Plateau-Mont-Royal

Hours: Monday to Friday 8h00 to 18h00

Financing: provincial

Legal status: parapublic organization

CLSC SAINT-LOUIS DU PARC

15 du Mont-Royal Avenue West, Suite 100, Le Plateau-Mont-Royal, Montréal, QC, H2T 2R9

514 286-9657

Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/clsc-de-saint-louis-du-parc

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

Coverage area: Le Plateau-Mont-Royal, Ville-Marie

Hours: Monday to Friday 8h00 to 17h00, Saturday, Sunday and holidays 8h00 to 12h00

Financing: provincial

Legal status: parapublic organization

EX AEQUO

3680 Jeanne-Mance Street, Suite 328, Le Plateau-Mont-Royal, Montréal, QC, H2X 2K5

514 288-3852 Fax: 514 288-2834

Website: www.exaequo.net

Email: info@exaequo.net

Services: Promotion of universal accessibility and rights advocacy for people living with motor disabilities. * Attendants bank for people using the service employment paycheque. * Citizen action, representation, consultation and partnership with different organizations. * Information, training and awareness.

Eligibility: people living with motor disabilities

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Fees: membership: \$5 per year

Financing: Centraide of Greater Montréal, provincial, donations

Legal status: non-profit organization

FONDATION DEVACARE (LA)

Confidential Address

Website: www.devacare.org

Email: info@devacare.org

Services: Support services available in person, at home or online, and offered by professional volunteers with the intention of easing the effects caused by the pandemic situation. * Tutoring for elementary and secondary school students who have difficulty studying in the current context. * Therapeutic support: individual consultations in osteopathy or therapeutic yoga with an osteopathic approach. * Home support services: shopping, domestic help, meal preparation, snow removal, animal walks, respite for caregivers, assistance to break isolation, etc. * The service request can be completed online by filling out this form: www.devacare.org/#contact

Eligibility: general population, vulnerable people, caregivers, tutoring: youth in primary and secondary school

Coverage area: mostly in the Plateau-Mont-Royal and Mile-End neighbourhoods, for the other neighbourhoods of Montréal Island, fill out the service request form and the organization will contact you if they can meet your needs

Hours: by appointment, Monday to Saturday 11h00 to 19h00

Fees: voluntary contribution

Financing: self-financing, donations

Legal status: non-profit organization

FOYERS DE LA CRÉATION (LES)

2000, Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1E4

514 903-9761

Website: sites.google.com/site/foyersdelacreation

Email: lesfoyersdelacreation@live.ca

Services: Residential service and day centre for people living with an intellectual deficiency or an autism spectrum disorder. * Housing services: Internet and cable access, phone, meals and snacks included. * Second housing residence at Pointe-Saint-Charles: 1110 Montmorency Street. * Respite on week days and weekends. * Daytime activities and outings. * Distribution of varied bakery products. * Christmas baskets for housing residents.

Eligibility: people living with an intellectual deficiency or an autism spectrum disorder, their families, food distribution: people in precarious situations living

Capacity: 25 place

Coverage area: Montréal Island, food distribution: Le Plateau-Mont-Royal

Hours: Monday to Friday 8h30 to 16h30, weekend respite: Friday 17h00 to Sunday 17h00, bakery products distribution: Monday to Friday 11h30 to 13h30

Fees: housing services: \$850 per month, respite: \$80 for 24 hours in the week and \$160 for the weekend, room rentals: \$80 per hour for a small room and \$100 per hour for a big room, daytime activities, outings and food distribution: free

Financing: donations, self-financing

Legal status: non-profit organization

GRANDE VADROUILLE (LA)

4450 Saint-Hubert Street, Suite 411, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 341-0443 Fax: 514 523-7908

Website: www.grandevadrouille.com

Email: info@grandevadrouille.com

Services: Domestic assistance. * Housekeeping and spring cleaning. * Stimulation-respite. * Assistance with packing for a house move.

Coverage area: Côte-des-Neiges, Mont-Royal, Notre-Dame-de-Grâce, Montreal West and Côte-Saint-Luc: postal codes starting by H3S, H3T, H3V, H3W, H3P, H3R, H4P, H4A, H4B, H4V and H4X

Hours: Monday to Friday 9h00 to 17h00

Fees: RAMQ Financial Assistance Program

Financing: provincial

Legal status: non-profit organization

PETITE MAISON DE LA MISÉRICORDE (LA)

4401 Saint-Hubert Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2X1

514 526-2639 Fax: 514 526-5954

Website: www.petitemaisondelamisericorde.org

Email: petitemaison@videotron.qc.ca

Services: * La Halte-Amitié: home environment. * La Rosée: daycare. * Telephone listening. * Personalized support to families. * Workshops, coffee meetings, social and family activities. * Weekend respite.

Eligibility: single-parent mothers, with children or pregnant

Coverage area: Greater Montréal

Hours: Monday to Friday 7h00 to 18h00

Financing: provincial, foundations, donations, fundraising campaigns

Legal status: non-profit organization

PLUMEAU, CHIFFON ET COMPAGNIE

4450 Saint-Hubert Street, Suite 311, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 523-6626 Fax: 514 523-7908

Website: www.plumeau.qc.ca

Email: info@plumeau.qc.ca

Services: At-home assistance. * Housekeeping: regular light house cleaning and spring cleaning. * Respite for caregivers. * Assistance with packing for a house move.

Eligibility: caregivers, seniors, general population

Coverage area: Le Plateau-Mont-Royal, Outremont, Ville-Marie, Westmount

Hours: Monday to Friday 9h00 to 17h00

Fees: housekeeping: eligible for the RAMQ financial assistance program, respite: \$4 to \$29.90 per hour

Financing: provincial, municipal, foundations

Legal status: non-profit organization

Support Associations

AMICALE DES DIABÉTIQUES DU CHUM

3840 Saint-Urbain Street, Suite 7-547, Le Plateau-Mont-Royal, Montréal, QC, H2W 1T8

514 890-8000 ext. 25358

Website: www.amicaledesdiabetiques.ca

Email: amicale.diabetique.chum@ssss.gouv.qc.ca

Services: Education, information and support for people living with diabetes. * Recreational and sports activities: aquafitness, fitness, swimming, and bowling. * Support group on demand. * Cooking classes. * Grocery store support with a professional. * Nutritional education. * Foot care. * Diabetes screening. * Annual events: Christmas event and conferences.

Eligibility: people with diabetes

Coverage area: Greater Montréal

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

Fees: membership: \$10 per year, including subscription to Diabète Québec, first year is free

Financing: fundraising campaigns, grants

Legal status: non-profit organization

ASSOCIATION DES SPORTS POUR AVEUGLES DU MONTRÉAL MÉTROPOLITAIN

4450 Saint-Hubert Street, Suite 428, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 524-4715

Website: asamm.ca

Email: info@asamm.ca

Services: * Development and organization of sports for people with visual disabilities. * Recruitment and training of volunteers for assistance. * Public awareness through information sessions, conferences and sports demonstrations.

Eligibility: people living with a visual disability

Coverage area: Greater Montréal

Hours: Monday and Thursday 10h00 to 17h00

Fees: membership: \$25, renewal: \$20

Financing: donations, membership fees

Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE LA DÉGÉNÉRESCENCE MACULAIRE

400 Laurier Avenue West, Suite 403, Le Plateau-Mont-Royal, Montréal, QC, H2V 2K7

1 866 867-9389

Website: www.aqdm.org

Email: info@aqdm.org

Services: Grouping people living with macular degeneration. * Phone support network. * Information and referral to existing medical, technological and socio-cultural resources. * Information sessions led by knowledgeable people. * Prevention and awareness to the public, health professionals and government agencies on the disease.

Eligibility: people living with macular degeneration, their close ones, health professionals and the general public

Coverage area: Province of Québec

Fees: free

Financing: donations, contributions

Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DES PERSONNES APHASIQUES

4450 Saint-Hubert Street, Suite 510, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 277-5678

Website: aphasie.ca/wpaqpa/en

Email: aqpa@aphasie.ca

Services: * Information, support and referral. * Discussion, reading and writing workshops. * Accompaniment for daily communication needs. * Photography workshops. * Computer workshops. * Advocacy of rights and interests of people with aphasia. * Awareness. * Choir. * Friendly visits. * SAPPA program: assistance for caregivers, visits of social workers and speech language therapists.

Eligibility: adults with aphasia, close ones, people interested in aphasia

Capacity: discussion workshops: 10 to 12 persons

Coverage area: Montréal Island

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

Fees: annual membership: \$25, workshops: \$20 per semester

Financing: provincial, donations, membership fees

Legal status: non-profit organization

ATELIER (L')

3680 Jeanne-Mance Street, Suite 213, Le Plateau-Mont-Royal, Montréal, QC, H2X 2K5

514 844-6458 Fax: 514 288-3848

Website: www.atelierdartisanat.org

Email: direction@atelierdartisanat.org

Services: Employability and arts and crafts training program. * Regart program: social insertion through arts and crafts training. * Action program: employability development for people who participated to the Regart program. * Transart vers l'emploi program: labour market reintegration. * Boutique and exhibitions.

Eligibility: adults living with mental health issues

Capacity: 150 people per week

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization

AUDITION QUÉBEC

5455 de Gaspé Avenue, Suite 710, Le Plateau-Mont-Royal, Montréal, QC, H2T 3B3

438 806-9011

Website: www.auditionquebec.org

Email: info@auditionquebec.org

Services: * Information and referral services to adults who are hard of hearing or deafened, as well as to those around them including their family, friends, as well as all those with whom they interact. * Raising awareness and informing the population and public authorities about the situation of people who are hard of hearing or who have become deaf in Quebec. * Development of tools to help people who are hard of hearing or deafened to remain active and integrated into society. * Help to people who are hard of hearing or deafened to increase their autonomy and skills in communication so as to remain integrated into society. * Contributions to scientific and sociological research on hearing health.

Eligibility: deaf, deafened and hard-of-hearing people aged 18 years old and over

Coverage area: Province of Québec

Hours: variable

Fees: annual membership: \$30 per person

Financing: contributions, provincial, donations

Legal status: non-profit organization

AUTISME MONTRÉAL

4450 Saint-Hubert Street, Suite 320, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 524-6114 Fax: 514 524-6420

Website: www.autisme-montreal.com

Email: accueil@autisme-montreal.com

Services: * Advocacy of rights and interests of people with an autism spectrum disorder and their family. * Promotion, information and awareness. * Development of direct services. * Bi-monthly support group for people 16 years and over with ASD and without intellectual disability and their parents.

Eligibility: parents of children with an autism spectrum disorder with or without intellectual disorder, ASD 16 years old and over without an intellectual disability, professionals, students

Capacity: 632 members

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, meetings and support groups in the evening

Fees: annual membership

Financing: provincial, federal, Centraide of Greater Montréal

Legal status: non-profit organization

CARREFOUR DES PETITS SOLEILS

5115 Rivard Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2P2

514 270-5471 Fax: 514 270-8505

Website: www.carrefourpetitssoleils.com

Email: info@petitssoleils.com

Services: * Discussion, activities and stimulation workshops for parents with children from 0 to 1 year old in the afternoon, for parents with children from 1 to 3 years old in the morning. * Animated workshops for children from 3 to 5 years old, twice a week. * Integration of children with disabilities. * Occasional workshops for parents and family outings. * Post-partum self-help groups. * Daycare.

Eligibility: families with children aged 0 to 5 years old

Capacity: limited places, 50% are for families meeting the following requirements: low-income, single-parent, newcomers, integration of a child with disabilities

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 15h30

Fees: reduced price for families on a low-income

Financing: grants

Legal status: non-profit organization

CENTRE D'AIDE À LA FAMILLE

Confidential Address

514 982-0804

Website: www.centreaidefamille.com

Email: centreaidefamille@centreaidefamille.com

Services: * Psychosocial intervention, active listening. * Information, accompaniment, awareness. * Support in case of violence. * Court accompaniment for victims of violence. * Self-help and support groups for immigrants. * Support groups for victims of violence. * Senior abuse prevention. * Art-therapy and meditation workshops. * Food bank. * Christmas baskets. * Collective kitchen. * Trainings. * Recreational outings. * Conferences. * French classes.

Eligibility: men, women and families, particularly immigrants, some services are dedicated to victims of violence

Coverage area: Le Plateau-Mont-Royal, no limits for Portuguese-speakers

Hours: Monday, Tuesday, Thursday and Friday 9h00 to 12h00 and 13h00 to 17h00, food bank: Wednesday 13h30 to 15h00

Financing: provincial, donations, self-financing

Legal status: non-profit organization

CENTRE D'APPRENTISSAGE PARALLÈLE DE MONTRÉAL

4865 Saint-Laurent Boulevard, Le Plateau-Mont-Royal, Montréal, QC, H2T 1R6

514 843-5658 Fax: 514 843-3508

Website: www.ateliersducap.org

Email: info@ateliersducap.org

Services: Learning centre for people living with a mental health issue. * 6 months job preparation program: acquiring personal and vocational skills to integrate the job market, job search and retention assistance. * Atelier Projet: 20 hours a week, 12 months, social and vocational integration through artistic learning. * Workshops on expression through visual arts: 2 hours a week, therapeutic workshops to foster mental fluidity and reduce anxiety.

Eligibility: people living with a mental health issue

Capacity: 60 persons per day

Coverage area: Montréal Island

Hours: Monday to Thursday 9h30 to 16h30

Fees: expression workshops: \$45 for people receiving social assistance, general rate: \$75, job preparation program: free

Financing: provincial

Legal status: non-profit organization

CENTRE DE RÉADAPTATION LUCIE-BRUNEAU

2275 Laurier Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2H 2N8

514 527-4527 Fax: 514 527-0979

Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/centre-de-readaptation-en-deficience-physique-lucie-bruneau

Services: Specialized, overspecialized and personalized services for adaptation and rehabilitation as well as social, residential and professional reintegration. * Technical and technological assistance device for mobility and posture. * Program for people with a locomotor pathology, a musculoskeletal or orthopedic injury. * Driving assessment clinic: assessment for driving license test or car adaptation. * Chronic pain adaptation clinic. * Parents Plus Clinic: reduce disabilities consequences on parental responsibilities. * Work rehabilitation and transition into active life. * Socioresidential resources program. * Rehabilitation medicine. * Institut Raymond-Dewar Documentation Centre specializing in deafness and deafblindness.

Eligibility: adults living with a physical, motor or neurological disability

Coverage area: Montréal Island

Hours: ongoing services: 24/7, office: Monday to Friday 8h30 to 16h30, documentation centre: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: parapublic organization

CENTRE DE RESSOURCES POUR HOMMES DE MONTRÉAL

4245 Laval Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2W 2J6

514 355-8300

Website: www.crhmontreal.ca

Email: info@crhmontreal.ca

Services: * Psychosocial intervention: active listening, phone and in-person reception, referral and accompaniment. * Support groups (only in French). * Workshop-conferences. * Coffee-meeting to break the isolation. * Bereavement support group. * Individual follow-up and support groups for anger management (excluding domestic violence).

Eligibility: men living relationship and emotional difficulties

Coverage area: Greater Montréal

Hours: Monday to Friday 10h00 to 20h00

Fees: low cost adapted to income

Financing: provincial, donations

Legal status: non-profit organization

CLSC DU PLATEAU MONT-ROYAL

4625 de Lorimier Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 2B4

514 521-7663

Website: cussss-centresudmtl.gouv.qc.ca/etablissement/clsc-du-plateau-mont-royal

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

Coverage area: Le Plateau-Mont-Royal

Hours: Monday to Friday 8h00 to 18h00

Financing: provincial

Legal status: parapublic organization

CLSC SAINT-LOUIS DU PARC

15 du Mont-Royal Avenue West, Suite 100, Le Plateau-Mont-Royal, Montréal, QC, H2T 2R9

514 286-9657

Website: cussss-centresudmtl.gouv.qc.ca/etablissement/clsc-de-saint-louis-du-parc

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

Coverage area: Le Plateau-Mont-Royal, Ville-Marie

Hours: Monday to Friday 8h00 to 17h00, Saturday, Sunday and holidays 8h00 to 12h00

Financing: provincial

Legal status: parapublic organization

COALITION DES ORGANISMES COMMUNAUTAIRES QUÉBÉCOIS DE LUTTE CONTRE LE SIDA

1 Sherbrooke Street East, Le Plateau-Mont-Royal, Montréal, QC, H2X 3V8

1 866 535-0481 Fax: 514 844-2498

Website: www.cocqsida.com

Email: info@cocqsida.com

Services: * Support to organizations: discussion, assessment and networking. * Promotion of sexual health through prevention and information. * Legal information and advice for people living with HIV/AIDS. * Advocacy of the rights and interests of people living with HIV/AIDS. * Mobilization, awareness, research and referral.

Eligibility: people living with HIV/AIDS, community organizations fighting against HIV/AIDS

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: free

Financing: grants

Legal status: non-profit organization

DEAF MEN'S CENTRE

5425 de Bordeaux Street, Suite 229, Le Plateau-Mont-Royal, Montréal, QC, H2H 2P9

438 408-3530

Website: www.mhsourds.org

Email: mhsourds@outlook.com

Services: * Information, accompagnement et referral. * Social and recreational activities. * Support and mutual aid groups. * Prevention and educational workshop for fathers and their children. * Prevention, educational and awareness workshops for young teenagers. * Awareness programs involvement. * Conferences, trainings et events.

Eligibility: deaf or hearing-impaired men 14 years old and over

Coverage area: Greater Montréal

Hours: variable

Fees: free

Financing: provincial, grants, donations

Legal status: non-profit organization

DES PAROLES DANS LE VENT

5550 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2V 4H1

514 288-8201 ext. 4868

Website: theatreaphasique.org

Email: theatreaphasique@hotmail.com

Services: Visual arts and dancing workshops. * Shows and exhibitions. * Awareness and information on aphasia.

Eligibility: people with aphasia interested in arts

Coverage area: Montréal Island

Hours: variable

Financing: donations

Legal status: non-profit organization

HIRONDELLE (L') - SOUTIEN ET AIDE À LA FAMILLE ET RAPPROCHEMENT INTERCULTUREL

4652 Jeanne-Mance Street, 2nd and 3rd Floor, Le Plateau-Mont-Royal, Montréal, QC, H2V 4J4

514 281-2038

Website: www.hirondelle.qc.ca

Services: * Self-help group for fathers. * Individual follow-up. * Pairing. * Training workshops. * Family activities.

Eligibility: immigrant fathers and their families

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Financing: Centraide of Greater Montréal

Legal status: non-profit organization

LEARNING DISABILITIES INSTITUTE

5333 Casgrain Avenue, Suite 401, Le Plateau-Mont-Royal, Montréal, QC, H2T 1X3

1 877 847-1324 Fax: 514 281-5187

Website: www.institutta.com

Email: info@institutta.com

Services: * Information and support for people with learning disabilities and their relatives. * Training, workshops, conferences and seminar for education and health counsellors, businesses and organizations, parents.

Eligibility: children, teenagers, adults living with learning disabilities, including ADHD, parents, professionals and counsellors working with people living with learning disabilities

Coverage area: Province of Québec

Financing: grants, membership fees, fundraising campaigns

Legal status: non-profit organization

LITTLE BROTHERS - MONTRÉAL CENTRE

4624 Garnier Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 3S7

514 527-8653 Fax: 514 527-7162

Website: www.littlebrothers.ca

Email: montreal@petitsfreres.ca

Services: Organization seeking to deal with the isolation of people of advanced age until their end of life. * Accompaniment and twinning with volunteers. * Visits in people's living environments: at-home, at the hospital or CHSLD, in residences, etc. * Activities and special outings to celebrate birthdays and traditional holidays. * Holidays stays at The Juliette Huot Home in Oka. * End-of-life accompaniment.

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

Coverage area: Montréal Island

Hours: Monday to Sunday 9h00 to 16h00

Fees: free

Financing: fundraising campaigns, self-financing, donations

Legal status: non-profit organization

LIVING WITH CYSTIC FIBROSIS

629 Prince-Arthur Street West, Le Plateau-Mont-Royal, Montréal, QC, H2X 1T9

1 800 315-3157 Fax: 514 288-3157

Website: www.vivreaveclafibrosekystique.com

Email: info@vivreaveclafk.com

Services: * Reception, information and referrals. * Psychosocial support and advocacy.

Eligibility: people living with cystic fibrosis and their close ones

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Financing: provincial, foundations, donations

Legal status: non-profit organization

MAISON DES FEMMES SOURDES DE MONTRÉAL (LA)

4855 Boyer Street, Suite 105, Le Plateau-Mont-Royal, Montréal, QC, H2J 3E6

514 255-5680 Fax: 514 255-3770 TTY: 514 255-6376

Website: www.mfsm.info

Email: femmessourdes@mfsm.ca

Services: Help for deaf or hearing impaired women living difficulties. * Welcoming, intervention, communication and community life. * Individual meetings. * Help, support and referrals. * Information. * Guidance and support (lawyer, court, police station, follow-up during and after housing, etc.) * Awareness and information in the deaf and hard of hearing community (conferences, trainings). * Popular education workshops for deaf and hearing impaired women. * Special events (Christmas, International Women's Day, etc.) * Participation in mobilization activities.

Eligibility: deaf and hearing impaired women

Coverage area: Greater Montréal, North Shore, South Shore

Hours: Monday to Friday 9h00 to 16h30

Fees: free

Financing: provincial, donations

Legal status: non-profit organization

PARRAINAGE CIVIQUE MONTRÉAL

4450 Saint-Hubert Street, Suite 336, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 843-8813 ext. 1

Website: www.parrainagemontreal.org

Email: info@parrainagemontreal.org

Services: Pairing of people with intellectual disabilities with volunteers. * Social skills development. * Adapted collective kitchens. * Advocacy of rights. * Super rigolos: theatre workshops. * Improvisation workshop. * Arts, adapted dance and music workshops. * Vivre heureux et en santé: nutritional workshops. * Computer literacy. * Brin de jasette: support and discussion group. * Personnes filleules: social participation promotion. * Saveurs du monde: discovery of cultures in Montréal.

Eligibility: people 18 years and over with an intellectual disability or an autism spectrum disorder, art workshops: general public

Coverage area: Montréal Island

Hours: administration: Monday to Friday 9h00 to 17h00, activities: evenings and weekends

Fees: \$12 per year

Financing: provincial

Legal status: non-profit organization

QUEBEC ASSOCIATION OF POSTSECONDARY STUDENTS WITH DISABILITIES

425 Sherbrooke Street East, Suite 06, Le Plateau-Mont-Royal, Montréal, QC, H2L 1J9

514 499-9451

Website: www.aqeips.qc.ca

Email: info@aqeips.qc.ca

Services: * Advocacy and promotion of the interests of students with disabilities. * Information to members and their parents. * Scholarships program. * Online resource guide Post-Secondary Studies Are Also For You!: aqeips.qc.ca/en/guide/about-this-guide/

Eligibility: postsecondary students with disabilities

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: active member: free, support member: \$20, institutional member: \$50

Financing: provincial, self-financing

Legal status: non-profit organization

QUÉBEC BREAST CANCER FOUNDATION

279 Sherbrooke Street West, Suite 305, Le Plateau-Mont-Royal, Montréal, QC, H2X 1Y1

1 877 990-7171 Fax: 514 871-9797

Website: www.rubanrose.org/en

Email: info@rubanrose.org

Services: Support for people living with breast cancer. * Phone listening, referral and information. * Financial support for people living with the illness. * Conferences for women with the illness, survivors and their relatives. * Educational conferences and distribution of material in health centres. * Educational website on breast health: www.breastsobservation.org * Funding of scientific and research projects.

Eligibility: support: people with breast cancer, education and awareness: general public

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: free

Financing: fundraising campaigns, donations

Legal status: non-profit organization

THÉÂTRE APHASIQUE

225 Sherbrooke Street East, Le Plateau-Mont-Royal, Montréal, QC, H2X 1C9

514 288-8201 ext. 4868 Fax: 514 288-7076

Website: theatreaphasique.org

Email: theatreaphasique@hotmail.com

Services: * Theatre workshops. * Video workshop. * Online language stimulation workshop. * Online reading workshop. * Theatre presentations. * Awareness through plays for the general public.

Eligibility: people with aphasia

Capacity: 125 people

Coverage area: Greater Montréal

Hours: Monday to Friday 8h00 to 16h00

Fees: free

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

Legal status: non-profit organization

UNITÉ HOSPITALIÈRE DE RECHERCHE, D'ENSEIGNEMENT ET DE SOINS SUR LE SIDA

3840 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2W 1T6

514 890-8148

Website: www.chumontreal.qc.ca

Services: Medical follow-up for people with HIV. * Nutritionists, psychologists, social workers. * Adapted vaccinations. * HIV testing. * Two sites: Notre-Dame and Hôtel-Dieu.

Eligibility: people with HIV

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

Support and integration organizations

ATELIER LE FIL D'ARIANE

4837 Boyer Street, Suite 100, Le Plateau-Mont-Royal, Montréal, QC, H2J 3E6

514 842-5592 Fax: 514 842-8343

Website: atelierlefildariane.org

Email: atelier.bureau.ariane@ssss.gouv.qc.ca

Services: Rehabilitation center. * Learning and workplace integration services (SAIT). * Embroidery and creative workshop aimed at gaining autonomy and at social integration.

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

Capacity: 20 persons

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: non-profit organization

AUTISME MONTRÉAL

4450 Saint-Hubert Street, Suite 320, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 524-6114 Fax: 514 524-6420

Website: www.autisme-montreal.com

Email: accueil@autisme-montreal.com

Services: * Advocacy of rights and interests of people with an autism spectrum disorder and their family. * Promotion, information and awareness. * Development of direct services. * Bi-monthly support group for people 16 years and over with ASD and without intellectual disability and their parents.

Eligibility: parents of children with an autism spectrum disorder with or without intellectual disorder, ASD 16 years old and over without an intellectual disability, professionals, students

Capacity: 632 members

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, meetings and support groups in the evening

Fees: annual membership

Financing: provincial, federal, Centraide of Greater Montréal

Legal status: non-profit organization

LEARNING DISABILITIES INSTITUTE

5333 Casgrain Avenue, Suite 401, Le Plateau-Mont-Royal, Montréal, QC, H2T 1X3

1 877 847-1324 Fax: 514 281-5187

Website: www.institutta.com

Email: info@institutta.com

Services: * Information and support for people with learning disabilities and their relatives. * Training, workshops, conferences and seminar for education and health counsellors, businesses and organizations, parents.

Eligibility: children, teenagers, adults living with learning disabilities, including ADHD, parents, professionals and counsellors working with people living with learning disabilities

Coverage area: Province of Québec

Financing: grants, membership fees, fundraising campaigns

Legal status: non-profit organization

PARRAINAGE CIVIQUE MONTRÉAL

4450 Saint-Hubert Street, Suite 336, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 843-8813 ext. 1

Website: www.parrainagemontreal.org

Email: info@parrainagemontreal.org

Services: Pairing of people with intellectual disabilities with volunteers. * Social skills development. * Adapted collective kitchens. * Advocacy of rights. * Super rigolos: theatre workshops. * Improvisation workshop. * Arts, adapted dance and music workshops. * Vivre heureux et en santé: nutritional workshops. * Computer literacy. * Brin de jasette: support and discussion group. * Personnes filleules: social participation promotion. * Saveurs du monde: discovery of cultures in Montréal.

Eligibility: people 18 years and over with an intellectual disability or an autism spectrum disorder, art workshops: general public

Coverage area: Montréal Island

Hours: administration: Monday to Friday 9h00 to 17h00, activities: evenings and weekends

Fees: \$12 per year

Financing: provincial

Legal status: non-profit organization

QUEBEC ASSOCIATION OF POSTSECONDARY STUDENTS WITH DISABILITIES

425 Sherbrooke Street East, Suite 06, Le Plateau-Mont-Royal, Montréal, QC, H2L 1J9

514 499-9451

Website: www.aqeips.qc.ca

Email: info@aqeips.qc.ca

Services: * Advocacy and promotion of the interests of students with disabilities. * Information to members and their parents. * Scholarships program. * Online resource guide Post-Secondary Studies Are Also For You!: aqeips.qc.ca/en/guide/about-this-guide/

Eligibility: postsecondary students with disabilities

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: active member: free, support member: \$20, institutional member: \$50

Financing: provincial, self-financing

Legal status: non-profit organization

The Blind

ASSOCIATION DES SPORTS POUR AVEUGLES DU MONTRÉAL MÉTROPOLITAIN

4450 Saint-Hubert Street, Suite 428, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 524-4715

Website: asamm.ca

Email: info@asamm.ca

Services: * Development and organization of sports for people with visual disabilities. * Recruitment and training of volunteers for assistance. * Public awareness through information sessions, conferences and sports demonstrations.

Eligibility: people living with a visual disability

Coverage area: Greater Montréal

Hours: Monday and Thursday 10h00 to 17h00

Fees: membership: \$25, renewal: \$20

Financing: donations, membership fees

Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE LA DÉGÉNÉRESCENCE MACULAIRE

400 Laurier Avenue West, Suite 403, Le Plateau-Mont-Royal, Montréal, QC, H2V 2K7

1 866 867-9389

Website: www.aqdm.org

Email: info@aqdm.org

Services: Grouping people living with macular degeneration. * Phone support network. * Information and referral to existing medical, technological and socio-cultural resources. * Information sessions led by knowledgeable people. * Prevention and awareness to the public, health professionals and government agencies on the disease.

Eligibility: people living with macular degeneration, their close ones, health professionals and the general public

Coverage area: Province of Québec

Fees: free

Financing: donations, contributions

Legal status: non-profit organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE RAYMOND-DEWAR LAURIER

2222 Laurier Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1C4

514 284-2581 Fax: 514 284-5086 **TTY:** 514 284-3747

Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/centre-de-readaptation-en-deficience-physique-raymond-dewar-laurier

Services: Rehabilitation centre specializing in deafness and communication. * Reception and evaluation. * Québec Sign Language classes, levels 1 to 6. * Distribution of assistive hearing, which are not hearing aids, paid by the RAMQ. * Services to people with stuttering issues, speech impairment or auditive treatment trouble.

Eligibility: deaf, hard of hearing or deaf-blind of all ages, young people with language problems, stuttering or auditory processing disorders

Coverage area: Montréal Island and Laval, people with dysphasia related problems: Montréal only

Hours: Monday to Thursday 7h30 to 21h00, Friday 7h30 to 19h00

Financing: provincial

Legal status: parapublic organization

CENTRE DE RÉADAPTATION LUCIE-BRUNEAU

2275 Laurier Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2H 2N8

514 527-4527 Fax: 514 527-0979

Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/centre-de-readaptation-en-deficience-physique-lucie-bruneau

Services: Specialized, overspecialized and personalized services for adaptation and rehabilitation as well as social, residential and professional reintegration. * Technical and technological assistance device for mobility and posture. * Program for people with a locomotor pathology, a musculoskeletal or orthopedic injury. * Driving assessment clinic: assessment for driving license test or car adaptation. * Chronic pain adaptation clinic. * Parents Plus Clinic: reduce disabilities consequences on parental responsibilities. * Work rehabilitation and transition into active life. * Socioresidential resources program. * Rehabilitation medicine. * Institut Raymond-Dewar Documentation Centre specializing in deafness and deafblindness.

Eligibility: adults living with a physical, motor or neurological disability

Coverage area: Montréal Island

Hours: ongoing services: 24/7, office: Monday to Friday 8h30 to 16h30, documentation centre: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: parapublic organization

LES MUSES - CENTRE DES ARTS DE LA SCÈNE

5017 Saint-Hubert Street, Suite 317, Le Plateau-Mont-Royal, Montréal, QC, H2J 2X9

514 350-8060 ext. 8834

Website: www.lesmuses.org

Email: info@lesmuses.org

Services: Performing arts professional school for artists living with a disability. * Promotion of the integration of artists with disabilities to the artistic community. * Training programs: acting, dancing and singing.

Eligibility: people living with and intellectual, physical or sensorial disability, with an autism spectrum disorder

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 15h10

Fees: none

Financing: municipal, provincial, federal, donations

Legal status: non-profit organization

MAISON D'AURORE (LA) - ASSISTANCE WITH FORMS

4816 Garnier Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 4B4

514 527-9075 Fax: 514-527-3949

Website: www.maisonauore.org

Email: info@maisonauore.org

Services: * Assistance with filling out forms and letter writing. * Letter reading.

Eligibility: people of all ages

Coverage area: Montréal Island

Hours: Monday, Wednesday and Thursday 9h00 to 12h00 and 13h15 to 17h00, Tuesday 13h15 to 17h00

Fees: none

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

REGROUPEMENT DES AVEUGLES ET AMBLYOPES DU MONTRÉAL MÉTROPOLITAIN

5225 Berri Street, Suite 101, Le Plateau-Mont-Royal, Montréal, QC, H2J 2S4

514 277-4401 Fax: 514 277-8961

Website: raamm.org

Email: info@raamm.org

Services: * Promotion and advocacy of rights and interests. * Guiding and reading services for members. * Community centre. * Publiphone: information access system. * Recruitment and training of volunteers for accompaniment.

Eligibility: people living with a visual impairment

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30

Fees: regular member: 10\$ per year

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

VUES ET VOIX

1001 Sherbrooke Street East, Suite 510, Le Plateau-Mont-Royal, Montréal, QC, H2L 1L3

514 282-1999 Fax: 514 282-1676

Website: www.vuesetvoix.com

Email: info@vuesetvoix.com

Services: Producer of audio books and broadcaster for people with visual or motor limitations, or who have severe learning disabilities. * Radio Canal M: programming focused on health, accessibility and social inclusion of people with disabilities.

Eligibility: people living with a visual, physical, intellectual or learning disability visual, their families, disability rights organizations, general public

Coverage area: Canada

Hours: Monday to Friday 9h00 to 17h00

Fees: free

Financing: fundraising campaigns, donations, self-financing

Legal status: non-profit organization

Therapy and rehabilitation centres

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE RAYMOND-DEWAR LAURIER

2222 Laurier Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1C4

514 284-2581 Fax: 514 284-5086 **TTY:** 514 284-3747

Website: ciuiss-centresudmtl.gouv.qc.ca/etablissement/centre-de-readaptation-en-deficience-physique-raymond-dewar-laurier

Services: Rehabilitation centre specializing in deafness and communication. * Reception and evaluation. * Québec Sign Language classes, levels 1 to 6. * Distribution of assistive hearing, which are not hearing aids, paid by the RAMQ. * Services to people with stuttering issues, speech impairment or auditive treatment trouble.

Eligibility: deaf, hard of hearing or deaf-blind of all ages, young people with language problems, stuttering or auditory processing disorders

Coverage area: Montréal Island and Laval, people with dysphasia related problems: Montréal only

Hours: Monday to Thursday 7h30 to 21h00, Friday 7h30 to 19h00

Financing: provincial

Legal status: parapublic organization

CENTRE DE RÉADAPTATION LUCIE-BRUNEAU

2275 Laurier Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2H 2N8

514 527-4527 Fax: 514 527-0979

Website: ciuiss-centresudmtl.gouv.qc.ca/etablissement/centre-de-readaptation-en-deficience-physique-lucie-bruneau

Services: Specialized, overspecialized and personalized services for adaptation and rehabilitation as well as social, residential and professional reintegration. * Technical and technological assistance device for mobility and posture. * Program for people with a locomotor pathology, a musculoskeletal or orthopedic injury. * Driving assessment clinic: assessment for driving license test or car adaptation. * Chronic pain adaptation clinic. * Parents Plus Clinic: reduce disabilities consequences on parental responsibilities. * Work rehabilitation and transition into active life. * Socioresidential resources program. * Rehabilitation medicine. * Institut Raymond-Dewar Documentation Centre specializing in deafness and deafblindness.

Eligibility: adults living with a physical, motor or neurological disability

Coverage area: Montréal Island

Hours: ongoing services: 24/7, office: Monday to Friday 8h30 to 16h30, documentation centre: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: parapublic organization

FONDATION DEVACARE (LA)

Confidential Address

Website: www.devacare.org

Email: info@devacare.org

Services: Support services available in person, at home or online, and offered by professional volunteers with the intention of easing the effects caused by the pandemic situation. * Tutoring for elementary and secondary school students who have difficulty studying in the current context. * Therapeutic support: individual consultations in osteopathy or therapeutic yoga with an osteopathic approach. * Home support services: shopping, domestic help, meal preparation, snow removal, animal walks, respite for caregivers, assistance to break isolation, etc. * The service request can be completed online by filling out this form: www.devacare.org/#contact

Eligibility: general population, vulnerable people, caregivers, tutoring: youth in primary and secondary school

Coverage area: mostly in the Plateau-Mont-Royal and Mile-End neighbourhoods, for the other neighbourhoods of Montréal Island, fill out the service request form and the organization will contact you if they can meet your needs

Hours: by appointment, Monday to Saturday 11h00 to 19h00

Fees: voluntary contribution

Financing: self-financing, donations

Legal status: non-profit organization

Education and Literacy**ACADEMIC AND VOCATIONAL GUIDANCE****ASSOCIATIONS AND FEDERATIONS****COMPUTER WORKSHOPS****DIFFICULTIES AND LEARNING DISABILITIES****HOMEWORK ASSISTANCE AND TUTORING****LANGUAGE COURSES****LITERACY****PUBLIC EDUCATION****SCHOOL PERSEVERANCE****VOCATIONAL TRAINING, CÉGEPS AND UNIVERSITIES**

Academic and vocational guidance

CENTRE DES FEMMES DU PLATEAU MONT-ROYAL

1022 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1L1
514 527-2295

Website: www.cfemmesplateau.org

Email: info@cfemmesplateau.org

Services: * Reception, listening and referral. * Training workshops. * Information meetings. * Special activities.
 * Socioprofessional integration and guidance.

Eligibility: women of all ages and backgrounds

Coverage area: Greater Montréal

Hours: Tuesday to Thursday 9h00 to 17h00

Financing: provincial, municipal

Legal status: non-profit organization

CONSEILLERS EN DÉVELOPPEMENT DE L'EMPLOYABILITÉ

425 Sherbrooke Street East, Suite 11, Le Plateau-Mont-Royal, Montréal, QC, H2L 1J9

514 522-9151 Fax: 514 522-5547

Website: www.codem.qc.ca

Email: sae@codem.qc.ca

Services: * Personalized and adapted career guidance. . * Individualized service aimed at labour market integration. * Skills assessment, coaching and job search techniques. * Individual consultations.

Eligibility: restrictions according to programs

Coverage area: Greater Montréal

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

Fees: none

Financing: provincial

Legal status: non-profit organization

CONSEILLERS EN DÉVELOPPEMENT DE LA MAIN-D'OEUVRE (LES)

425 Sherbrooke Street East, Suite 11, Le Plateau-Mont-Royal, Montréal, QC, H2L 1J9

514 522-9151 Fax: 514 528-8507

Website: www.codem.qc.ca

Email: sae@codem.qc.ca

Services: * Socioprofessional integration: reception, needs assessment, referral, monitoring, follow-up. * Career and education guidance. * Job search help. * Returning to school. * Assessment of skills. * Career transition. * Employment integration. * Business start-up. * Information on the labor market and training programs. * Bank of employers. * Dropout prevention.

Eligibility: people 16 years old and over, companies, organizations

Coverage area: Centre-Sud, Plateau Mont-Royal, Mile-End

Hours: Monday, Tuesday, Thursday, Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 8h30 to 12h00 and 14h00 to 19h30

Fees: none

Financing: provincial

Legal status: non-profit organization

FONDATION TRAVAIL SANS FRONTIÈRES

4535 Saint-Laurent Boulevard, Le Plateau-Mont-Royal, Montréal, QC, H2T 1R2

514 499-0606 Fax: 514 499-1819

Website: tsf.qc.ca

Email: emploi@tsf.qc.ca

Services: * Proactive job search: resume, business cards, vocational guidance, psychosocial follow-up if needed. * Development workshops: Internet and social networks, phone calls and networking, job interviews, personal knowledge and organization. * Equipment available: computers, photocopier, fax, Internet. * Projet Essor: program for people working in arts and culture who wish to make a career transition. * Mutation vers l'emploi: 12-week program for men aged 36 to 60 furthest from the labour market or in the process of a career transition. * Programme d'organisation au travail: 12-week program for men and women aged 16 to 35 furthest from the labour market and who wish to return to school. * Motiv'action: 26-week program for youth 16 to 29 years old struggling with social or professional integration difficulties.

Eligibility: people 16 years and over

Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

Associations and Federations

INSTITUT DE COOPÉRATION POUR L'ÉDUCATION DES ADULTES

5000 d'Iberville Street, Suite 304, Le Plateau-Mont-Royal, Montréal, QC, H2H 2S6

514 948-2044

Website: www.icea.qc.ca

Email: icea@icea.qc.ca

Services: Promotion of the right to lifelong learning, accessibility to education and adults education. * Information and representation. * Research and documentation.

Eligibility: adults

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 16h30

Financing: grants, membership fees

Legal status: non-profit organization

Computer workshops

ASSOCIATION QUÉBÉCOISE DES PERSONNES APHASIQUES

4450 Saint-Hubert Street, Suite 510, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 277-5678

Website: aphasie.ca/wpaqpa/en

Email: aqpa@aphasie.ca

Services: * Information, support and referral. * Discussion, reading and writing workshops. * Accompaniment for daily communication needs. * Photography workshops. * Computer workshops. * Advocacy of rights and interests of people with aphasia. * Awareness. * Choir. * Friendly visits. * SAPPA program: assistance for caregivers, visits of social workers and speech language therapists.

Eligibility: adults with aphasia, close ones, people interested in aphasia

Capacity: discussion workshops: 10 to 12 persons

Coverage area: Montréal Island

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

Fees: annual membership: \$25, workshops: \$20 per semester

Financing: provincial, donations, membership fees

Legal status: non-profit organization

CARREFOUR MARGUERITE-BOURGEOYS

1855 Rachel Street East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1P5

514 527-1871

Website: www.carrefourmargueritebourgeoys.org

Email: info@carrefourmargueritebourgeoys.org

Services: * Physical, artistic, recreational and crafts activities. * Events and outings. * Language classes: French, English, Spanish. * Computer classes. * Workshops and conferences. * Intervention, psychosocial support and helping relationship. * Information and referral. * Accompaniment and assistance walking outside. * Friendly phone calls and visits.

Eligibility: seniors 50 years old and over

Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 16h00

Fees: membership: \$10, classes: \$15 to \$40, activities: variable

Financing: provincial, donations

Legal status: non-profit organization

CENTRE DE LECTURE ET D'ÉCRITURE (LE)

4450 Saint-Hubert Street, Suite 217, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 849-5473

Website: www.clemontreal.org

Email: ecriture@clemontreal.org

Services: * Popular literacy workshops. * Learning with the computer. * Thematic reading and writing workshops. * Listening, support and referral. * Assistance filling forms. * Collective activities.

Eligibility: people who have difficulty reading and writing French

Coverage area: Le Plateau Mont-Royal

Hours: Monday to Thursday by appointment

Fees: free

Financing: provincial, grants, donations

Legal status: non-profit organization

MAISON D'AURORE (LA)

4816 Garnier Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 4B4

514 527-9075

Website: www.maisonauore.org

Email: info@maisonauore.org

Services: * Individualized support: information, referral, listening, follow-up, accompaniment and assistance with filling out forms. * Open to all: community meals and citizenship evenings. * Youth: homework assistance for children referred directly by primary schools across the Plateau. * Activities for seniors 50 years and over: knitting, physical activities, computer classes, outings, intergenerational projects and tax clinic. * Food: collective kitchens, cooking workshops and fruits and vegetables baskets. * Traditional Holidays meal. * Distribution point for the meals of the insertion company Resto Plateau.

Eligibility: people of all ages

Capacity: collective kitchens: 4 groups

Coverage area: Le Plateau-Mont-Royal and surroundings

Hours: Monday, Wednesday and Thursday 9h00 to 12h00 and 13h15 to 17h00, Tuesday 13h15 to 17h00, collective kitchens: depending on the group, community meals: last Thursday of the month at 12h00, fruits and vegetables baskets: delivery every 2 weeks

Fees: collective kitchens: portion fees, community meals: voluntary contribution of \$4, Resto Plateau: \$3 per portion, physical activities: \$20 for 10 weeks, fruits and vegetables baskets: from \$10 to 20, 50% grant for people on a low income

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

PARRAINAGE CIVIQUE MONTRÉAL

4450 Saint-Hubert Street, Suite 336, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 843-8813 ext. 1

Website: www.parrainagemontreal.org

Email: info@parrainagemontreal.org

Services: Pairing of people with intellectual disabilities with volunteers. * Social skills development. * Adapted collective kitchens. * Advocacy of rights. * Super rigolos: theatre workshops. * Improvisation workshop. * Arts, adapted dance and music workshops. * Vivre heureux et en santé: nutritional workshops. * Computer literacy. * Brin de jasette: support and discussion group. * Personnes filleules: social participation promotion. * Saveurs du monde: discovery of cultures in Montréal.

Eligibility: people 18 years and over with an intellectual disability or an autism spectrum disorder, art workshops: general public

Coverage area: Montréal Island

Hours: administration: Monday to Friday 9h00 to 17h00, activities: evenings and weekends

Fees: \$12 per year

Financing: provincial

Legal status: non-profit organization

PUCE RESSOURCE INFORMATIQUE (LA)

4689 Papineau Avenue, 2nd floor, Le Plateau-Mont-Royal, Montréal, QC, H2H 1V4

514 259-3126 Fax: 514 259-0482

Website: lapuce.org

Email: info@puce.qc.ca

Services: * IT software classes. * Introductory computer classes in French, English and Spanish. * Workshops to get familiar with new technologies. * Subsidized programs for men and women to help them reintegrate the job market. * Technical services, computer maintenance and problem solving for organizations. * Citoyens et Citoyennes Branchés project: individual computer literacy workshop. * Room rental.

Coverage area: Greater Montréal

Hours: Monday, Tuesday, Thursday and Friday 9h00 to 17h00, Wednesday 9h00 to 20h30

Fees: variable

Financing: grants, self-financing

Legal status: non-profit organization

WOMEN'S CENTRE OF MONTRÉAL - FRONT LINE SERVICES

3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6

514 842-4780 Fax: 514 842-5613

Website: centredesfemmesdemtl.org/en

Email: cfmwcm@centredesfemmesdemtl.org

Services: * Support, listening, information and referral. * Crisis intervention. * Individual meetings. * Group activities. * Psychosocial intervention. * Collective kitchen. * Food and clothing assistance. * Christmas baskets. * Francization, French and English classes. * Computer classes. * Arts and crafts, knitting, dance and choir workshops. * Coffee-meetings. * Legal information. * Accompaniment to court for domestic violence victims. * Support group for women victims of sexual abuse in childhood. * La Cigognerie group encouraging women to break their isolation, create a network for exchanges and services and to improve self-confidence and parenting skills. * Distribution of baby diapers. * Mother and Child program with daycare: living conditions improvement of mothers and their pre-school children. * Immigration: installation and integration assistance, Francization, general information and group activities. * Native women: listening, information and accompaniment based on respect for the values and rhythm of Native women.

Eligibility: women aged 18 years and over, from Québec, newcomers and native women

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, food bank: Thursday 9h00 to 12h00 and 13h00 to 17h00, support groups, workshops and courses: Tuesday 9h00 to 21h00

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

Legal status: non-profit organization

Difficulties and learning disabilities

LEARNING DISABILITIES INSTITUTE

5333 Casgrain Avenue, Suite 401, Le Plateau-Mont-Royal, Montréal, QC, H2T 1X3

1 877 847-1324 Fax: 514 281-5187

Website: www.institutta.com

Email: info@institutta.com

Services: * Information and support for people with learning disabilities and their relatives. * Training, workshops, conferences and seminar for education and health counsellors, businesses and organizations, parents.

Eligibility: children, teenagers, adults living with learning disabilities, including ADHD, parents, professionals and counsellors working with people living with learning disabilities

Coverage area: Province of Québec

Financing: grants, membership fees, fundraising campaigns

Legal status: non-profit organization

Homework assistance and tutoring

CENTRE D'ACTION SOCIO-COMMUNAUTAIRE DE MONTRÉAL

32 Saint-Joseph Boulevard West, Le Plateau-Mont-Royal, Montréal, QC, H2T 2P3

514 842-8045 Fax: 514 842-2356

Website: www.cascmontreal.ca

Email: accueil@cascmontreal.ca

Services: Reception, information, social guidance and advocacy. * Social and cultural activities for seniors. * Information sessions and training workshops. * Social and educational support for children 6 to 12 years old with learning difficulties or mild behavior disorders. * Parenting skills development. * Settlement and integration of newcomers.

Eligibility: newcomers and immigrants

Coverage area: Greater Montréal

Hours: Monday 13h30 to 17h00, Tuesday to Friday 9h00 to 12h30 and 13h30 to 17h00

Financing: grants, self-financing

Legal status: non-profit organization

DU PARC YMCA

5550 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2V 4H1

514 271-9622 Fax: 514 277-9102

Website: www.ymcaquebec.org/en/Find-a-Y/Du-Parc-YMCA

Email: contact@ymcaquebec.org

Services: Childhood and family * Parent-child activities. * Activities for children. * Subsidized daycare. * Day and spring break camps. * Homework help for 6 to 12 years old. Youth * Youth Zone for 12 to 17 years old. * Alternative suspension: school dropout prevention program. * CIEC Mile-End and Outremont: youth services cooperative. Sports * Training room. * Group classes. * Sports at the gym. * Public swim for adults and families. * Group or private swimming lessons. * Swimming club and triathlon club. Seniors * Café Rendez-Vous Y: socialization activities for seniors 55 years and over. * Leisure activities. Training * First aid and cardio-pulmonary resuscitation (CPR) courses. * Aquatic certifications. * Fitness certifications. Various * Room rental. * Tax clinic.

Eligibility: children, youth, adults, seniors

Coverage area: Montréal Island

Hours: Monday to Friday 6h30 to 20h30, Saturday and Sunday 8h00 to 17h30

Fees: subscription: variable according to age, activities: variable

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

Legal status: non-profit organization

FONDATION DEVACARE (LA)

Confidential Address

Website: www.devacare.org

Email: info@devacare.org

Services: Support services available in person, at home or online, and offered by professional volunteers with the intention of easing the effects caused by the pandemic situation. * Tutoring for elementary and secondary school students who have difficulty studying in the current context. * Therapeutic support: individual consultations in osteopathy or therapeutic yoga with an osteopathic approach. * Home support services: shopping, domestic help, meal preparation, snow removal, animal walks, respite for caregivers, assistance to break isolation, etc. * The service request can be completed online by filling out this form: www.devacare.org/#contact

Eligibility: general population, vulnerable people, caregivers, tutoring: youth in primary and secondary school

Coverage area: mostly in the Plateau-Mont-Royal and Mile-End neighbourhoods, for the other neighbourhoods of Montréal Island, fill out the service request form and the organization will contact you if they can meet your needs

Hours: by appointment, Monday to Saturday 11h00 to 19h00

Fees: voluntary contribution

Financing: self-financing, donations

Legal status: non-profit organization

FRONTIER COLLEGE

4384 Saint-Laurent Boulevard, Le Plateau-Mont-Royal, Montréal, QC, H2W 1Z5

514 528-1001

Website: www.collegefrontiere.ca

Email: montreal@collegefrontiere.ca

Services: * Literacy programs. * French as a second language. * Individual and group tutoring for adults. * Homework assistance. * Training workshops for community organizations. * Conferences.

Eligibility: children, teenagers, adults

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial, fundraising campaigns

Legal status: non-profit organization

Language courses**ATELIERS D'ÉDUCATION POPULAIRE DU PLATEAU**

4273 Drolet Street, Le Plateau-Mont-Royal, Montréal, QC, H2W 2L7

514 350-8881 ext. 202

Website: www.aepp.ca

Email: adjointedir@aepp.ca

Services: Community action * Popular education workshops: artistic, language, digital, botanical, etc. * Social involvement. * Citizen mobilization. * Community garden. * Tax clinic. * Computer room with internet. Food * Food autonomy: collective kitchens and cooking workshops.

Eligibility: general public

Coverage area: Le Plateau-Mont-Royal and surroundings

Hours: Monday to Friday 9h00 to 17h00

Fees: free

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

Legal status: non-profit organization

CARREFOUR MARGUERITE-BOURGEOYS

1855 Rachel Street East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1P5

514 527-1871

Website: www.carrefourmargueritebourgeois.org

Email: info@carrefourmargueritebourgeois.org

Services: * Physical, artistic, recreational and crafts activities. * Events and outings. * Language classes: French, English, Spanish. * Computer classes. * Workshops and conferences. * Intervention, psychosocial support and helping relationship. * Information and referral. * Accompaniment and assistance walking outside. * Friendly phone calls and visits.

Eligibility: seniors 50 years old and over

Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 16h00

Fees: membership: \$10, classes: \$15 to \$40, activities: variable

Financing: provincial, donations

Legal status: non-profit organization

CENTRE D'AIDE À LA FAMILLE

Confidential Address

514 982-0804

Website: www.centreaidefamille.com

Email: centreaidefamille@centreaidefamille.com

Services: * Psychosocial intervention, active listening. * Information, accompaniment, awareness. * Support in case of violence. * Court accompaniment for victims of violence. * Self-help and support groups for immigrants. * Support groups for victims of violence. * Senior abuse prevention. * Art-therapy and meditation workshops. * Food bank. * Christmas baskets. * Collective kitchen. * Trainings. * Recreational outings. * Conferences. * French classes.

Eligibility: men, women and families, particularly immigrants, some services are dedicated to victims of violence

Coverage area: Le Plateau-Mont-Royal, no limits for Portuguese-speakers

Hours: Monday, Tuesday, Thursday and Friday 9h00 to 12h00 and 13h00 to 17h00, food bank: Wednesday 13h30 to 15h00

Financing: provincial, donations, self-financing

Legal status: non-profit organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE RAYMOND-DEWAR LAURIER

2222 Laurier Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1C4

514 284-2581 Fax: 514 284-5086 TTY: 514 284-3747

Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/centre-de-readaptation-en-deficience-physique-raymond-dewar-laurier

Services: Rehabilitation centre specializing in deafness and communication. * Reception and evaluation. * Québec Sign Language classes, levels 1 to 6. * Distribution of assistive hearing, which are not hearing aids, paid by the RAMQ. * Services to people with stuttering issues, speech impairment or auditive treatment trouble.

Eligibility: deaf, hard of hearing or deaf-blind of all ages, young people with language problems, stuttering or auditory processing disorders

Coverage area: Montréal Island and Laval, people with dysphasia related problems: Montréal only

Hours: Monday to Thursday 7h30 to 21h00, Friday 7h30 to 19h00

Financing: provincial

Legal status: parapublic organization

CENTRE DE RESSOURCES ÉDUCATIVES ET PÉDAGOGIQUES

5643 Clark Street, 3rd floor, Le Plateau-Mont-Royal, Montréal, QC, H2T 2V5

514 596-4567 Fax: 514-596-4562

Website: www.icilecrep.qc.ca

Email: crep@cscdm.qc.ca

Services: Training offered to individuals, organizations and integration companies. * Social integration. * Socioprofessionnel integration. * Francization. * Popular education.
Eligibility: organizations, integration companies and individuals
Coverage area: Montréal Island
Hours: Monday to Friday 8h00 to 16h00
Fees: free or variable depending on the services
Financing: provincial
Legal status: parapublic organization

COMITÉ INTERNATIONAL POUR LA PROMOTION DU CRÉOLE ET DE L'ALPHABÉTISATION

2000 Saint-Joseph Boulevard East, Door B, Le Plateau-Mont-Royal, Montréal, QC, H2H 1E4

514 750-8800 Fax: 514 303-1558

Website: www.kepkaa.com

Email: librairie.kepkaa@videotron.ca

Services: Promotion of Creole and of Afro-Caribbean and African-American cultures. * Creole language classes in person and online. * Translation of Creole to and from French, English and Spanish. * Kepkaa library: sale of books, edition and literary events. * Mois du créole à Montréal festival. * Painting and music initiation courses. * History and culture courses. * Intergenerational activities. * Awareness.

Eligibility: people from Afro-Caribbean, African-American and African-Canadian communities, people of all origins

Coverage area: Canada

Hours: Monday to Friday 10h00 to 17h30, Saturday 10h00 to 15h00, literary meeting: 3rd Sunday of the month, Mois du Créole: October

Fees: membership: \$5 per year

Financing: self-financing

Legal status: non-profit organization

FRONTIER COLLEGE

4384 Saint-Laurent Boulevard, Le Plateau-Mont-Royal, Montréal, QC, H2W 1Z5

514 528-1001

Website: www.collegefrontiere.ca

Email: montreal@collegefrontiere.ca

Services: * Literacy programs. * French as a second language. * Individual and group tutoring for adults. * Homework assistance. * Training workshops for community organizations. * Conferences.

Eligibility: children, teenagers, adults

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial, fundraising campaigns

Legal status: non-profit organization

MAISON DE L'AMITIÉ DE MONTRÉAL

120 Duluth Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2W 1H1

514 843-4356

Website: www.maisondelamitie.ca

Email: info@maisondelamitie.ca

Services: * French, English, Spanish and Mohawk classes. * Farmers market. * Cabane de l'amitié: donation of toys, household utensils, small electronics, etc. * Community student residence from September to April. * Rooms available per night during the summer. * Hall rental. * Tool library. * Loan of a pressure machine to clean graffiti. * Events.

Eligibility: language classe: open to all, student residence: priority to students from 18 to 30 years old

Capacity: 150 people

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 20h30, Cabane de l'amitié: Monday to Friday 9h00 to 20h00

Fees: English classes: \$125 for 42 hours, Spanish classes: \$125 for 48 hours, French classes: \$165 for 60 hours, Mohawk classes: \$120 for 20 hours, student residence: from \$470 to 560 per month, rooms in the summer: from \$45 to 75 per night, \$10 per additional person in the room

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

Legal status: non-profit organization

SOUTH ASIAN WOMEN'S COMMUNITY CENTRE

1035 Rachel Street East, 3rd floor, Le Plateau-Mont-Royal, Montréal, QC, H2J 2J5

514 528-8812 Fax: 514 528-0896

Website: www.sawcc-ccfsa.ca

Email: sawcc@sawcc-ccfsa.ca

Services: * Counselling and accompaniment. * Information and referral. * Translation and interpreting. * English and French classes.

Eligibility: women from Pakistani, Indian, Bangladeshi, Sri Lankan, Nepalese, Afghan and Iranian communities

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: free

Financing: provincial, municipal

Legal status: non-profit organization

WOMEN'S CENTRE OF MONTRÉAL - FRONT LINE SERVICES

3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6

514 842-4780 Fax: 514 842-5613

Website: centredesfemmesdemtl.org/en

Email: cfmwcm@centredesfemmesdemtl.org

Services: * Support, listening, information and referral. * Crisis intervention. * Individual meetings. * Group activities. * Psychosocial intervention. * Collective kitchen. * Food and clothing assistance. * Christmas baskets. * Francization, French and English classes. * Computer classes. * Arts and crafts, knitting, dance and choir workshops. * Coffee-meetings. * Legal information. * Accompaniment to court for domestic violence victims. * Support group for women victims of sexual abuse in childhood. * La Cigognerie group encouraging women to break their isolation, create a network for exchanges and services and to improve self-confidence and parenting skills. * Distribution of baby diapers. * Mother and Child program with daycare: living conditions improvement of mothers and their pre-school children. * Immigration: installation and integration assistance, Francization, general information and group activities. * Native women: listening, information and accompaniment based on respect for the values and rhythm of Native women.

Eligibility: women aged 18 years and over, from Québec, newcomers and native women

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, food bank: Thursday 9h00 to 12h00 and 13h00 to 17h00, support groups, workshops and courses: Tuesday 9h00 to 21h00

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

Legal status: non-profit organization

Literacy

ASSOCIATION QUÉBÉCOISE DES PERSONNES APHASIQUES

4450 Saint-Hubert Street, Suite 510, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 277-5678

Website: aphasie.ca/wpaqpa/en

Email: aqpa@aphasie.ca

Services: * Information, support and referral. * Discussion, reading and writing workshops. * Accompaniment for daily communication needs. * Photography workshops. * Computer workshops. * Advocacy of rights and interests of people with aphasia. * Awareness. * Choir. * Friendly visits. * SAPPA program: assistance for caregivers, visits of social workers and speech language therapists.

Eligibility: adults with aphasia, close ones, people interested in aphasia

Capacity: discussion workshops: 10 to 12 persons

Coverage area: Montréal Island

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

Fees: annual membership: \$25, workshops: \$20 per semester

Financing: provincial, donations, membership fees

Legal status: non-profit organization

CENTRE DE LECTURE ET D'ÉCRITURE (LE)

4450 Saint-Hubert Street, Suite 217, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 849-5473

Website: www.clemontreal.org

Email: ecriture@clemontreal.org

Services: * Popular literacy workshops. * Learning with the computer. * Thematic reading and writing workshops. * Listening, support and referral. * Assistance filling forms. * Collective activities.

Eligibility: people who have difficulty reading and writing French

Coverage area: Le Plateau Mont-Royal

Hours: Monday to Thursday by appointment

Fees: free

Financing: provincial, grants, donations

Legal status: non-profit organization

FRONTIER COLLEGE

4384 Saint-Laurent Boulevard, Le Plateau-Mont-Royal, Montréal, QC, H2W 1Z5

514 528-1001

Website: www.collegefrontiere.ca

Email: montreal@collegefrontiere.ca

Services: * Literacy programs. * French as a second language. * Individual and group tutoring for adults. * Homework assistance. * Training workshops for community organizations. * Conferences.

Eligibility: children, teenagers, adults

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial, fundraising campaigns

Legal status: non-profit organization

MAISON D'AUORE (LA) - ASSISTANCE WITH FORMS

4816 Garnier Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 4B4

514 527-9075 Fax: 514-527-3949

Website: www.maisonauore.org

Email: info@maisonauore.org

Services: * Assistance with filling out forms and letter writing. * Letter reading.

Eligibility: people of all ages

Coverage area: Montréal Island

Hours: Monday, Wednesday and Thursday 9h00 to 12h00 and 13h15 to 17h00, Tuesday 13h15 to 17h00

Fees: none

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

THÉÂTRE APHASIQUE

225 Sherbrooke Street East, Le Plateau-Mont-Royal, Montréal, QC, H2X 1C9

514 288-8201 ext. 4868 Fax: 514 288-7076

Website: theatreaphasique.org

Email: theatreaphasique@hotmail.com

Services: * Theatre workshops. * Video workshop. * Online language stimulation workshop. * Online reading workshop. * Theatre presentations. * Awareness through plays for the general public.

Eligibility: people with aphasia

Capacity: 125 people

Coverage area: Greater Montréal

Hours: Monday to Friday 8h00 to 16h00

Fees: free

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

Legal status: non-profit organization

Public education**ASSOCIATION DES SERVICES DE RÉHABILITATION SOCIALE DU QUÉBEC**

1340 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1M3

514 521-3733 Fax: 514 521-3753

Website: www.asrsq.ca

Email: info@asrsq.ca

Services: Group of organizations providing services to people who have or have had issues with justice. * Research programs. * Public awareness. * Crime prevention. * Training. * Information on the impacts of a criminal record and on pardon application: www.casierjudiciaire.ca

Eligibility: private, community and parapublic organizations, people seeking information about criminal records application

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Financing: federal, provincial

Legal status: non-profit organization

CENTRE DE RESSOURCES ÉDUCATIVES ET PÉDAGOGIQUES

5643 Clark Street, 3rd floor, Le Plateau-Mont-Royal, Montréal, QC, H2T 2V5

514 596-4567 Fax: 514-596-4562

Website: www.icilecrep.qc.ca

Email: crep@csdm.qc.ca

Services: Training offered to individuals, organizations and integration companies. * Social integration. * Socioprofessionnel integration. * Francization. * Popular education.

Eligibility: organizations, integration companies and individuals

Coverage area: Montréal Island

Hours: Monday to Friday 8h00 to 16h00

Fees: free or variable depending on the services

Financing: provincial

Legal status: parapublic organization

DISTANCE EDUCATION FOR ALL LEARNERS

3711 De Bullion Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 3A2

514 798-8808 Fax: 514 788-5955

Website: www.distanted.ca

Email: deal@emsb.qc.ca

Services: * Distance education for all learners: secondary I to V, college and vocational pre-requisite courses. * Courses offered via at-home learning by the English Montreal School Board.

Eligibility: adults aged 16 and over

Coverage area: Province of Québec

Hours: Monday to Thursday 9h00 to 19h00, Friday 9h00 to 12h00

Fees: registration: \$25, book fees

Financing: provincial

Legal status: non-profit organization

EXEKO

5445 de Gaspé Avenue, Suite 405, Le Plateau-Mont-Royal, Montréal, QC, H2T 3B2

514 528-9706

Website: www.exeko.org/en

Email: info@exeko.org

Services: Creation of egalitarian spaces for collective reflection and social inclusion through intellectual and cultural mediation. * Creative workshops: intellectual self defense, social analysis, citizen participation in shelters, day centres, specialized schools and public space. * Cultural outings. * Citizen consultation. * Inclusive library with readings and writing workshops. * IdAction Mobile caravan for people experiencing homelessness: donation of books, art and writing kits, reading glasses and micro workshops.

Eligibility: people in a situation of exclusion or at risk of exclusion

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 18h00

Financing: provincial, municipal, donations, foundations

Legal status: non-profit organization

FRONTIER COLLEGE

4384 Saint-Laurent Boulevard, Le Plateau-Mont-Royal, Montréal, QC, H2W 1Z5

514 528-1001

Website: www.collegefrontiere.ca

Email: montreal@collegefrontiere.ca

Services: * Literacy programs. * French as a second language. * Individual and group tutoring for adults. * Homework assistance. * Training workshops for community organizations. * Conferences.

Eligibility: children, teenagers, adults

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial, fundraising campaigns

Legal status: non-profit organization

HUMANIST ASSOCIATION OF QUÉBEC

1225 Saint-Joseph Boulevard East, Suite 101, Le Plateau-Mont-Royal, Montréal, QC, H2J 1L7

514 307-1653 Fax: 514 312-1729

Website: assohum.org

Email: info@assohum.org

Services: Promotion of critical thinking and humanist and secular values. * Documentation centre. * Conferences. * Film club. * Convivial evenings and events.

Eligibility: adults, people who are experiencing the abandonment of a religious faith or who are under religious pressure

Coverage area: Province of Québec

Hours: Tuesday 14h00 to 16h00

Fees: annual membership: \$25, membership for 2 years: \$40, membership for 3 years: \$50

Financing: donations, self-financing, contributions

Legal status: non-profit organization

INSTITUT DE COOPÉRATION POUR L'ÉDUCATION DES ADULTES

5000 d'Iberville Street, Suite 304, Le Plateau-Mont-Royal, Montréal, QC, H2H 2S6

514 948-2044

Website: www.icea.qc.ca

Email: icea@icea.qc.ca

Services: Promotion of the right to lifelong learning, accessibility to education and adults education. * Information and representation. * Research and documentation.

Eligibility: adults

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 16h30

Financing: grants, membership fees

Legal status: non-profit organization

INSTITUT DU NOUVEAU MONDE

5606 de Gaspé Avenue, Suite 404, Le Plateau-Mont-Royal, Montréal, QC, H2T 2A4

514 934-5999 Fax: 514 934-6330

Website: www.inm.qc.ca

Email: inm@inm.qc.ca

Services: * Citizenship schools for youth. * Social entrepreneurship program. * Strategic meetings on social issues. * Social innovation laboratory. * Advisory services for organizations: participatory process design and facilitation, civic competence development, specific public participation issues. * Documentation centre.

Eligibility: citizens, organizations

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Financing: provincial, grants

Legal status: non-profit organization

THIRD AVENUE RESOURCE CENTRE

3535 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2X 2H8

514 279-1286

Website: www.troisiemeavenue.org

Email: info@troisiemeavenue.org

Services: Popular education program on human rights, citizenship and democracy in schools. * Training, facilitation and consultation. * Parents en action pour l'éducation.

Eligibility: organizations and individuals

Coverage area: Greater Montreal

Hours: Monday to Thursday 9h00 to 17h00

Financing: Centraide of Greater Montréal, donations

Legal status: non-profit organization

School perseverance**DU PARC YMCA**

5550 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2V 4H1

514 271-9622 Fax: 514 277-9102

Website: www.ymcaquebec.org/en/Find-a-Y/Du-Parc-YMCA

Email: contact@ymcaquebec.org

Services: Childhood and family * Parent-child activities. * Activities for children. * Subsidized daycare. * Day and spring break camps. * Homework help for 6 to 12 years old. Youth * Youth Zone for 12 to 17 years old. * Alternative suspension: school dropout prevention program. * CIEC Mile-End and Outremont: youth services cooperative. Sports * Training room. * Group classes. * Sports at the gym. * Public swim for adults and families. * Group or private swimming lessons. * Swimming club and triathlon club. Seniors * Café Rendez-Vous Y: socialization activities for seniors 55 years and over. * Leisure activities. Training * First aid and cardio-pulmonary resuscitation (CPR) courses. * Aquatic certifications. * Fitness certifications. Various * Room rental. * Tax clinic.

Eligibility: children, youth, adults, seniors

Coverage area: Montréal Island

Hours: Monday to Friday 6h30 to 20h30, Saturday and Sunday 8h00 to 17h30

Fees: subscription: variable according to age, activities: variable

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

Legal status: non-profit organization

REGROUPEMENT DES ORGANISMES COMMUNAUTAIRES QUÉBÉCOIS DE LUTTE AU DÉCROCHAGE

1855 Rachel Street East, Suite 101, Le Plateau-Mont-Royal, Montréal, QC, H2H 1P5

1 866 387-0716

Website: www.rocl.d.org

Email: info@rocl.d.org

Services: Promotes dialogue and sharing between organizations working on the problem of school dropout. * Representation as a spokesperson before public and community organizations. * Support for the consolidation and development of their activities.

Eligibility: community organizations working with current or potential dropouts

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Financing: provincial

Legal status: non-profit organization

SCOUTS DU MONTRÉAL MÉTROPOLITAIN (LES)

1215 Saint-Joseph Boulevard East, Suite 101, Le Plateau-Mont-Royal, Montréal, QC, H2J 1L7

514 849-9208 Fax: 514 849-4273

Website: www.scoutsmm.qc.ca

Email: info@scoutsmm.qc.ca

Services: Sports, cultural and educational activities, aimed at developing values, abilities and life skills. * Dropout and physical inactivity prevention. * Integration of youth from cultural communities. * Promotion of volunteering in the local community.

Eligibility: youth 7 to 25 years old

Coverage area: Montréal Island, Laval, Repentigny

Hours: Monday, Tuesday, Thursday and Friday 9h00 to 17h00, Wednesday 9h00 to 21h00

Fees: variable according to the group

Financing: provincial, foundations, federal, self-financing

Legal status: non-profit organization

Vocational training, Cégeps and Universities

CENTRE CHAMPAGNAT - INTÉGRATION SOCIOPROFESSIONNELLE

5017 Saint-Hubert Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2X9

514 350-8800 ext. 8804

Website: centre-champagnat.csdm.ca

Email: c-champagnat@csdm.qc.ca

Services: Socio-professional integration (ISP) with technical training for semi-skilled trades. * Semi-specialized programs: early childhood (0 to 5 years), public building cleaner, stock handler, vehicle cleaner. * Programs based on labor market needs.

Eligibility: people 16 years and older with an adequate knowledge of read, written and spoken French and who have at least completed the 1st cycle of high school

Coverage area: Montréal

Hours: information sessions: variable, courses: Monday to Friday during the day

Fees: training: \$40 per semester, plus related costs, eligible with Services-Québec

Financing: provincial

Legal status: provincial government agency

CENTRE DE RESSOURCES ÉDUCATIVES ET PÉDAGOGIQUES

5643 Clark Street, 3rd floor, Le Plateau-Mont-Royal, Montréal, QC, H2T 2V5

514 596-4567 Fax: 514-596-4562

Website: www.icilecrep.qc.ca

Email: crep@cscdm.qc.ca

Services: Training offered to individuals, organizations and integration companies. * Social integration. * Socioprofessionnel integration. * Francization. * Popular education.

Eligibility: organizations, integration companies and individuals

Coverage area: Montréal Island

Hours: Monday to Friday 8h00 to 16h00

Fees: free or variable depending on the services

Financing: provincial

Legal status: parapublic organization

DISTANCE EDUCATION FOR ALL LEARNERS

3711 De Bullion Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 3A2

514 798-8808 Fax: 514 788-5955

Website: www.distanted.ca

Email: deal@emsb.qc.ca

Services: * Distance education for all learners: secondary I to V, college and vocational pre-requisite courses. * Courses offered via at-home learning by the English Montreal School Board.

Eligibility: adults aged 16 and over

Coverage area: Province of Québec

Hours: Monday to Thursday 9h00 to 19h00, Friday 9h00 to 12h00

Fees: registration: \$25, book fees

Financing: provincial

Legal status: non-profit organization

INSTITUT DE TOURISME ET D'HÔTELLERIE DU QUÉBEC

3535 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 3P1

1 800 361-5111 Fax: 514 282-5126

Website: www.ithq.qc.ca/en

Email: ecole@ithq.qc.ca

Services: Training of staff able to fulfill professional functions required in hotels, restaurants and the tourism industry.

Eligibility: students from secondary school, college, university clientele, continuing education

Capacity: 1200 students

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Financing: self-financing, provincial, grants

Legal status: provincial government agency

LES MUSES - CENTRE DES ARTS DE LA SCÈNE

5017 Saint-Hubert Street, Suite 317, Le Plateau-Mont-Royal, Montréal, QC, H2J 2X9

514 350-8060 ext. 8834

Website: www.lesmuses.org

Email: info@lesmuses.org

Services: Performing arts professional school for artists living with a disability. * Promotion of the integration of artists with disabilities to the artistic community. * Training programs: acting, dancing and singing.

Eligibility: people living with and intellectual, physical or sensorial disability, with an autism spectrum disorder

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 15h10

Fees: none

Financing: municipal, provincial, federal, donations

Legal status: non-profit organization

Employment and Income Support**ADVOCACY FOR WORKERS AND UNEMPLOYED****BUDGET MANAGEMENT AND CONSUMPTION****BUSINESS DEVELOPMENT****EMPLOYMENT SUPPORT AND TRAINING****EMPLOYMENT SUPPORT FOR IMMIGRANTS****EMPLOYMENT SUPPORT FOR SENIORS****EMPLOYMENT SUPPORT FOR WOMEN****EMPLOYMENT SUPPORT FOR YOUTH****TAX CLINICS****VOCATIONAL REHABILITATION AND DISABILITY-RELATED EMPLOYMENT**

Advocacy for workers and unemployed

COALITION DES ORGANISMES COMMUNAUTAIRES POUR LE DÉVELOPPEMENT DE LA MAIN-D'OEUVRE

5000 d'Iberville Street, Suite 304, Le Plateau-Mont-Royal, Montréal, QC, H2H 2S6

514 948-0505

Website: cocdmo.qc.ca

Email: info@cocdmo.qc.ca

Services: * Job insertion and integration. * Training and education adapted to the needs. * Rights promotion and advocacy. * Local and community development.

Eligibility: employability organizations, people who are unemployed

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: national members: \$500 per year, corporate members: \$25 per year

Financing: provincial

Legal status: non-profit organization

COMITÉ CHÔMAGE DE MONTRÉAL

3734 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2X 2J1

514 933-5915 Fax: 514 933-4074

Website: www.comitechomage.qc.ca

Email: ccm@comitechomage.qc.ca

Services: * Information and advocacy for the unemployed.

Eligibility: unemployed people

Coverage area: Montréal Island

Hours: Monday to Friday 9h30 to 16h30, phone service: Monday to Thursday 13h00 to 16h30

Financing: donations, provincial

Legal status: non-profit organization

CONSEIL NATIONAL DES CHÔMEURS ET CHÔMEUSES

3734 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2X 2J1

514 933-3764 Fax: 514 933-4074

Website: www.lecnc.com

Email: cnc@lecnc.com

Services: Rights advocacy groups consolidation. * Collective action, education and awareness. * Individual and group meetings.

Eligibility: unemployed people's rights advocacy groups

Coverage area: Province of Québec

Hours: Monday to Friday

Fees: free

Financing: contributions, provincial, grants

Legal status: non-profit organization

Budget management and consumption

CENTRE DE RÉADAPTATION EN DÉPENDANCE DE MONTRÉAL - POINT DE SERVICE PRINCE-ARTHUR

110 Prince-Arthur Street West, Le Plateau-Mont-Royal, Montréal, QC, H2X 1S7

514 385-1232

Website: <https://ciusss-centresudmtl.gouv.qc.ca>

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

Services: Addiction rehabilitation centre. Outpatient services for the south-central sector of Montréal * Specialized assessment, rehabilitation, social reintegration. * Individual, group, family and couple intervention. * Support to relatives. * External addiction nursing services. * Budget management. Emergency addictions service * Crisis intervention by telephone or on site for people with a drug addiction problem: assessment and support by nurses and stakeholders and doctors. * Short-term accommodation. * References to the other services of the Centre. * Excessive gambling: support, individual or group intervention, budget consultation. * Social integration: partnerships with non-institutional, family, professional or community resources. Internal withdrawal management service * Light to moderate weaning (severe weaning will be transferred to the hospital). Treatment with opioid agonists: CRAN program * Substitution treatment of opioid dependence. * Listening, help and guidance. * Medical, nursing and psychosocial services. * Perinatal services. * Support to relatives. * Clinical support for professionals and training for community stakeholders. Training and support service in addiction

Eligibility: young people and adults with an addiction (drugs including opioid, alcohol, gambling or cyber addiction), their relatives

Capacity: 28 beds for withdrawal management and 10 stretchers in the addiction emergency room

Coverage area: Centre-Sud de l'île de Montréal

Hours: outpatient rehabilitation services: Monday to Thursday 8h00 to 20h00, Friday 8h00 to 16h00, treatment with opioid agonists: Monday to Friday 9h00 to 17h00, addiction emergency: 24/7

Fees: free

Financing: provincial

Legal status: provincial government agency

QUEBEC ASSOCIATION OF POSTSECONDARY STUDENTS WITH DISABILITIES

425 Sherbrooke Street East, Suite 06, Le Plateau-Mont-Royal, Montréal, QC, H2L 1J9

514 499-9451

Website: www.aqeips.qc.ca

Email: info@aqeips.qc.ca

Services: * Advocacy and promotion of the interests of students with disabilities. * Information to members and their parents. * Scholarships program. * Online resource guide Post-Secondary Studies Are Also For You! aqeips.qc.ca/en/guide/about-this-guide/

Eligibility: postsecondary students with disabilities

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: active member: free, support member: \$20, institutional member: \$50

Financing: provincial, self-financing

Legal status: non-profit organization

QUÉBEC BREAST CANCER FOUNDATION

279 Sherbrooke Street West, Suite 305, Le Plateau-Mont-Royal, Montréal, QC, H2X 1Y1

1 877 990-7171 Fax: 514 871-9797

Website: www.rubanrose.org/en

Email: info@rubanrose.org

Services: Support for people living with breast cancer. * Phone listening, referral and information. * Financial support for people living with the illness. * Conferences for women with the illness, survivors and their relatives. * Educational conferences and distribution of material in health centres. * Educational website on breast health: www.breastsobservation.org * Funding of scientific and research projects.

Eligibility: support: people with breast cancer, education and awareness: general public

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: free

Financing: fundraising campaigns, donations

Legal status: non-profit organization

WINDMILL MICROLENDING

5455 de Gaspé Avenue, Suite 783, Le Plateau-Mont-Royal, Montréal, QC, H2T 3B3

1 855 423-2262 ext. 701

Website: www.windmillmicrolending.org

Email: info@teamwindmill.org

Services: Charity organization offering skill recognition for immigrants who have been trained internationally. * Loans up to \$15,000 to pay for associated fees with the equivalency process with professional bodies, continuing education, career change and moving to rural areas for work. * Personalized accompaniment. * All occupations are eligible: health, engineering, finances, education, IT, etc.

Eligibility: immigrants and accepted refugees, newcomers to Canada on a low income

Coverage area: Canada

Financing: federal, provincial, foundations, donations

Legal status: non-profit organization

Business development**CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DU CENTRE-SUD-DE-L'ÎLE-DE-MONTRÉAL**

155 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2T 1H4

514 842-7226

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

Email: info.ccsmtl@ssss.gouv.qc.ca

Services: Planning, coordination and organization of social and health services. * Responsibility of the availability of care to the entire population, including the most vulnerable. * Management of simplified access to services. * Administration of partnerships with intermediate resources. * Handling of complaints regarding dissatisfaction or violation of rights of users.

Coverage area: Le Plateau-Mont-Royal, Le Sud-Ouest, Verdun, Ville-Marie

Financing: provincial

Legal status: non-profit organization

COMPAGNIE F, L'ENTREPRENEURIAT AU FÉMININ

3875A Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2W 2M4

514 381-7333

Website: www.compagnie-f.org

Email: info@compagnie-f.org

Services: * Training and coaching. * Organization of events and special projects highlighting women entrepreneurship.

Eligibility: women wishing to start or build their business

Coverage area: Greater Montréal

Hours: Monday to Friday 10h00 to 16h00

Financing: self-financing

Legal status: non-profit organization

FUTURPRENEUR CANADA - BUREAU DU QUÉBEC

5605 De Gaspé Avenue, Suite 402, Le Plateau-Mont-Royal, Montréal, QC, H2T 2A4

514 225-7035

Website: www.futurpreneur.ca

Email: info@futurpreneur.ca

Services: Youth entrepreneurship support. * Pre-startup and startup assistance. * Accompaniment of part-time entrepreneurs. * Funding mentoring. * Online resource centre. * Financing up to \$60,000.

Eligibility: entrepreneurs 18 to 39 years old

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: free

Financing: federal, provincial, donations

Legal status: non-profit organization

MICROCRÉDIT MONTRÉAL

3680 Jeanne-Mance Street, Suite 319, Le Plateau-Mont-Royal, Montréal, QC, H2X 2K5

514 843-7296

Website: microcreditmontreal.ca

Email: info@microcreditmontreal.ca

Services: * Loans, accompaniment and technical support to individuals and organizations who do not have access to traditional forms of credit for the starting up or expansion of their business. * Awareness workshop on community credit. * Training aimed at the development of entrepreneurial skills and business plan. * Recognition of prior learning: funding for the recognition and update of the professional skills of people trained abroad. * Ensemble pour l'entreprenariat des femmes immigrantes program: workshops, conferences, mentoring, accompaniment in a business project.

Eligibility: individuals excluded from traditional financing systems, immigrants, community organizations

Coverage area: Montréal Island

Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 12h30

Financing: provincial, donations

Legal status: non-profit organization

SERVICES QUÉBEC - POINT DE SERVICE DU PLATEAU-MONT-ROYAL

5105 de Gaspé Avenue, 3rd floor, Le Plateau-Mont-Royal, Montréal, QC, H2T 0A1

514 872-4922 Fax: 514 872-6815

Website: www.gouv.qc.ca/EN/NousJoindre/Pages/Bureaux.aspx

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

Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 18 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Le Plateau-Mont-Royal

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

Financing: provincial

Legal status: provincial government agency

Employment support and training

CENTRE COMMUNAUTAIRE VERTICAL

3767 Berri Street, Le Plateau-Mont-Royal, Montréal, QC, H2L 4G7

514 750-3946

Email: nydia@restauracion.ca

Services: Assistance centre for people in need. * Food baskets and emergency assistance. * Help in writing a resume. * Orientation and integration service for newcomers. * Moral support. * Christmas baskets.

Eligibility: people in need, newcomers, students

Capacity: 100 baskets

Coverage area: Plateau Mont-Royal, Hochelaga-Maisonneuve, Ville-Marie

Hours: distribution: Tuesday 14h00 to 18h00, support: Wednesday 11h00 to 13h00 and 14h00 to 16h00, Thursday 11h00 to 13h00

Fees: food basket: \$7

Financing: municipal, donations

Legal status: non-profit organization

CENTRE DE RESSOURCES ÉDUCATIVES ET PÉDAGOGIQUES

5643 Clark Street, 3rd floor, Le Plateau-Mont-Royal, Montréal, QC, H2T 2V5

514 596-4567 Fax: 514-596-4562

Website: www.icilecrep.qc.ca

Email: crep@csgdm.qc.ca

Services: Training offered to individuals, organizations and integration companies. * Social integration. * Socioprofessionnel integration. * Francization. * Popular education.

Eligibility: organizations, integration companies and individuals

Coverage area: Montréal Island

Hours: Monday to Friday 8h00 to 16h00

Fees: free or variable depending on the services

Financing: provincial

Legal status: parapublic organization

COALITION DES ORGANISMES COMMUNAUTAIRES POUR LE DÉVELOPPEMENT DE LA MAIN-D'OEUVRE

5000 d'Iberville Street, Suite 304, Le Plateau-Mont-Royal, Montréal, QC, H2H 2S6

514 948-0505

Website: cocdmo.qc.ca

Email: info@cocdmo.qc.ca

Services: * Job insertion and integration. * Training and education adapted to the needs. * Rights promotion and advocacy. * Local and community development.

Eligibility: employability organizations, people who are unemployed

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: national members: \$500 per year, corporate members: \$25 per year

Financing: provincial

Legal status: non-profit organization

CONSEILLERS EN DÉVELOPPEMENT DE L'EMPLOYABILITÉ

425 Sherbrooke Street East, Suite 11, Le Plateau-Mont-Royal, Montréal, QC, H2L 1J9

514 522-9151 Fax: 514 522-5547

Website: www.codem.qc.ca

Email: sae@codem.qc.ca

Services: * Personalized and adapted career guidance. * Individualized service aimed at labour market integration. * Skills assessment, coaching and job search techniques. * Individual consultations.

Eligibility: restrictions according to programs

Coverage area: Greater Montréal

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

Fees: none

Financing: provincial

Legal status: non-profit organization

CONSEILLERS EN DÉVELOPPEMENT DE LA MAIN-D'OEUVRE (LES)

425 Sherbrooke Street East, Suite 11, Le Plateau-Mont-Royal, Montréal, QC, H2L 1J9

514 522-9151 Fax: 514 528-8507

Website: www.codem.qc.ca

Email: sae@codem.qc.ca

Services: * Socioprofessional integration: reception, needs assessment, referral, monitoring, follow-up. * Career and education guidance. * Job search help. * Returning to school. * Assessment of skills. * Career transition. * Employment integration. * Business start-up. * Information on the labor market and training programs. * Bank of employers. * Dropout prevention.

Eligibility: people 16 years old and over, companies, organizations

Coverage area: Centre-Sud, Plateau Mont-Royal, Mile-End

Hours: Monday, Tuesday, Thursday, Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 8h30 to 12h00 and 14h00 to 19h30

Fees: none

Financing: provincial

Legal status: non-profit organization

FONDATION TRAVAIL SANS FRONTIÈRES

4535 Saint-Laurent Boulevard, Le Plateau-Mont-Royal, Montréal, QC, H2T 1R2

514 499-0606 Fax: 514 499-1819

Website: tsf.qc.ca

Email: emploi@tsf.qc.ca

Services: * Proactive job search: resume, business cards, vocational guidance, psychosocial follow-up if needed. * Development workshops: Internet and social networks, phone calls and networking, job interviews, personal knowledge and organization. * Equipment available: computers, photocopier, fax, Internet. * Projet Essor: program for people working in arts and culture who wish to make a career transition. * Mutation vers l'emploi: 12-week program for men aged 36 to 60 furthest from the labour market or in the process of a career transition. * Programme d'organisation au travail: 12-week program for men and women aged 16 to 35 furthest from the labour market and who wish to return to school. * Motiv'action: 26-week program for youth 16 to 29 years old struggling with social or professional integration difficulties.

Eligibility: people 16 years and over

Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

MICROCRÉDIT MONTRÉAL

3680 Jeanne-Mance Street, Suite 319, Le Plateau-Mont-Royal, Montréal, QC, H2X 2K5

514 843-7296

Website: microcreditmontreal.ca

Email: info@microcreditmontreal.ca

Services: * Loans, accompaniment and technical support to individuals and organizations who do not have access to traditional forms of credit for the starting up or expansion of their business. * Awareness workshop on community credit. * Training aimed at the development of entrepreneurial skills and business plan. * Recognition of prior learning: funding for the recognition and update of the professional skills of people trained abroad. * Ensemble pour l'entreprenariat des femmes immigrantes program: workshops, conferences, mentoring, accompaniment in a business project.

Eligibility: individuals excluded from traditional financing systems, immigrants, community organizations

Coverage area: Montréal Island

Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 12h30

Financing: provincial, donations

Legal status: non-profit organization

RESTO PLATEAU

4450 Saint-Hubert Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 527-5997 Fax: 514 527-5965

Website: www.restoplateau.com

Services: * Community restaurant providing affordable meals. * Catering. * Cooking training and socioprofessional integration. * Program subsidized by Emploi-Québec. * Community development and partnerships. * Tax clinic for members only.

Eligibility: people on a low income or isolated

Capacity: 250 to 450 people per day

Coverage area: Montréal Island

Hours: restaurant: Monday to Friday 11h30 to 13h30, office: 9h00 to 17h00

Fees: meal: \$4.25

Financing: grants, donations, Centraide of Greater Montréal, foundations

Legal status: non-profit organization

SERVICE D'ORIENTATION ET DE RECHERCHE D'EMPLOI POUR L'INTÉGRATION DES FEMMES AU TRAVAIL

5150 Saint-Hubert Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2Y3

514 271-3866 Fax: 514 271-5002

Website: www.sorif.org

Email: info@sorif.org

Services: 15-week full-time group training to learn about courses and the labour market, develop self-confidence, conciliate work, family and studies, make a personal and professional assessment and define career choice. * Introduction to computers workshops. * Internships in businesses. * Job search assistance. * Support for returning to school.

Eligibility: women with children, speaking and writing French

Coverage area: Montreal Island

Hours: Monday to Friday 8h30 to 16h30

Fees: free, possibility of allowances granted by Emploi-Québec

Financing: provincial

Legal status: non-profit organization

SERVICES QUÉBEC - POINT DE SERVICE DU PLATEAU-MONT-ROYAL

5105 de Gaspé Avenue, 3rd floor, Le Plateau-Mont-Royal, Montréal, QC, H2T 0A1

514 872-4922 Fax: 514 872-6815

Website: www.gouv.qc.ca/EN/NousJoindre/Pages/Bureaux.aspx

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

Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 18 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Le Plateau-Mont-Royal

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

Financing: provincial

Legal status: provincial government agency

WINDMILL MICROLENDING

5455 de Gaspé Avenue, Suite 783, Le Plateau-Mont-Royal, Montréal, QC, H2T 3B3

1 855 423-2262 ext. 701

Website: www.windmillmicrolending.org

Email: info@teamwindmill.org

Services: Charity organization offering skill recognition for immigrants who have been trained internationally. * Loans up to \$15,000 to pay for associated fees with the equivalency process with professional bodies, continuing education, career change and moving to rural areas for work. * Personalized accompaniment. * All occupations are eligible: health, engineering, finances, education, IT, etc.

Eligibility: immigrants and accepted refugees, newcomers to Canada on a low income

Coverage area: Canada

Financing: federal, provincial, foundations, donations

Legal status: non-profit organization

WOMEN'S CENTRE OF MONTRÉAL - EMPLOYABILITY - NON-TRADITIONAL TRADES

3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6

514 842-6652 Fax: 514 284-2243

Website: www.centredesfemmesdemtl.org/en

Email: emploi@centredesfemmesdemtl.org

Services: Employment integration support and access to training programs for women interested in non-traditional trades and professions. * Ongoing admission. * 4 week group program: thorough skills assessment and portfolio. * Individual coaching. * Action-oriented and support program. * Professional English classes and computer classes for beginners. * Workshops on self-awareness, identification of a realistic goal, soft skills in the workplace and various subjects. * Career plan development. * Training and professional information. * Job search tools and strategies, job search assistance. * Social networks. * Internship management and monitoring. * Pairing and mentoring.

Eligibility: women into sectors where the female workforce accounts for less than 33% of the total, group workshops: French only, individual meetings: French and English

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Financing: provincial, membership fees, donations, grants, Centraide of Greater Montréal

Legal status: non-profit organization

WOMEN'S CENTRE OF MONTRÉAL - EMPLOYABILITY - QUEBECERS AND IMMIGRANTS SETTLED FOR MORE THAN 5 YEARS

3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6

514 842-6652 Fax: 514 284-2243

Website: www.centredesfemmesdemtl.org

Email: emploi@centredesfemmesdemtl.org

Services: Employment preparation program. * Ongoing admission. * Action-oriented and support program. * Workshops on various subjects. * Pairing and mentoring.

Eligibility: Quebecers and immigrants for more than 5 years, group workshops: in French only, individual counselling: in French and English

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Fees: free

Financing: provincial, membership fees, donations, grants, Centraide of Greater Montréal

Legal status: non-profit organization

WOMEN'S CENTRE OF MONTRÉAL - EMPLOYABILITY - WOMEN AGED 50 YEARS AND OVER

3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6

514 842-6652 Fax: 514 284-2243

Website: www.centredesfemmesdemtl.org/en

Email: emploi@centredesfemmesdemtl.org

Services: Employment integration support for women 50 years old and over. * Individual coaching. * 7 week program for women 50 years old and over. * 4 week program for women 60 years old and over. * Group program: thorough skills assessment and portfolio. * English and computer refresher courses. * Action-oriented and support program. * Repositioning on the job market. * Career plan development. * Job search tools and strategies, job search assistance. * Workshops on mid-life, stress management, self-awareness and various subjects. * Social networks. * Pairing and mentoring.

Eligibility: women 50 years old and over seeking a job, group workshops: French only, one on one meetings: French and English

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial, membership fees, donations, grants, Centraide of Greater Montréal

Legal status: non-profit organization

WOMEN'S CENTRE OF MONTRÉAL - EMPLOYABILITY - WOMEN NEWLY ARRIVED

3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6

514 842-6652 Fax: 514 284-2243

Website: www.centredesfemmesdemtl.org/en

Email: emploi@centredesfemmesdemtl.org

Services: Support to professional integration. * Ongoing admission. * Individual coaching. * 6 week group program for women who need to define their career objective. * Action-oriented and support program. * Professional English classes. * Skills assessment and interest tests. * Transfer of qualifications. * Training and professional information. * Job search tools and techniques, job search assistance. * Social networks and networking. * Migration process. * Stress management workshop and workshops on various subjects. * Internship management and monitoring. * Pairing and mentoring.

Eligibility: immigrant and recently arrived women, group workshops: in French only, individual meetings: in French and English

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Financing: provincial, membership fees, donations, grants, Centraide of Greater Montréal

Legal status: non-profit organization

Employment support for immigrants**ALTERNATIVES, RÉSEAU D'ACTION ET DE COMMUNICATION POUR LE DÉVELOPPEMENT INTERNATIONAL**

3720 du Parc Avenue, Suite 300, Le Plateau-Mont-Royal, Montréal, QC, H2X 2J1

1 800 982-6646 Fax: 514 982-6122

Website: www.alternatives.ca

Email: info@alternatives.ca

Services: Networking, development of innovative initiatives and promotion for popular and social movements fighting for economic, social, political, cultural and environmental rights. * Employment assistance for immigrants: orientation, resume and cover letter writing, job search assistance, interview preparation and simulation. * Project creation: research, mobilization, international solidarity.

Eligibility: general population, employment assistance: refugees and permanent residents in Canada for less than 5 years who are unemployed and not registered as full-time students

Coverage area: Canada, employment assistance: Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: annual membership: \$60, employment assistance: none

Financing: self-financing, membership fees

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE VERTICAL

3767 Berri Street, Le Plateau-Mont-Royal, Montréal, QC, H2L 4G7

514 750-3946

Email: nydia@restauracion.ca

Services: Assistance centre for people in need. * Food baskets and emergency assistance. * Help in writing a resume. * Orientation and integration service for newcomers. * Moral support. * Christmas baskets.

Eligibility: people in need, newcomers, students

Capacity: 100 baskets

Coverage area: Plateau Mont-Royal, Hochelaga-Maisonneuve, Ville-Marie

Hours: distribution: Tuesday 14h00 to 18h00, support: Wednesday 11h00 to 13h00 and 14h00 to 16h00, Thursday 11h00 to 13h00

Fees: food basket: \$7

Financing: municipal, donations

Legal status: non-profit organization

HIRONDELLE, WELCOMING AND INTEGRATION SERVICES FOR IMMIGRANTS (L')

4652 Jeanne-Mance Street, 2nd and 3rd Floor, Le Plateau-Mont-Royal, Montréal, QC, H2V 4J4

514 281-5696 Fax: 514 281-5628

Website: www.hirondelle.qc.ca

Services: * Accompaniment, information and referral. * Accessible food: food donation program for three months for users already registered in another service. * Interpretation and translation. * Housing search assistance. * Sociocultural and socioeducational activities. * Employment integration assistance. * Services for fathers. * Support for families. * Intercultural bridging activities.

Eligibility: new immigrants and accepted refugees

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: free

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

MICROCRÉDIT MONTRÉAL

3680 Jeanne-Mance Street, Suite 319, Le Plateau-Mont-Royal, Montréal, QC, H2X 2K5

514 843-7296

Website: microcreditmontreal.ca

Email: info@microcreditmontreal.ca

Services: * Loans, accompaniment and technical support to individuals and organizations who do not have access to traditional forms of credit for the starting up or expansion of their business. * Awareness workshop on community credit. * Training aimed at the development of entrepreneurial skills and business plan. *

Recognition of prior learning: funding for the recognition and update of the professional skills of people trained abroad. * Ensemble pour l'entreprenariat des femmes immigrantes program: workshops, conferences, mentoring, accompaniment in a business project.

Eligibility: individuals excluded from traditional financing systems, immigrants, community organizations

Coverage area: Montréal Island

Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 12h30

Financing: provincial, donations

Legal status: non-profit organization

WINDMILL MICROLENDING

5455 de Gaspé Avenue, Suite 783, Le Plateau-Mont-Royal, Montréal, QC, H2T 3B3

1 855 423-2262 ext. 701

Website: www.windmillmicrolending.org

Email: info@teamwindmill.org

Services: Charity organization offering skill recognition for immigrants who have been trained internationally. * Loans up to \$15,000 to pay for associated fees with the equivalency process with professional bodies, continuing education, career change and moving to rural areas for work. * Personalized accompaniment. * All occupations are eligible: health, engineering, finances, education, IT, etc.

Eligibility: immigrants and accepted refugees, newcomers to Canada on a low income

Coverage area: Canada

Financing: federal, provincial, foundations, donations

Legal status: non-profit organization

WOMEN'S CENTRE OF MONTRÉAL - EMPLOYABILITY - WOMEN NEWLY ARRIVED

3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6

514 842-6652 Fax: 514 284-2243

Website: www.centredesfemmesdemtl.org/en

Email: emploi@centredesfemmesdemtl.org

Services: Support to professional integration. * Ongoing admission. * Individual coaching. * 6 week group program for women who need to define their career objective. * Action-oriented and support program. * Professional English classes. * Skills assessment and interest tests. * Transfer of qualifications. * Training and professional information. * Job search tools and techniques, job search assistance. * Social networks and networking. * Migration process. * Stress management workshop and workshops on various subjects. * Internship management and monitoring. * Pairing and mentoring.

Eligibility: immigrant and recently arrived women, group workshops: in French only, individual meetings: in French and English

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Financing: provincial, membership fees, donations, grants, Centraide of Greater Montréal

Legal status: non-profit organization

Employment support for seniors**FONDATION TRAVAIL SANS FRONTIÈRES**

4535 Saint-Laurent Boulevard, Le Plateau-Mont-Royal, Montréal, QC, H2T 1R2

514 499-0606 Fax: 514 499-1819

Website: tsf.qc.ca

Email: emploi@tsf.qc.ca

Services: * Proactive job search: resume, business cards, vocational guidance, psychosocial follow-up if needed. * Development workshops: Internet and social networks, phone calls and networking, job interviews, personal knowledge and organization. * Equipment available: computers, photocopier, fax, Internet. * Projet Essor: program for people working in arts and culture who wish to make a career transition. * Mutation vers l'emploi: 12-week program for men aged 36 to 60 furthest from the labour market or in the process of a career transition. * Programme d'organisation au travail: 12-week program for men and women aged 16 to 35 furthest from the labour market and who wish to return to school. * Motiv'action: 26-week program for youth 16 to 29 years old struggling with social or professional integration difficulties.

Eligibility: people 16 years and over

Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

WOMEN'S CENTRE OF MONTRÉAL - EMPLOYABILITY - WOMEN AGED 50 YEARS AND OVER

3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6

514 842-6652 Fax: 514 284-2243

Website: www.centredesfemmesdemtl.org/en

Email: emploi@centredesfemmesdemtl.org

Services: Employment integration support for women 50 years old and over. * Individual coaching. * 7 week program for women 50 years old and over. * 4 week program for women 60 years old and over. * Group program: thorough skills assessment and portfolio. * English and computer refresher courses. * Action-oriented and support program. * Repositioning on the job market. * Career plan development. * Job search tools and strategies, job search assistance. * Workshops on mid-life, stress management, self-awareness and various subjects. * Social networks. * Pairing and mentoring.

Eligibility: women 50 years old and over seeking a job, group workshops: French only, one on one meetings: French and English

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial, membership fees, donations, grants, Centraide of Greater Montréal

Legal status: non-profit organization

Employment support for women**CENTRE DES FEMMES DU PLATEAU MONT-ROYAL**

1022 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1L1

514 527-2295

Website: www.cfemmesplateau.org

Email: info@cfemmesplateau.org

Services: * Reception, listening and referral. * Training workshops. * Information meetings. * Special activities. * Socioprofessional integration and guidance.

Eligibility: women of all ages and backgrounds

Coverage area: Greater Montréal

Hours: Tuesday to Thursday 9h00 to 17h00

Financing: provincial, municipal

Legal status: non-profit organization

DRESS FOR SUCCESS MONTRÉAL

3945 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2W 2M4

514 282-1222

Website: dressforsuccessmontreal.org

Email: info@dressforsuccessmontreal.org

Services: Professional integration assistance for women. * Ready-to-wear program: professional outfits selection and donations and interview preparation. * Réseau femmes action: networking and conferences. * Recovery of professional clothing.

Eligibility: women in the process of integrating the job market with very limited financial resources or none

Coverage area: Montréal Island

Hours: by appointment only

Fees: none

Financing: donations

Legal status: non-profit organization

SERVICE D'ORIENTATION ET DE RECHERCHE D'EMPLOI POUR L'INTÉGRATION DES FEMMES AU TRAVAIL

5150 Saint-Hubert Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2Y3

514 271-3866 Fax: 514 271-5002

Website: www.sorif.org

Email: info@sorif.org

Services: 15-week full-time group training to learn about courses and the labour market, develop self-confidence, conciliate work, family and studies, make a personal and professional assessment and define career choice. * Introduction to computers workshops. * Internships in businesses. * Job search assistance. * Support for returning to school.

Eligibility: women with children, speaking and writing French

Coverage area: Montreal Island

Hours: Monday to Friday 8h30 to 16h30

Fees: free, possibility of allowances granted by Emploi-Québec

Financing: provincial

Legal status: non-profit organization

WOMEN'S CENTRE OF MONTRÉAL - EMPLOYABILITY - NON-TRADITIONAL TRADES

3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6

514 842-6652 Fax: 514 284-2243

Website: www.centredesfemmesdemtl.org/en

Email: emploi@centredesfemmesdemtl.org

Services: Employment integration support and access to training programs for women interested in non-traditional trades and professions. * Ongoing admission. * 4 week group program: thorough skills assessment and portfolio. * Individual coaching. * Action-oriented and support program. * Professional English classes and computer classes for beginners. * Workshops on self-awareness, identification of a realistic goal, soft skills in the workplace and various subjects. * Career plan development. * Training and professional information. * Job search tools and strategies, job search assistance. * Social networks. * Internship management and monitoring. * Pairing and mentoring.

Eligibility: women into sectors where the female workforce accounts for less than 33% of the total, group workshops: French only, individual meetings: French and English

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Financing: provincial, membership fees, donations, grants, Centraide of Greater Montréal

Legal status: non-profit organization

WOMEN'S CENTRE OF MONTRÉAL - EMPLOYABILITY - QUEBECERS AND IMMIGRANTS SETTLED FOR MORE THAN 5 YEARS

3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6

514 842-6652 Fax: 514 284-2243

Website: www.centredesfemmesdemtl.org

Email: emploi@centredesfemmesdemtl.org

Services: Employment preparation program. * Ongoing admission. * Action-oriented and support program. * Workshops on various subjects. * Pairing and mentoring.

Eligibility: Quebecers and immigrants for more than 5 years, group workshops: in French only, individual counselling: in French and English

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Fees: free

Financing: provincial, membership fees, donations, grants, Centraide of Greater Montréal

Legal status: non-profit organization

WOMEN'S CENTRE OF MONTRÉAL - EMPLOYABILITY - WOMEN AGED 50 YEARS AND OVER

3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6

514 842-6652 Fax: 514 284-2243

Website: www.centredesfemmesdemtl.org/en

Email: emploi@centredesfemmesdemtl.org

Services: Employment integration support for women 50 years old and over. * Individual coaching. * 7 week program for women 50 years old and over. * 4 week program for women 60 years old and over. * Group program: thorough skills assessment and portfolio. * English and computer refresher courses. * Action-oriented and support program. * Repositioning on the job market. * Career plan development. * Job search tools and strategies, job search assistance. * Workshops on mid-life, stress management, self-awareness and various subjects. * Social networks. * Pairing and mentoring.

Eligibility: women 50 years old and over seeking a job, group workshops: French only, one on one meetings: French and English

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial, membership fees, donations, grants, Centraide of Greater Montréal

Legal status: non-profit organization

WOMEN'S CENTRE OF MONTRÉAL - EMPLOYABILITY - WOMEN NEWLY ARRIVED

3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6

514 842-6652 Fax: 514 284-2243

Website: www.centredesfemmesdemtl.org/en

Email: emploi@centredesfemmesdemtl.org

Services: Support to professional integration. * Ongoing admission. * Individual coaching. * 6 week group program for women who need to define their career objective. * Action-oriented and support program. * Professional English classes. * Skills assessment and interest tests. * Transfer of qualifications. * Training and professional information. * Job search tools and techniques, job search assistance. * Social networks and networking. * Migration process. * Stress management workshop and workshops on various subjects. * Internship management and monitoring. * Pairing and mentoring.

Eligibility: immigrant and recently arrived women, group workshops: in French only, individual meetings: in French and English

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Financing: provincial, membership fees, donations, grants, Centraide of Greater Montréal

Legal status: non-profit organization

Employment support for youth**CONSEILLERS EN DÉVELOPPEMENT DE LA MAIN-D'OEUVRE (LES)**

425 Sherbrooke Street East, Suite 11, Le Plateau-Mont-Royal, Montréal, QC, H2L 1J9

514 522-9151 Fax: 514 528-8507

Website: www.codem.qc.ca

Email: sae@codem.qc.ca

Services: * Socioprofessional integration: reception, needs assessment, referral, monitoring, follow-up. * Career and education guidance. * Job search help. * Returning to school. * Assessment of skills. * Career transition. * Employment integration. * Business start-up. * Information on the labor market and training programs. * Bank of employers. * Dropout prevention.

Eligibility: people 16 years old and over, companies, organizations

Coverage area: Centre-Sud, Plateau Mont-Royal, Mile-End

Hours: Monday, Tuesday, Thursday, Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 8h30 to 12h00 and 14h00 to 19h30

Fees: none

Financing: provincial

Legal status: non-profit organization

DU PARC YMCA

5550 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2V 4H1

514 271-9622 Fax: 514 277-9102

Website: www.ymcaquebec.org/en/Find-a-Y/Du-Parc-YMCA

Email: contact@ymcaquebec.org

Services: Childhood and family * Parent-child activities. * Activities for children. * Subsidized daycare. * Day and spring break camps. * Homework help for 6 to 12 years old. Youth * Youth Zone for 12 to 17 years old. * Alternative suspension: school dropout prevention program. * CIEC Mile-End and Outremont: youth services cooperative. Sports * Training room. * Group classes. * Sports at the gym. * Public swim for adults and families. * Group or private swimming lessons. * Swimming club and triathlon club. Seniors * Café Rendez-Vous Y: socialization activities for seniors 55 years and over. * Leisure activities. Training * First aid and cardio-pulmonary resuscitation (CPR) courses. * Aquatic certifications. * Fitness certifications. Various * Room rental. * Tax clinic.

Eligibility: children, youth, adults, seniors

Coverage area: Montréal Island

Hours: Monday to Friday 6h30 to 20h30, Saturday and Sunday 8h00 to 17h30

Fees: subscription: variable according to age, activities: variable

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

Legal status: non-profit organization

FABRIQUE ENTREPRENEURIALE (LA)

5445 de Lorimier Avenue, Suite 408C, Le Plateau-Mont-Royal, Montréal, QC, H2H 2S5

514 375-4500 Fax: 514 526-2911

Website: www.fabrique.coop

Email: info@fabrique.coop

Services: Youth entrepreneurship assistance.

Eligibility: youth 15 to 29 years old

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 16h00

Financing: provincial, grants

Legal status: non-profit organization

FONDATION TRAVAIL SANS FRONTIÈRES

4535 Saint-Laurent Boulevard, Le Plateau-Mont-Royal, Montréal, QC, H2T 1R2

514 499-0606 Fax: 514 499-1819

Website: tsf.qc.ca

Email: emploi@tsf.qc.ca

Services: * Proactive job search: resume, business cards, vocational guidance, psychosocial follow-up if needed. * Development workshops: Internet and social networks, phone calls and networking, job interviews, personal knowledge and organization. * Equipment available: computers, photocopier, fax, Internet. * Projet Essor: program for people working in arts and culture who wish to make a career transition. * Mutation vers l'emploi: 12-week program for men aged 36 to 60 furthest from the labour market or in the process of a career transition. * Programme d'organisation au travail: 12-week program for men and women aged 16 to 35 furthest from the labour market and who wish to return to school. * Motiv'action: 26-week program for youth 16 to 29 years old struggling with social or professional integration difficulties.

Eligibility: people 16 years and over

Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

FUTURPRENEUR CANADA - BUREAU DU QUÉBEC

5605 De Gaspé Avenue, Suite 402, Le Plateau-Mont-Royal, Montréal, QC, H2T 2A4

514 225-7035

Website: www.futurpreneur.ca

Email: info@futurpreneur.ca

Services: Youth entrepreneurship support. * Pre-startup and startup assistance. * Accompaniment of part-time entrepreneurs. * Funding mentoring. * Online resource centre. * Financing up to \$60,000.

Eligibility: entrepreneurs 18 to 39 years old

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: free

Financing: federal, provincial, donations

Legal status: non-profit organization

MAISON DES JEUNES DU PLATEAU

5046 Cartier Street, Le Plateau-Mont-Royal, Montréal, QC, H2H 1X5

514 525-7402 Fax: 514 525-7402

Email: mdjplateau@gmail.com

Services: Supervised meeting place for youth. * Animation and preventive intervention. * Social, cultural and recreational activities. * Cooking workshops. * Improv team and music room. * Youth committee. * Organized outings. * Youth service cooperative.

Eligibility: youth 12 to 18 years old

Capacity: 35

Coverage area: Montréal Island

Hours: Tuesday to Friday 15h00 to 21h00, administration: Tuesday to Friday 12h00 to 15h00

Fees: free

Financing: provincial, donations, municipal

Legal status: non-profit organization

Tax clinics**MAISON D'AURORE (LA) - TAX CLINIC**

4816 Garnier Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 4B4

514 527-9075

Website: www.maisonauore.org

Email: info@maisonauore.org

Services: Tax clinic by appointment.

Eligibility: people on a low income, priority given to people 50 years and over

Coverage area: Le Plateau-Mont-Royal

Hours: 2021 clinic: from March 1st, by appointment

Fees: \$5

Financing: self-financing

Legal status: non-profit organization

Vocational rehabilitation and disability-related employment**ATELIER (L')**

3680 Jeanne-Mance Street, Suite 213, Le Plateau-Mont-Royal, Montréal, QC, H2X 2K5

514 844-6458 Fax: 514 288-3848

Website: www.atelierdartisanat.org

Email: direction@atelierdartisanat.org

Services: Employability and arts and crafts training program. * Regart program: social insertion through arts and crafts training. * Action program: employability development for people who participated to the Regart program. * Transart vers l'emploi program: labour market reintegration. * Boutique and exhibitions.

Eligibility: adults living with mental health issues

Capacity: 150 people per week

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization

ATELIER LE FIL D'ARIANE

4837 Boyer Street, Suite 100, Le Plateau-Mont-Royal, Montréal, QC, H2J 3E6

514 842-5592 Fax: 514 842-8343

Website: atelierlefieldariane.org

Email: atelier.bureau.ariane@ssss.gouv.qc.ca

Services: Rehabilitation center. * Learning and workplace integration services (SAIT). * Embroidery and creative workshop aimed at gaining autonomy and at social integration.

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

Capacity: 20 persons

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: non-profit organization

CENTRE D'APPRENTISSAGE PARALLÈLE DE MONTRÉAL

4865 Saint-Laurent Boulevard, Le Plateau-Mont-Royal, Montréal, QC, H2T 1R6

514 843-5658 Fax: 514 843-3508

Website: www.ateliersducap.org

Email: info@ateliersducap.org

Services: Learning centre for people living with a mental health issue. * 6 months job preparation program: acquiring personal and vocational skills to integrate the job market, job search and retention assistance. * Atelier Projet: 20 hours a week, 12 months, social and vocational integration through artistic learning. * Workshops on expression through visual arts: 2 hours a week, therapeutic workshops to foster mental fluidity and reduce anxiety.

Eligibility: people living with a mental health issue

Capacity: 60 persons per day

Coverage area: Montréal Island

Hours: Monday to Thursday 9h30 to 16h30

Fees: expression workshops: \$45 for people receiving social assistance, general rate: \$75, job preparation program: free

Financing: provincial

Legal status: non-profit organization

CENTRE DE RESSOURCES ÉDUCATIVES ET PÉDAGOGIQUES

5643 Clark Street, 3rd floor, Le Plateau-Mont-Royal, Montréal, QC, H2T 2V5

514 596-4567 Fax: 514-596-4562

Website: www.icilecrep.qc.ca

Email: crep@cscdm.qc.ca

Services: Training offered to individuals, organizations and integration companies. * Social integration. * Socioprofessionnel integration. * Francization. * Popular education.

Eligibility: organizations, integration companies and individuals

Coverage area: Montréal Island

Hours: Monday to Friday 8h00 to 16h00

Fees: free or variable depending on the services

Financing: provincial

Legal status: parapublic organization

CENTRE DES FEMMES DU PLATEAU MONT-ROYAL

1022 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1L1

514 527-2295

Website: www.cfemmesplateau.org

Email: info@cfemmesplateau.org

Services: * Reception, listening and referral. * Training workshops. * Information meetings. * Special activities.

* Socioprofessional integration and guidance.

Eligibility: women of all ages and backgrounds

Coverage area: Greater Montréal

Hours: Tuesday to Thursday 9h00 to 17h00

Financing: provincial, municipal

Legal status: non-profit organization

DRESS FOR SUCCESS MONTRÉAL

3945 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2W 2M4

514 282-1222

Website: dressforsuccessmontreal.org

Email: info@dressforsuccessmontreal.org

Services: Professional integration assistance for women. * Ready-to-wear program: professional outfits selection and donations and interview preparation. * Réseau femmes action: networking and conferences. * Recovery of professional clothing.

Eligibility: women in the process of integrating the job market with very limited financial resources or none

Coverage area: Montréal Island

Hours: by appointment only

Fees: none

Financing: donations

Legal status: non-profit organization

LES MUSES - CENTRE DES ARTS DE LA SCÈNE

5017 Saint-Hubert Street, Suite 317, Le Plateau-Mont-Royal, Montréal, QC, H2J 2X9

514 350-8060 ext. 8834

Website: www.lesmuses.org

Email: info@lesmuses.org

Services: Performing arts professional school for artists living with a disability. * Promotion of the integration of artists with disabilities to the artistic community. * Training programs: acting, dancing and singing.

Eligibility: people living with and intellectual, physical or sensorial disability, with an autism spectrum disorder

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 15h10

Fees: none

Financing: municipal, provincial, federal, donations

Legal status: non-profit organization

OPEN DOOR (THE)

3535 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2X 2H8

514 939-1970

Website: www.opendoortoday.org

Email: caleb@opendoortoday.org

Services: * Breakfast, lunch, dinner, snacks. * Clothing bank and laundry room. * Showers. * Distribution of menstrual hygiene products. * Telephone, computers and Internet access. * Listening, evaluation, referral, guidance and accompaniment. * Medical, psychosocial and legal services on site. * Facilitated access to the Accès Montréal card. * PAAS-Action program. * Possibility of compensatory work. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.

Eligibility: homeless people, people at risk of homelessness, with or without pets

Coverage area: downtown

Hours: Monday to Friday 7h45 to 13h00 and 15h00 to 18h00, breakfast: 7h30, lunch: 11h30, dinner: 16h30

Financing: donations

Legal status: non-profit organization

RESTO PLATEAU

4450 Saint-Hubert Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 527-5997 Fax: 514 527-5965

Website: www.restoplateau.com

Services: * Community restaurant providing affordable meals. * Catering. * Cooking training and socioprofessional integration. * Program subsidized by Emploi-Québec. * Community development and partnerships. * Tax clinic for members only.

Eligibility: people on a low income or isolated

Capacity: 250 to 450 people per day

Coverage area: Montréal Island

Hours: restaurant: Monday to Friday 11h30 to 13h30, office: 9h00 to 17h00

Fees: meal: \$4.25

Financing: grants, donations, Centraide of Greater Montréal, foundations

Legal status: non-profit organization

SERVICE D'ORIENTATION ET DE RECHERCHE D'EMPLOI POUR L'INTÉGRATION DES FEMMES AU TRAVAIL

5150 Saint-Hubert Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2Y3

514 271-3866 Fax: 514 271-5002

Website: www.sorif.org

Email: info@sorif.org

Services: 15-week full-time group training to learn about courses and the labour market, develop self-confidence, conciliate work, family and studies, make a personal and professional assessment and define career choice. * Introduction to computers workshops. * Internships in businesses. * Job search assistance. * Support for returning to school.

Eligibility: women with children, speaking and writing French

Coverage area: Montreal Island

Hours: Monday to Friday 8h30 to 16h30

Fees: free, possibility of allowances granted by Emploi-Québec

Financing: provincial

Legal status: non-profit organization

SERVICES QUÉBEC - POINT DE SERVICE DU PLATEAU-MONT-ROYAL

5105 de Gaspé Avenue, 3rd floor, Le Plateau-Mont-Royal, Montréal, QC, H2T 0A1

514 872-4922 Fax: 514 872-6815

Website: www.gouv.qc.ca/EN/NousJoindre/Pages/Bureaux.aspx

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

Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 18 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Le Plateau-Mont-Royal

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

Financing: provincial

Legal status: provincial government agency

TRANSART VERS L'EMPLOI

3680 Jeanne-Mance Street, Suite 213, Le Plateau-Mont-Royal, Montréal, QC, H2X 2K5

514 844-6458 ext. 228 Fax: 514 288-3848

Website: www.atelierdartisanat.org

Email: j.constant@atelierdartisanat.org

Services: Pre-employment program for the reintegration to the labour market of people living mental health difficulties. * Group training with individual follow-up to assess skills. * Art workshops: intervention plan and learning of technical skills on enamel on copper, silkscreen or jewelry. * Assistance in internship search. * Job search assistance: writing resumes and cover letters, simulation of interviews and job search tools.

Eligibility: people 18 years old and over without income, on social assistance or employment insurance, with minimum of a 3rd grade in high school and who have been struggling with mental health issues

Capacity: 20 persons per group, 2 groups per year

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 16h00

Fees: free

Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization

WOMEN'S CENTRE OF MONTRÉAL - EMPLOYABILITY - NON-TRADITIONAL TRADES

3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6

514 842-6652 Fax: 514 284-2243

Website: www.centredesfemmesdemtl.org/en

Email: emploi@centredesfemmesdemtl.org

Services: Employment integration support and access to training programs for women interested in non-traditional trades and professions. * Ongoing admission. * 4 week group program: thorough skills assessment and portfolio. * Individual coaching. * Action-oriented and support program. * Professional English classes and computer classes for beginners. * Workshops on self-awareness, identification of a realistic goal, soft skills in the workplace and various subjects. * Career plan development. * Training and professional information. * Job search tools and strategies, job search assistance. * Social networks. * Internship management and monitoring. * Pairing and mentoring.

Eligibility: women into sectors where the female workforce accounts for less than 33% of the total, group workshops: French only, individual meetings: French and English

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Financing: provincial, membership fees, donations, grants, Centraide of Greater Montréal

Legal status: non-profit organization

Food

CHRISTMAS BASKET

COLLECTIVE KITCHENS AND COOKING WORKSHOPS

COMMUNITY GARDENS AND MARKETS

FOOD ASSISTANCE

FOOD AID FOR PREGNANT WOMEN AND CHILDREN

FOOD ASSISTANCE COORDINATION

LOW COST OR FREE MEALS

PREPARED MEALS AND MEALS-ON-WHEELS

Christmas basket

CENTRE COMMUNAUTAIRE VERTICAL

3767 Berri Street, Le Plateau-Mont-Royal, Montréal, QC, H2L 4G7

514 750-3946

Email: nydia@restauracion.ca

Services: Assistance centre for people in need. * Food baskets and emergency assistance. * Help in writing a resume. * Orientation and integration service for newcomers. * Moral support. * Christmas baskets.

Eligibility: people in need, newcomers, students

Capacity: 100 baskets

Coverage area: Plateau Mont-Royal, Hochelaga-Maisonneuve, Ville-Marie

Hours: distribution: Tuesday 14h00 to 18h00, support: Wednesday 11h00 to 13h00 and 14h00 to 16h00, Thursday 11h00 to 13h00

Fees: food basket: \$7

Financing: municipal, donations

Legal status: non-profit organization

CENTRE D'AIDE À LA FAMILLE

Confidential Address

514 982-0804

Website: www.centreaidefamille.com

Email: centreaidefamille@centreaidefamille.com

Services: * Psychosocial intervention, active listening. * Information, accompaniment, awareness. * Support in case of violence. * Court accompaniment for victims of violence. * Self-help and support groups for immigrants. * Support groups for victims of violence. * Senior abuse prevention. * Art-therapy and meditation workshops. * Food bank. * Christmas baskets. * Collective kitchen. * Trainings. * Recreational outings. * Conferences. * French classes.

Eligibility: men, women and families, particularly immigrants, some services are dedicated to victims of violence

Coverage area: Le Plateau-Mont-Royal, no limits for Portuguese-speakers

Hours: Monday, Tuesday, Thursday and Friday 9h00 to 12h00 and 13h00 to 17h00, food bank: Wednesday 13h30 to 15h00

Financing: provincial, donations, self-financing

Legal status: non-profit organization

PLEIN MILIEU

4677 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2L5

1 877 257-0477 Fax: 514 524-1809

Website: pleinmilieu.qc.ca/en

Email: info@pleinmilieu.qc.ca

Services: School-based intervention and street work. * Active listening, welcoming, support, referral, mediation and accompaniment. * Permanent site: needle exchange and recovery, distribution of condoms, inhalation and injection equipment. * STI prevention. * Toll free helplines to reach a community counsellor. * Social mediation between homeless people and residents or shop owners to prevent police intervention. * Assistance finding housing and follow-up for people referred by community workers. * Drug addiction prevention and sexual education workshops in high schools. * Naloxone kits distribution. * Distribution and delivery of fentanyl test strips. * Distribution of menstrual hygiene products. * Christmas baskets. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.

Eligibility: homeless people, youth and adults injecting or inhaling drugs

Coverage area: Le Plateau-Mont-Royal

Hours: administration: Monday to Friday 9h00 to 17h00, permanent site: Monday to Friday 17h00 to 19h00, street work: 7 days 10h00 to 21h00

Fees: none

Financing: provincial, federal, municipal, foundations

Legal status: non-profit organization

RACINE CROISÉE

120 Duluth Street East, Le Plateau-Mont-Royal, Montréal, QC, H2W 1H1

514 225-3448

Website: www.racinecroisee.ca

Email: info@racinecroisee.com

Services: * Food bank. * Cultural and socioprofessional integration for people from ethnocultural minorities. * Information, housing search assistance and settling assistance for newcomers. * Thrift store: furniture, clothing, household items, appliances, toys and sporting items, musical instruments, mattresses, etc. * On-site and home pick-up of used items. * Volunteer driver with truck for moving without loading and unloading of the vehicle. * Delivery of furniture purchased on site. * Yoga and dance classes. * Sewing workshops. * Christmas party and basket distribution.

Eligibility: people of all origins in precarious situations, housing search assistance and settling assistance: newcomers, immigrants or refugees

Capacity: food aid: 100 to 120 families per distribution

Coverage area: Montréal Island

Hours: office: Monday to Friday 9h00 to 17h00, food distribution: Friday 16h00 to 18h00, moving service: everyday during the intensive period, Saturday and Sunday during the rest of the year

Fees: food assistance: \$7, moving service: variable

Financing: donations

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CENTRE D'AIDE SAINT-JEAN-BAPTISTE

4240 Drolet Street, Le Plateau-Mont-Royal, Montréal, QC, H2W 2L6

514 849-2008

Services: * Monthly community meal followed by a distribution of food baskets. * Distribution of Christmas baskets. * Vouchers for school supplies. * On-site recovery of non-perishable food donations.

Eligibility: people on a low income

Coverage area: Saint-Jean-Baptiste Parish and Saint-Louis-de-France merged Parish

Hours: monthly meal: one Saturday per month at 12h00 followed by a distribution of food baskets at 14h00, by appointment

Financing: donations

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SANTA-CRUZ

60 Rachel Street West, Le Plateau-Mont-Royal, Montréal, QC, H2W 1G3

514 844-1011 Fax: 514 844-7685

Email: missionsantacruz@hotmail.com

Services: * Distribution of food vouchers. * Christmas and Easter baskets.

Eligibility: people on a low income from the Portuguese community

Coverage area: Montréal Island

Hours: by appointment, Tuesday, Thursday and Friday 9h00 to 13h00 and 14h00 to 18h00, Wednesday 14h00 to 18h00

Financing: donations, self-financing

Legal status: non-profit organization

WOMEN'S CENTRE OF MONTRÉAL

3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6

514 842-4780 Fax: 514 842-5613

Website: www.centredesfemmesdemtl.org/en

Email: cfmwcm@centredesfemmesdemtl.org

Services: * Frontline services: listening, information and referral. * Crisis intervention and psychosocial services. * Food and clothing assistance. * Christmas baskets. * Collective kitchens. * Legal information. * Accompaniment to court for women victim domestic violence. * Support groups for women victims of sexual abuse in childhood. * Installation and integration support for newcomers. * French classes and conversation workshops, language classes for newcomers. * Computer courses, English courses. * Recreational activities: choir, knitting, dance classes, etc. * Support for Native women living in urban areas. * Support for mothers-to-be and new mothers, mother-child intervention program, baby diapers. * Coffee-chats, sociocultural activities, summer outings. * Volunteering and internship opportunities. * Employment services in French and in English: skills assessment, transfer of qualifications, training and career information, job search tools and techniques, social networks, networking, job search assistance, internship management and monitoring, pairing and mentoring, various workshops, individual coaching, computer and English refresher courses.

Eligibility: Québec women, immigrant women and Native women

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, support groups and workshops, courses: Tuesday and Thursday 9h00 to 21h00

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

Legal status: non-profit organization

WOMEN'S CENTRE OF MONTRÉAL - FRONT LINE SERVICES

3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6

514 842-4780 Fax: 514 842-5613

Website: centredesfemmesdemtl.org/en

Email: cfmwcm@centredesfemmesdemtl.org

Services: * Support, listening, information and referral. * Crisis intervention. * Individual meetings. * Group activities. * Psychosocial intervention. * Collective kitchen. * Food and clothing assistance. * Christmas baskets. * Francization, French and English classes. * Computer classes. * Arts and crafts, knitting, dance and choir workshops. * Coffee-meetings. * Legal information. * Accompaniment to court for domestic violence victims. * Support group for women victims of sexual abuse in childhood. * La Cigognerie group encouraging women to break their isolation, create a network for exchanges and services and to improve self-confidence and parenting skills. * Distribution of baby diapers. * Mother and Child program with daycare: living conditions improvement of mothers and their pre-school children. * Immigration: installation and integration assistance, Francization, general information and group activities. * Native women: listening, information and accompaniment based on respect for the values and rhythm of Native women.

Eligibility: women aged 18 years and over, from Québec, newcomers and native women

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, food bank: Thursday 9h00 to 12h00 and 13h00 to 17h00, support groups, workshops and courses: Tuesday 9h00 to 21h00

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

Legal status: non-profit organization

Collective kitchens and cooking workshops

ATELIERS D'ÉDUCATION POPULAIRE DU PLATEAU

4273 Drolet Street, Le Plateau-Mont-Royal, Montréal, QC, H2W 2L7

514 350-8881 ext. 202

Website: www.aepp.ca

Email: adjoinedir@aepp.ca

Services: Community action * Popular education workshops: artistic, language, digital, botanical, etc. * Social involvement. * Citizen mobilization. * Community garden. * Tax clinic. * Computer room with internet. Food * Food autonomy: collective kitchens and cooking workshops.

Eligibility: general public

Coverage area: Le Plateau-Mont-Royal and surroundings

Hours: Monday to Friday 9h00 to 17h00

Fees: free

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

Legal status: non-profit organization

CENTRE D'AIDE À LA FAMILLE

Confidential Address

514 982-0804

Website: www.centraidefamille.com

Email: centraidefamille@centraidefamille.com

Services: * Psychosocial intervention, active listening. * Information, accompaniment, awareness. * Support in case of violence. * Court accompaniment for victims of violence. * Self-help and support groups for immigrants. * Support groups for victims of violence. * Senior abuse prevention. * Art-therapy and meditation workshops. * Food bank. * Christmas baskets. * Collective kitchen. * Trainings. * Recreational outings. * Conferences. * French classes.

Eligibility: men, women and families, particularly immigrants, some services are dedicated to victims of violence

Coverage area: Le Plateau-Mont-Royal, no limits for Portuguese-speakers

Hours: Monday, Tuesday, Thursday and Friday 9h00 to 12h00 and 13h00 to 17h00, food bank: Wednesday 13h30 to 15h00

Financing: provincial, donations, self-financing

Legal status: non-profit organization

CUISINES COLLECTIVES DU GRAND PLATEAU

4095 Saint-André Street, Le Plateau-Mont-Royal, Montréal, QC, H2L 3W4

514 523-1752 Fax: 514 523-0755

Website: www.ccgp-montreal.org

Email: direction@ccgp-montreal.org

Services: * Collective kitchens. * Assistance for starting collective kitchens. * Information, training and awareness on healthy nutrition. * Cooking workshops for youth living in low-rent housing. * Culinary discovery workshops for seniors living food insecurity situations. * Nutrition workshops for people with diabetes. * Coordination on food security.

Eligibility: people on a low income, groups willing to start collective kitchens, children and youth 6 to 12 years old

Coverage area: Le Plateau-Mont-Royal

Hours: Monday to Friday 9h00 to 16h00

Fees: membership: \$30 per year

Financing: provincial, donations

Legal status: non-profit organization

MAISON D'AURORE (LA)

4816 Garnier Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 4B4

514 527-9075

Website: www.maisonauore.org

Email: info@maisonauore.org

Services: * Individualized support: information, referral, listening, follow-up, accompaniment and assistance with filling out forms. * Open to all: community meals and citizenship evenings. * Youth: homework assistance for children referred directly by primary schools across the Plateau. * Activities for seniors 50 years and over: knitting, physical activities, computer classes, outings, intergenerational projects and tax clinic. * Food: collective kitchens, cooking workshops and fruits and vegetables baskets. * Traditional Holidays meal. * Distribution point for the meals of the insertion company Resto Plateau.

Eligibility: people of all ages

Capacity: collective kitchens: 4 groups

Coverage area: Le Plateau-Mont-Royal and surroundings

Hours: Monday, Wednesday and Thursday 9h00 to 12h00 and 13h15 to 17h00, Tuesday 13h15 to 17h00, collective kitchens: depending on the group, community meals: last Thursday of the month at 12h00, fruits and vegetables baskets: delivery every 2 weeks

Fees: collective kitchens: portion fees, community meals: voluntary contribution of \$4, Resto Plateau: \$3 per portion, physical activities: \$20 for 10 weeks, fruits and vegetables baskets: from \$10 to 20, 50% grant for people on a low income

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

MAISON DES AMIS DU PLATEAU MONT-ROYAL (LA)

1360 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1M3

514 527-1344 Fax: 514 527-3769

Website: www.maisondesamis.org

Email: info@maisondesamis.org

Services: * Reception, listening and referral. * Access to phonelines, Internet and the documentation centre on community resources in Montréal. * Community meals. * Collective kitchen. * Recreational and informational activities. * Thrift store and annual bazaars. * Donation of clothing and furniture upon referral. * Holiday meals on December 25th and January 1st.

Eligibility: people 18 years and over, with or without children, in need and living with psychosocial difficulties

Capacity: community meals: 150

Coverage area: Le Plateau-Mont-Royal, Rosemont-La Petite-Patrie, Centre-Sud, Hochelaga-Maisonneuve

Hours: Monday to Friday 12h30 to 14h00

Fees: meals and access to phonelines and Internet: free, community kitchen: \$5 for 3 to 5 meals

Financing: provincial, federal, self-financing, donations

Legal status: non-profit organization

PARRAINAGE CIVIQUE MONTRÉAL

4450 Saint-Hubert Street, Suite 336, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 843-8813 ext. 1

Website: www.parrainagemontreal.org

Email: info@parrainagemontreal.org

Services: Pairing of people with intellectual disabilities with volunteers. * Social skills development. * Adapted collective kitchens. * Advocacy of rights. * Super rigoles: theatre workshops. * Improvisation workshop. * Arts, adapted dance and music workshops. * Vivre heureux et en santé: nutritional workshops. * Computer literacy. * Brin de jasette: support and discussion group. * Personnes filleules: social participation promotion. * Saveurs du monde: discovery of cultures in Montréal.

Eligibility: people 18 years and over with an intellectual disability or an autism spectrum disorder, art workshops: general public

Coverage area: Montréal Island

Hours: administration: Monday to Friday 9h00 to 17h00, activities: evenings and weekends

Fees: \$12 per year

Financing: provincial

Legal status: non-profit organization

WOMEN'S CENTRE OF MONTRÉAL - FRONT LINE SERVICES

3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6

514 842-4780 Fax: 514 842-5613

Website: centredesfemmesdemtl.org/en

Email: cfmwcm@centredesfemmesdemtl.org

Services: * Support, listening, information and referral. * Crisis intervention. * Individual meetings. * Group activities. * Psychosocial intervention. * Collective kitchen. * Food and clothing assistance. * Christmas baskets. * Francization, French and English classes. * Computer classes. * Arts and crafts, knitting, dance and choir workshops. * Coffee-meetings. * Legal information. * Accompaniment to court for domestic violence victims. * Support group for women victims of sexual abuse in childhood. * La Cigognerie group encouraging women to break their isolation, create a network for exchanges and services and to improve self-confidence and parenting skills. * Distribution of baby diapers. * Mother and Child program with daycare: living conditions improvement of mothers and their pre-school children. * Immigration: installation and integration assistance, Francization, general information and group activities. * Native women: listening, information and accompaniment based on respect for the values and rhythm of Native women.

Eligibility: women aged 18 years and over, from Québec, newcomers and native women

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, food bank: Thursday 9h00 to 12h00 and 13h00 to 17h00, support groups, workshops and courses: Tuesday 9h00 to 21h00

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

Legal status: non-profit organization

Community gardens and markets

ATELIERS D'ÉDUCATION POPULAIRE DU PLATEAU

4273 Drolet Street, Le Plateau-Mont-Royal, Montréal, QC, H2W 2L7

514 350-8881 ext. 202

Website: www.aepp.ca

Email: adjoinedir@aepp.ca

Services: Community action * Popular education workshops: artistic, language, digital, botanical, etc. * Social involvement. * Citizen mobilization. * Community garden. * Tax clinic. * Computer room with internet. Food * Food autonomy: collective kitchens and cooking workshops.

Eligibility: general public

Coverage area: Le Plateau-Mont-Royal and surroundings

Hours: Monday to Friday 9h00 to 17h00

Fees: free

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

Legal status: non-profit organization

SANTROPOL ROULANT

111 Roy Street East, Le Plateau-Mont-Royal, Montréal, QC, H2W 1M1

514 284-9335

Website: www.santropolroulant.org

Email: info@santropolroulant.org

Services: * Meals on wheels: delivery of nutritious meals. * Frozen meals. * Cooking and canning workshops. * Bicycle tuning workshops. * Other ecological activities and projects: rooftop gardens, worm composting, apiculture, mycology, urban fruit picking. * Community supported vegetable baskets. * Public market selling organic vegetables. * Farm. * Room rental and community events. * Sale of seeds and cans.

Eligibility: meals on wheels: people with a loss of autonomy, other services: for the general public

Coverage area: meals on wheels: call for details or visit the website for a map of the areas served, other services: Montréal Island

Hours: Monday to Wednesday, Friday and Saturday 9h30 to 17h30

Fees: meals on wheels: \$6.50 per meal, frozen meals: \$6.50

Financing: self-financing, grants, donations

Legal status: non-profit organization

Food Assistance

CENTRE COMMUNAUTAIRE VERTICAL

3767 Berri Street, Le Plateau-Mont-Royal, Montréal, QC, H2L 4G7

514 750-3946

Email: nydia@restauracion.ca

Services: Assistance centre for people in need. * Food baskets and emergency assistance. * Help in writing a resume. * Orientation and integration service for newcomers. * Moral support. * Christmas baskets.

Eligibility: people in need, newcomers, students

Capacity: 100 baskets

Coverage area: Plateau Mont-Royal, Hochelaga-Maisonneuve, Ville-Marie

Hours: distribution: Tuesday 14h00 to 18h00, support: Wednesday 11h00 to 13h00 and 14h00 to 16h00, Thursday 11h00 to 13h00

Fees: food basket: \$7

Financing: municipal, donations

Legal status: non-profit organization

CENTRE D'AIDE À LA FAMILLE

Confidential Address

514 982-0804

Website: www.centreaidefamille.com

Email: centreaidefamille@centreaidefamille.com

Services: * Psychosocial intervention, active listening. * Information, accompaniment, awareness. * Support in case of violence. * Court accompaniment for victims of violence. * Self-help and support groups for immigrants. * Support groups for victims of violence. * Senior abuse prevention. * Art-therapy and meditation workshops. * Food bank. * Christmas baskets. * Collective kitchen. * Trainings. * Recreational outings. * Conferences. * French classes.

Eligibility: men, women and families, particularly immigrants, some services are dedicated to victims of violence

Coverage area: Le Plateau-Mont-Royal, no limits for Portuguese-speakers

Hours: Monday, Tuesday, Thursday and Friday 9h00 to 12h00 and 13h00 to 17h00, food bank: Wednesday 13h30 to 15h00

Financing: provincial, donations, self-financing

Legal status: non-profit organization

HIRONDELLE, WELCOMING AND INTEGRATION SERVICES FOR IMMIGRANTS (L')

4652 Jeanne-Mance Street, 2nd and 3rd Floor, Le Plateau-Mont-Royal, Montréal, QC, H2V 4J4

514 281-5696 Fax: 514 281-5628

Website: www.hirondelle.qc.ca

Services: * Accompaniment, information and referral. * Accessible food: food donation program for three months for users already registered in another service. * Interpretation and translation. * Housing search assistance. * Sociocultural and socioeducational activities. * Employment integration assistance. * Services for fathers. * Support for families. * Intercultural bridging activities.

Eligibility: new immigrants and accepted refugees

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: free

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

MAISON D'AURORE (LA)

4816 Garnier Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 4B4

514 527-9075

Website: www.maisonauore.org

Email: info@maisonauore.org

Services: * Individualized support: information, referral, listening, follow-up, accompaniment and assistance with filling out forms. * Open to all: community meals and citizenship evenings. * Youth: homework assistance for children referred directly by primary schools across the Plateau. * Activities for seniors 50 years and over: knitting, physical activities, computer classes, outings, intergenerational projects and tax clinic. * Food: collective kitchens, cooking workshops and fruits and vegetables baskets. * Traditional Holidays meal. * Distribution point for the meals of the insertion company Resto Plateau.

Eligibility: people of all ages

Capacity: collective kitchens: 4 groups

Coverage area: Le Plateau-Mont-Royal and surroundings

Hours: Monday, Wednesday and Thursday 9h00 to 12h00 and 13h15 to 17h00, Tuesday 13h15 to 17h00, collective kitchens: depending on the group, community meals: last Thursday of the month at 12h00, fruits and vegetables baskets: delivery every 2 weeks

Fees: collective kitchens: portion fees, community meals: voluntary contribution of \$4, Resto Plateau: \$3 per portion, physical activities: \$20 for 10 weeks, fruits and vegetables baskets: from \$10 to 20, 50% grant for people on a low income

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

MILE END COMMUNITY MISSION

99 Bernard Street West, Le Plateau-Mont-Royal, Montréal, QC, H2T 2J9

514 274-3401

Website: mileendmission.org

Email: general@mileendmission.org

Services: * Weekly food bank for Mile-End residents. * Free community meals. * Information and referral. * Free legal clinic. * Computer, Internet and public phone access. * Thrift shop. * Bi-annual dental clinic for people on a low income who don't have dental coverage. * Community activities. * Christmas lunch and Christmas baskets for members.

Eligibility: people and family on a low income, vulnerable, homeless or seniors

Coverage area: Mile-End residents

Hours: Tuesday to Friday 10h00 to 15h00, free lunches: Tuesday, Wednesday and Thursday 12h00, free breakfasts: Thursday 8h00 and Friday 10h00, dental clinic: in Autumn and Winter by appointment, legal clinic: Wednesday 16h00 to 19h00

Fees: annual membership: \$2 per member of the family, food bank: \$1.50 per week, community meals: free

Financing: self-financing

Legal status: non-profit organization

PARTAGE & SOLIDARITÉ

4191 Fullum Street, Le Plateau-Mont-Royal, Montréal, QC, H2H 2S3

Website: www.partageetsolidarite.org

Email: info@partageetsolidarite.org

Services: Fight against food waste. * Distribution of food baskets mainly composed of unsold food items. * Registration to the Facebook group: <http://www.facebook.com/groups/partageetsolidarite2016> * 5 weekly distributions: Monday at the LGBTQ+ Montréal Community Centre, Tuesday in the Mile-End, Wednesday at Maison de l'Amitié 120 rue Duluth Est, Friday in Plateau-East and Sunday in Milton-Parc.

Eligibility: people in need

Coverage area: Le Plateau Mont-Royal, Hochelaga-Maisonneuve, Rosemont-La Petite-Patrie, Centre-Sud

Hours: LGBTQ+ Montréal Community Centre: Monday 17h30 to 19h30 by appointment, Mile-End: Tuesday by appointment, Maison de l'Amitié: Wednesday 14h00, Plateau-East: Friday by appointment, Milton-Parc: Sunday by appointment

Fees: none

Financing: donations

Legal status: non-profit organization

RACINE CROISÉE

120 Duluth Street East, Le Plateau-Mont-Royal, Montréal, QC, H2W 1H1

514 225-3448

Website: www.racinecroisee.ca

Email: info@racinecroisee.com

Services: * Food bank. * Cultural and socioprofessional integration for people from ethnocultural minorities. * Information, housing search assistance and settling assistance for newcomers. * Thrift store: furniture, clothing, household items, appliances, toys and sporting items, musical instruments, mattresses, etc. * On-site and home pick-up of used items. * Volunteer driver with truck for moving without loading and unloading of the vehicle. * Delivery of furniture purchased on site. * Yoga and dance classes. * Sewing workshops. * Christmas party and basket distribution.

Eligibility: people of all origins in precarious situations, housing search assistance and settling assistance: newcomers, immigrants or refugees

Capacity: food aid: 100 to 120 families per distribution

Coverage area: Montréal Island

Hours: office: Monday to Friday 9h00 to 17h00, food distribution: Friday 16h00 to 18h00, moving service: everyday during the intensive period, Saturday and Sunday during the rest of the year

Fees: food assistance: \$7, moving service: variable

Financing: donations

Legal status: non-profit organization

SANTROPOL ROULANT

111 Roy Street East, Le Plateau-Mont-Royal, Montréal, QC, H2W 1M1

514 284-9335

Website: www.santropolroulant.org

Email: info@santropolroulant.org

Services: * Meals on wheels: delivery of nutritious meals. * Frozen meals. * Cooking and canning workshops. * Bicycle tuning workshops. * Other ecological activities and projects: rooftop gardens, worm composting, apiculture, mycology, urban fruit picking. * Community supported vegetable baskets. * Public market selling organic vegetables. * Farm. * Room rental and community events. * Sale of seeds and cans.

Eligibility: meals on wheels: people with a loss of autonomy, other services: for the general public

Coverage area: meals on wheels: call for details or visit the website for a map of the areas served, other services: Montréal Island

Hours: Monday to Wednesday, Friday and Saturday 9h30 to 17h30

Fees: meals on wheels: \$6.50 per meal, frozen meals: \$6.50

Financing: self-financing, grants, donations

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CENTRE D'AIDE SAINT-JEAN-BAPTISTE

4240 Drolet Street, Le Plateau-Mont-Royal, Montréal, QC, H2W 2L6

514 849-2008

Services: * Monthly community meal followed by a distribution of food baskets. * Distribution of Christmas baskets. * Vouchers for school supplies. * On-site recovery of non-perishable food donations.

Eligibility: people on a low income

Coverage area: Saint-Jean-Baptiste Parish and Saint-Louis-de-France merged Parish

Hours: monthly meal: one Saturday per month at 12h00 followed by a distribution of food baskets at 14h00, by appointment

Financing: donations

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - NOTRE-DAME-DE-LA-SALETTE

3535 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2X 2H8

514 844-0258

Email: francoisparadis1955@gmail.com

Services: * Food vouchers and food baskets by mail. * Christmas baskets.

Eligibility: people on a low income

Coverage area: Notre-Dame-de-la-Salette Parish

Fees: none

Financing: donations, grants

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SANTA-CRUZ

60 Rachel Street West, Le Plateau-Mont-Royal, Montréal, QC, H2W 1G3

514 844-1011 Fax: 514 844-7685

Email: missionsantacruz@hotmail.com

Services: * Distribution of food vouchers. * Christmas and Easter baskets.

Eligibility: people on a low income from the Portuguese community

Coverage area: Montréal Island

Hours: by appointment, Tuesday, Thursday and Friday 9h00 to 13h00 and 14h00 to 18h00, Wednesday 14h00 to 18h00

Financing: donations, self-financing

Legal status: non-profit organization

WOMEN'S CENTRE OF MONTRÉAL - FRONT LINE SERVICES

3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6

514 842-4780 Fax: 514 842-5613

Website: centredesfemmesdemtl.org/en

Email: cfmwcm@centredesfemmesdemtl.org

Services: * Support, listening, information and referral. * Crisis intervention. * Individual meetings. * Group activities. * Psychosocial intervention. * Collective kitchen. * Food and clothing assistance. * Christmas baskets. * Francization, French and English classes. * Computer classes. * Arts and crafts, knitting, dance and choir workshops. * Coffee-meetings. * Legal information. * Accompaniment to court for domestic violence victims. * Support group for women victims of sexual abuse in childhood. * La Cigognerie group encouraging women to break their isolation, create a network for exchanges and services and to improve self-confidence and parenting skills. * Distribution of baby diapers. * Mother and Child program with daycare: living conditions improvement of mothers and their pre-school children. * Immigration: installation and integration assistance, Francization, general information and group activities. * Native women: listening, information and accompaniment based on respect for the values and rhythm of Native women.

Eligibility: women aged 18 years and over, from Québec, newcomers and native women

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, food bank: Thursday 9h00 to 12h00 and 13h00 to 17h00, support groups, workshops and courses: Tuesday 9h00 to 21h00

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

Legal status: non-profit organization

Food aid for pregnant women and children**CLSC DU PLATEAU MONT-ROYAL**

4625 de Lorimier Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 2B4

514 521-7663

Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/clsc-du-plateau-mont-royal

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

Coverage area: Le Plateau-Mont-Royal

Hours: Monday to Friday 8h00 to 18h00

Financing: provincial

Legal status: parapublic organization

CLSC SAINT-LOUIS DU PARC

15 du Mont-Royal Avenue West, Suite 100, Le Plateau-Mont-Royal, Montréal, QC, H2T 2R9

514 286-9657

Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/clsc-de-saint-louis-du-parc

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

Coverage area: Le Plateau-Mont-Royal, Ville-Marie

Hours: Monday to Friday 8h00 to 17h00, Saturday, Sunday and holidays 8h00 to 12h00

Financing: provincial

Legal status: parapublic organization

Food assistance coordination

CUISINES COLLECTIVES DU GRAND PLATEAU

4095 Saint-André Street, Le Plateau-Mont-Royal, Montréal, QC, H2L 3W4

514 523-1752 Fax: 514 523-0755

Website: www.ccgp-montreal.org

Email: direction@ccgp-montreal.org

Services: * Collective kitchens. * Assistance for starting collective kitchens. * Information, training and awareness on healthy nutrition. * Cooking workshops for youth living in low-rent housing. * Culinary discovery workshops for seniors living food insecurity situations. * Nutrition workshops for people with diabetes. * Coordination on food security.

Eligibility: people on a low income, groups willing to start collective kitchens, children and youth 6 to 12 years old

Coverage area: Le Plateau-Mont-Royal

Hours: Monday to Friday 9h00 to 16h00

Fees: membership: \$30 per year

Financing: provincial, donations

Legal status: non-profit organization

Low cost or free meals

ACCORDAILLES (LES)

465 Gilford Street, Suite 101, Le Plateau-Mont-Royal, Montréal, QC, H2J 1N5

514 282-1553 Fax: 514 282-1429

Website: accordailles.org

Email: info@accordailles.org

Services: * Friendly phone calls and visits. * Community meals. * Groceries project: collective snack. * Volunteer recruitment.

Eligibility: seniors 50 years old and over

Coverage area: CLSC Plateau Mont-Royal and CLSC Saint-Louis-du-Parc

Hours: office: Monday to Friday 8h00 to 16h00, community meal: Tuesday 12h00 to 15h00

Fees: community meal: \$4 for members, \$5 for non-members

Financing: provincial

Legal status: non-profit organization

DÎNERS SAINT-LOUIS

1818 Gilford Street, Le Plateau-Mont-Royal, Montréal, QC, H2H 1G5

514 521-8619 ext. 311 Fax: 514 521-6019

Website: diners-st-louis.org/wp

Email: info@diners-st-louis.org

Services: * Daily community meals and snacks. * Shower, laundry, Internet and phone access. * Recording studio. * Café 1818 Gilford: day centre, activities, listening, referral and accompaniment towards social reintegration, counsellors on-site. * Un toit dans la ville: transitional housing (up to 2 years). * Pivau program: anger management program offering individual and group meetings, as well as an anger release room. * Ketch Café: evening centre, prevention of STBDs and addictions, needle exchange and distribution. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.

Eligibility: youth facing difficult situations, street youth 18 to 30 years old

Capacity: day centre: 50 people, 7 individual apartments (2 1/2 or 3 1/2)

Coverage area: Greater Montréal

Hours: day centre: Monday 12h00 to 16h00, Tuesday to Friday 9h30 to 16h00, meals: Monday to Friday 12h00 to 13h00, snacks: 15h00, evening centre: Friday, Saturday and Sunday starting at 14h00, Monday starting at 16h00

Fees: apartments starting at \$340 (without meals), day centre: free meals, shower, Internet and phone access, minimal fees for laundry and coffee

Financing: donations, grants

Legal status: non-profit organization

GROUPE-RESSOURCE DU PLATEAU MONT-ROYAL

4245 Laval Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2W 2J6

514 527-1616 Fax: 514 598-9994

Email: grpmr@cooptel.qc.ca

Services: * Collective rights advocacy. * Monthly dinners: thematic discussions. * Participation to allies' different demonstrations. * Tax clinic.

Eligibility: citizens with precarious income, anyone interested by advocacy

Capacity: 60

Coverage area: Le Plateau Mont-Royal

Hours: by appointment only

Fees: contribution: \$2

Financing: provincial, grants, contributions

Legal status: non-profit organization

KETCH CAFÉ

4707 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2L5

514 985-0505 ext. 5001

Website: diners-st-louis.org/wp/services/ketch-cafe

Email: info@diners-st-louis.org

Services: Evening drop-in centre. * Prevention of bloodborne and sexually transmitted diseases. * Meals. * Support and referral. * Cultural, educational and informational activities. * Thematic discussions and conferences. * Phone line for procedures. * Music rehearsal space. * Distribution of sterile equipment. * Shower and laundry.

Eligibility: youth in a difficult situation and street youth 18 to 30 years old

Capacity: 30 people

Coverage area: Greater Montréal

Hours: Monday 16h00 to 20h00, Thursday to Sunday 14h00 to 20h00

Fees: mostly free, minimal fees for coffee and laundry

Financing: donations, grants

Legal status: non-profit organization

MAISON D'AURORE (LA)

4816 Garnier Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 4B4

514 527-9075

Website: www.maisonauore.org

Email: info@maisonauore.org

Services: * Individualized support: information, referral, listening, follow-up, accompaniment and assistance with filling out forms. * Open to all: community meals and citizenship evenings. * Youth: homework assistance for children referred directly by primary schools across the Plateau. * Activities for seniors 50 years and over: knitting, physical activities, computer classes, outings, intergenerational projects and tax clinic. * Food: collective kitchens, cooking workshops and fruits and vegetables baskets. * Traditional Holidays meal. * Distribution point for the meals of the insertion company Resto Plateau.

Eligibility: people of all ages

Capacity: collective kitchens: 4 groups

Coverage area: Le Plateau-Mont-Royal and surroundings

Hours: Monday, Wednesday and Thursday 9h00 to 12h00 and 13h15 to 17h00, Tuesday 13h15 to 17h00, collective kitchens: depending on the group, community meals: last Thursday of the month at 12h00, fruits and vegetables baskets: delivery every 2 weeks

Fees: collective kitchens: portion fees, community meals: voluntary contribution of \$4, Resto Plateau: \$3 per portion, physical activities: \$20 for 10 weeks, fruits and vegetables baskets: from \$10 to 20, 50% grant for people on a low income

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

MAISON DES AMIS DU PLATEAU MONT-ROYAL (LA)

1360 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1M3

514 527-1344 Fax: 514 527-3769

Website: www.maisondesamis.org

Email: info@maisondesamis.org

Services: * Reception, listening and referral. * Access to phonelines, Internet and the documentation centre on community resources in Montréal. * Community meals. * Collective kitchen. * Recreational and informational activities. * Thrift store and annual bazaars. * Donation of clothing and furniture upon referral. * Holiday meals on December 25th and January 1st.

Eligibility: people 18 years and over, with or without children, in need and living with psychosocial difficulties

Capacity: community meals: 150

Coverage area: Le Plateau-Mont-Royal, Rosemont-La Petite-Patrie, Centre-Sud, Hochelaga-Maisonneuve

Hours: Monday to Friday 12h30 to 14h00

Fees: meals and access to phonelines and Internet: free, community kitchen: \$5 for 3 to 5 meals

Financing: provincial, federal, self-financing, donations

Legal status: non-profit organization

MILE END COMMUNITY MISSION

99 Bernard Street West, Le Plateau-Mont-Royal, Montréal, QC, H2T 2J9

514 274-3401

Website: mileendmission.org

Email: general@mileendmission.org

Services: * Weekly food bank for Mile-End residents. * Free community meals. * Information and referral. * Free legal clinic. * Computer, Internet and public phone access. * Thrift shop. * Bi-annual dental clinic for people on a low income who don't have dental coverage. * Community activities. * Christmas lunch and Christmas baskets for members.

Eligibility: people and family on a low income, vulnerable, homeless or seniors

Coverage area: Mile-End residents

Hours: Tuesday to Friday 10h00 to 15h00, free lunches: Tuesday, Wednesday and Thursday 12h00, free breakfasts: Thursday 8h00 and Friday 10h00, dental clinic: in Autumn and Winter by appointment, legal clinic: Wednesday 16h00 to 19h00

Fees: annual membership: \$2 per member of the family, food bank: \$1.50 per week, community meals: free

Financing: self-financing

Legal status: non-profit organization

OPEN DOOR (THE)

3535 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2X 2H8

514 939-1970

Website: www.opendoortoday.org

Email: caleb@opendoortoday.org

Services: * Breakfast, lunch, dinner, snacks. * Clothing bank and laundry room. * Showers. * Distribution of menstrual hygiene products. * Telephone, computers and Internet access. * Listening, evaluation, referral, guidance and accompaniment. * Medical, psychosocial and legal services on site. * Facilitated access to the Accès Montréal card. * PAAS-Action program. * Possibility of compensatory work. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.

Eligibility: homeless people, people at risk of homelessness, with or without pets

Coverage area: downtown

Hours: Monday to Friday 7h45 to 13h00 and 15h00 to 18h00, breakfast: 7h30, lunch: 11h30, dinner: 16h30

Financing: donations

Legal status: non-profit organization

PROJET CHANGEMENT - CENTRE COMMUNAUTAIRE POUR LES 50 ANS ET PLUS

4450 Saint-Hubert Street, Suite 130, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 521-5145

Website: www.projetchangement.com

Email: aines@projetchangement.com

Services: * Reception, information, guidance and referral. * Safety phone calls and friendly calls. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Foot care clinic. * Thematic conferences. * Community and social development. * Physical, psychological, intellectual, spiritual and relational health promotion activities. * Summer and holiday outings. * Je m'engage dans ma communauté: volunteer work with vulnerable seniors. * Individual intervention and home environment group animation. * Low-cost meals five times a week at lunchtime. * Tax clinic for people already benefiting from another service offered by the organization.

Eligibility: seniors 50 years and over

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30

Fees: membership: \$15 per year

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

Legal status: non-profit organization

RESTO PLATEAU

4450 Saint-Hubert Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 527-5997 Fax: 514 527-5965

Website: www.restoplateau.com

Services: * Community restaurant providing affordable meals. * Catering. * Cooking training and socioprofessional integration. * Program subsidized by Emploi-Québec. * Community development and partnerships. * Tax clinic for members only.

Eligibility: people on a low income or isolated

Capacity: 250 to 450 people per day

Coverage area: Montréal Island

Hours: restaurant: Monday to Friday 11h30 to 13h30, office: 9h00 to 17h00

Fees: meal: \$4.25

Financing: grants, donations, Centraide of Greater Montréal, foundations

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CENTRE D'AIDE SAINT-JEAN-BAPTISTE

4240 Drolet Street, Le Plateau-Mont-Royal, Montréal, QC, H2W 2L6

514 849-2008

Services: * Monthly community meal followed by a distribution of food baskets. * Distribution of Christmas baskets. * Vouchers for school supplies. * On-site recovery of non-perishable food donations.

Eligibility: people on a low income

Coverage area: Saint-Jean-Baptiste Parish and Saint-Louis-de-France merged Parish

Hours: monthly meal: one Saturday per month at 12h00 followed by a distribution of food baskets at 14h00, by appointment

Financing: donations

Legal status: non-profit organization

Prepared meals and Meals-on-wheels

RACINE CROISÉE

120 Duluth Street East, Le Plateau-Mont-Royal, Montréal, QC, H2W 1H1

514 225-3448

Website: www.racinecroisee.ca

Email: info@racinecroisee.com

Services: * Food bank. * Cultural and socioprofessional integration for people from ethnocultural minorities. * Information, housing search assistance and settling assistance for newcomers. * Thrift store: furniture, clothing, household items, appliances, toys and sporting items, musical instruments, mattresses, etc. * On-site and home pick-up of used items. * Volunteer driver with truck for moving without loading and unloading of the vehicle. * Delivery of furniture purchased on site. * Yoga and dance classes. * Sewing workshops. * Christmas party and basket distribution.

Eligibility: people of all origins in precarious situations, housing search assistance and settling assistance: newcomers, immigrants or refugees

Capacity: food aid: 100 to 120 families per distribution

Coverage area: Montréal Island

Hours: office: Monday to Friday 9h00 to 17h00, food distribution: Friday 16h00 to 18h00, moving service: everyday during the intensive period, Saturday and Sunday during the rest of the year

Fees: food assistance: \$7, moving service: variable

Financing: donations

Legal status: non-profit organization

RESTO PLATEAU

4450 Saint-Hubert Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 527-5997 Fax: 514 527-5965

Website: www.restoplateau.com

Services: * Community restaurant providing affordable meals. * Catering. * Cooking training and socioprofessional integration. * Program subsidized by Emploi-Québec. * Community development and partnerships. * Tax clinic for members only.

Eligibility: people on a low income or isolated

Capacity: 250 to 450 people per day

Coverage area: Montréal Island

Hours: restaurant: Monday to Friday 11h30 to 13h30, office: 9h00 to 17h00

Fees: meal: \$4.25

Financing: grants, donations, Centraide of Greater Montréal, foundations

Legal status: non-profit organization

SANTROPOL ROULANT

111 Roy Street East, Le Plateau-Mont-Royal, Montréal, QC, H2W 1M1

514 284-9335

Website: www.santropolroulant.org

Email: info@santropolroulant.org

Services: * Meals on wheels: delivery of nutritious meals. * Frozen meals. * Cooking and canning workshops. * Bicycle tuning workshops. * Other ecological activities and projects: rooftop gardens, worm composting, apiculture, mycology, urban fruit picking. * Community supported vegetable baskets. * Public market selling organic vegetables. * Farm. * Room rental and community events. * Sale of seeds and cans.

Eligibility: meals on wheels: people with a loss of autonomy, other services: for the general public

Coverage area: meals on wheels: call for details or visit the website for a map of the areas served, other services: Montréal Island

Hours: Monday to Wednesday, Friday and Saturday 9h30 to 17h30

Fees: meals on wheels: \$6.50 per meal, frozen meals: \$6.50

Financing: self-financing, grants, donations

Legal status: non-profit organization

Government services

MUNICIPAL SERVICES

PROVINCIAL SERVICES

Municipal services

PLATEAU-MONT-ROYAL (LE) - BOROUGH

201 Laurier Avenue East, Suite 120, Le Plateau-Mont-Royal, Montréal, QC, H2T 3E6

311 Fax: 514 872-6754

Website: ville.montreal.qc.ca/plateau

Email: le-plateau-mont-royal@ville.montreal.qc.ca

Services: * Accès Montréal card. * Consultation of public notices. * Administration of oath. * Property assessment. * Information and payment of municipal taxes. * Ticket information and payment. * Cat and dog licenses. * Municipal service intervention requests. * Low-cost housing application. * Parking licenses. * INFO-travaux: location of infrastructure work. * Info-collectes: servicesenligne2.ville.montreal.qc.ca/sel/infocollectes * Recovery of dead animals on public and private properties.

Coverage area: Le Plateau-Mont-Royal

Hours: Monday to Friday 9h00 to 17h00, 2nd Thursday of each month 9h00 to 19h00

Financing: municipal

Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 38 - LE PLATEAU-MONT-ROYAL

1033 Rachel Street East, Le Plateau-Mont-Royal, Montréal, QC, H2J 2J5

514 280-0138 Fax: 514 280-0638

Website: spvm.qc.ca/en/PDQ38

Email: pdq38@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: Le Plateau-Mont-Royal

Hours: Monday to Sunday 9h00 to 19h00

Financing: municipal, provincial

Legal status: municipal agency

Provincial services

OFFICE QUÉBÉCOIS DE LA LANGUE FRANÇAISE

125 Sherbrooke Street West, Le Plateau-Mont-Royal, Montréal, QC, H2X 1X4

1 888 873-6202 Fax: 514 873-3488

Website: www.oqlf.gouv.qc.ca

Email: communications@oqlf.gouv.qc.ca

Services: Management of Québec's policy in terms of linguistic research and terminology. * Promotion of French as the language of communication, work, trade and business. * Terminological consultation. * Library. * Grand dictionnaire terminologique (GDT) and Banque de dépannage linguistique (BDL) available online for free.

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, terminological consultation: Monday to Friday 10h00

Fees: terminological consultation: \$5 per call

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - POINT DE SERVICE DU PLATEAU-MONT-ROYAL

5105 de Gaspé Avenue, 3rd floor, Le Plateau-Mont-Royal, Montréal, QC, H2T 0A1

514 872-4922 Fax: 514 872-6815

Website: www.gouv.qc.ca/EN/NousJoindre/Pages/Bureaux.aspx

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

Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 18 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Le Plateau-Mont-Royal

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

Financing: provincial

Legal status: provincial government agency

Health

DENTAL CARE

EMERGENCY

EYE CARE

FAMILY PLANNING

HOME CARE

HOSPITALS, CLSC AND COMMUNITY CLINICS

PALLIATIVE CARE

PATIENT SUPPORT ASSOCIATIONS

PUBLIC HEALTH

Dental care

MILE END COMMUNITY MISSION

99 Bernard Street West, Le Plateau-Mont-Royal, Montréal, QC, H2T 2J9

514 274-3401

Website: mileendmission.org

Email: general@mileendmission.org

Services: * Weekly food bank for Mile-End residents. * Free community meals. * Information and referral. * Free legal clinic. * Computer, Internet and public phone access. * Thrift shop. * Bi-annual dental clinic for people on a low income who don't have dental coverage. * Community activities. * Christmas lunch and Christmas baskets for members.

Eligibility: people and family on a low income, vulnerable, homeless or seniors

Coverage area: Mile-End residents

Hours: Tuesday to Friday 10h00 to 15h00, free lunches: Tuesday, Wednesday and Thursday 12h00, free breakfasts: Thursday 8h00 and Friday 10h00, dental clinic: in Autumn and Winter by appointment, legal clinic: Wednesday 16h00 to 19h00

Fees: annual membership: \$2 per member of the family, food bank: \$1.50 per week, community meals: free

Financing: self-financing

Legal status: non-profit organization

Emergency

SERVICE DE SÉCURITÉ INCENDIE DE MONTRÉAL

4040 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2W 1S8

514 872-3800 Fax: 514 872-9572

Website: ville.montreal.qc.ca/sim/en

Services: Intervention in case of fire. * Specialized units: hazardous material response, water rescue and high angle rescue. * Prevention and awareness-raising.

Coverage area: Montréal

Financing: municipal

Legal status: municipal agency

Eye care

BONHOMME À LUNETTES

160 Saint-Viateur Street East, Suite 404, Le Plateau-Mont-Royal, Montréal, QC, H2T 1A8

514 303-4315 Fax: 438-380-4494

Website: www.bonhommealunettes.org

Email: info@bonhommealunettes.org

Services: Mobile optician. * Sells and manufactures affordable glasses. * Partnership with community organizations.

Eligibility: anybody in need of glasses

Coverage area: Greater Montréal

Hours: see participating community organizations on the website for schedules and addresses

Fees: price of glasses for social assistance beneficiaries: \$20 more than the amount refunded by the form, free for dependent children, for every pair of glasses sold, a donation of \$10 is made to a selected community organization

Financing: self-financing

Legal status: commercial enterprise

EXEKO

5445 de Gaspé Avenue, Suite 405, Le Plateau-Mont-Royal, Montréal, QC, H2T 3B2

514 528-9706

Website: www.exeko.org/en

Email: info@exeko.org

Services: Creation of egalitarian spaces for collective reflection and social inclusion through intellectual and cultural mediation. * Creative workshops: intellectual self defense, social analysis, citizen participation in shelters, day centres, specialized schools and public space. * Cultural outings. * Citizen consultation. * Inclusive library with readings and writing workshops. * IdAction Mobile caravan for people experiencing homelessness: donation of books, art and writing kits, reading glasses and micro workshops.

Eligibility: people in a situation of exclusion or at risk of exclusion

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 18h00

Financing: provincial, municipal, donations, foundations

Legal status: non-profit organization

Family planning**CENTRE DE SANTÉ DES FEMMES DE MONTRÉAL**

3401 De Lorimier Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2K 3X5

514 270-6110 Fax: 514 270-6115

Website: www.csfmontreal.qc.ca

Email: info@csfmontreal.qc.ca

Services: Sexual and reproductive health services. * Termination of pregnancy. * Gynecological health clinic for vulnerable women. * Information and referral. * Sexual and reproductive health workshops in women's groups on demand. * Gynecological exam training for nurses. * Feminist consultation and representation.

Eligibility: women, gynecological clinic: women who already have a medical record at the Centre, members and women referred by an organization that has an agreement with the Centre

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h15

Financing: self-financing, grants, donations

Legal status: non-profit organization

CLSC DU PLATEAU MONT-ROYAL

4625 de Lorimier Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 2B4

514 521-7663

Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/clsc-du-plateau-mont-royal

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

Coverage area: Le Plateau-Mont-Royal

Hours: Monday to Friday 8h00 to 18h00

Financing: provincial

Legal status: parapublic organization

CLSC SAINT-LOUIS DU PARC

15 du Mont-Royal Avenue West, Suite 100, Le Plateau-Mont-Royal, Montréal, QC, H2T 2R9

514 286-9657

Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/clsc-de-saint-louis-du-parc

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

Coverage area: Le Plateau-Mont-Royal, Ville-Marie

Hours: Monday to Friday 8h00 to 17h00, Saturday, Sunday and holidays 8h00 to 12h00

Financing: provincial

Legal status: parapublic organization

PLEIN MILIEU

4677 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2L5

1 877 257-0477 Fax: 514 524-1809

Website: pleinmilieu.qc.ca/en

Email: info@pleinmilieu.qc.ca

Services: School-based intervention and street work. * Active listening, welcoming, support, referral, mediation and accompaniment. * Permanent site: needle exchange and recovery, distribution of condoms, inhalation and injection equipment. * STI prevention. * Toll free helplines to reach a community counsellor. * Social mediation between homeless people and residents or shop owners to prevent police intervention. * Assistance finding housing and follow-up for people referred by community workers. * Drug addiction prevention and sexual education workshops in high schools. * Naloxone kits distribution. * Distribution and delivery of fentanyl test strips. * Distribution of menstrual hygiene products. * Christmas baskets. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.

Eligibility: homeless people, youth and adults injecting or inhaling drugs

Coverage area: Le Plateau-Mont-Royal

Hours: administration: Monday to Friday 9h00 to 17h00, permanent site: Monday to Friday 17h00 to 19h00, street work: 7 days 10h00 to 21h00

Fees: none

Financing: provincial, federal, municipal, foundations

Legal status: non-profit organization

Home care**CLSC DU PLATEAU MONT-ROYAL**

4625 de Lorimier Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 2B4

514 521-7663

Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/clsc-du-plateau-mont-royal

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

Coverage area: Le Plateau-Mont-Royal

Hours: Monday to Friday 8h00 to 18h00

Financing: provincial

Legal status: parapublic organization

CLSC SAINT-LOUIS DU PARC

15 du Mont-Royal Avenue West, Suite 100, Le Plateau-Mont-Royal, Montréal, QC, H2T 2R9

514 286-9657

Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/clsc-de-saint-louis-du-parc

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

Coverage area: Le Plateau-Mont-Royal, Ville-Marie

Hours: Monday to Friday 8h00 to 17h00, Saturday, Sunday and holidays 8h00 to 12h00

Financing: provincial

Legal status: parapublic organization

Hospitals, CLSC and community clinics

AMICALE DES DIABÉTIQUES DU CHUM

3840 Saint-Urbain Street, Suite 7-547, Le Plateau-Mont-Royal, Montréal, QC, H2W 1T8

514 890-8000 ext. 25358

Website: www.amicaledesdiabetiques.ca

Email: amicale.diabetique.chum@ssss.gouv.qc.ca

Services: Education, information and support for people living with diabetes. * Recreational and sports activities: aquafitness, fitness, swimming, and bowling. * Support group on demand. * Cooking classes. * Grocery store support with a professional. * Nutritional education. * Foot care. * Diabetes screening. * Annual events: Christmas event and conferences.

Eligibility: people with diabetes

Coverage area: Greater Montréal

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

Fees: membership: \$10 per year, including subscription to Diabète Québec, first year is free

Financing: fundraising campaigns, grants

Legal status: non-profit organization

CENTRE DE SANTÉ DES FEMMES DE MONTRÉAL

3401 De Lorimier Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2K 3X5

514 270-6110 Fax: 514 270-6115

Website: www.csfmontreal.qc.ca

Email: info@csfmontreal.qc.ca

Services: Sexual and reproductive health services. * Termination of pregnancy. * Gynecological health clinic for vulnerable women. * Information and referral. * Sexual and reproductive health workshops in women's groups on demand. * Gynecological exam training for nurses. * Feminist consultation and representation.

Eligibility: women, gynecological clinic: women who already have a medical record at the Centre, members and women referred by an organization that has an agreement with the Centre

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h15

Financing: self-financing, grants, donations

Legal status: non-profit organization

CLSC DU PLATEAU MONT-ROYAL

4625 de Lorimier Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 2B4

514 521-7663

Website: cussss-centresudmtl.gouv.qc.ca/etablissement/clsc-du-plateau-mont-royal

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

Coverage area: Le Plateau-Mont-Royal

Hours: Monday to Friday 8h00 to 18h00

Financing: provincial

Legal status: parapublic organization

CLSC SAINT-LOUIS DU PARC

15 du Mont-Royal Avenue West, Suite 100, Le Plateau-Mont-Royal, Montréal, QC, H2T 2R9

514 286-9657

Website: cussss-centresudmtl.gouv.qc.ca/etablissement/clsc-de-saint-louis-du-parc

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

Coverage area: Le Plateau-Mont-Royal, Ville-Marie

Hours: Monday to Friday 8h00 to 17h00, Saturday, Sunday and holidays 8h00 to 12h00

Financing: provincial

Legal status: parapublic organization

HÔTEL-DIEU

3840 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2W 1T8

514 890-8000

Website: www.chumontreal.qc.ca

Services: External clinics. * Cardiology, endocrinology, physiatry and UHRESS.

Coverage area: Province of Québec

Hours: 24 hours / 7 days

Financing: provincial

Legal status: parapublic organization

OPEN DOOR (THE)

3535 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2X 2H8

514 939-1970

Website: www.opendoortoday.org

Email: caleb@opendoortoday.org

Services: * Breakfast, lunch, dinner, snacks. * Clothing bank and laundry room. * Showers. * Distribution of menstrual hygiene products. * Telephone, computers and Internet access. * Listening, evaluation, referral, guidance and accompaniment. * Medical, psychosocial and legal services on site. * Facilitated access to the Accès Montréal card. * PAAS-Action program. * Possibility of compensatory work. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.

Eligibility: homeless people, people at risk of homelessness, with or without pets

Coverage area: downtown

Hours: Monday to Friday 7h45 to 13h00 and 15h00 to 18h00, breakfast: 7h30, lunch: 11h30, dinner: 16h30

Financing: donations

Legal status: non-profit organization

UNITÉ HOSPITALIÈRE DE RECHERCHE, D'ENSEIGNEMENT ET DE SOINS SUR LE SIDA

3840 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2W 1T6

514 890-8148

Website: www.chumontreal.qc.ca

Services: Medical follow-up for people with HIV. * Nutritionists, psychologists, social workers. * Adapted vaccinations. * HIV testing. * Two sites: Notre-Dame and Hôtel-Dieu.

Eligibility: people with HIV

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

Palliative care

CLSC DU PLATEAU MONT-ROYAL

4625 de Lorimier Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 2B4

514 521-7663

Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/clsc-du-plateau-mont-royal

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

Coverage area: Le Plateau-Mont-Royal

Hours: Monday to Friday 8h00 to 18h00

Financing: provincial

Legal status: parapublic organization

CLSC SAINT-LOUIS DU PARC

15 du Mont-Royal Avenue West, Suite 100, Le Plateau-Mont-Royal, Montréal, QC, H2T 2R9

514 286-9657

Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/clsc-de-saint-louis-du-parc

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

Coverage area: Le Plateau-Mont-Royal, Ville-Marie

Hours: Monday to Friday 8h00 to 17h00, Saturday, Sunday and holidays 8h00 to 12h00

Financing: provincial

Legal status: parapublic organization

LITTLE BROTHERS - MONTRÉAL CENTRE

4624 Garnier Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 3S7

514 527-8653 Fax: 514 527-7162

Website: www.littlebrothers.ca

Email: montreal@petitsfreres.ca

Services: Organization seeking to deal with the isolation of people of advanced age until their end of life. * Accompaniment and twinning with volunteers. * Visits in people's living environments: at-home, at the hospital or CHSLD, in residences, etc. * Activities and special outings to celebrate birthdays and traditional holidays. * Holidays stays at The Juliette Huot Home in Oka. * End-of-life accompaniment.

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

Coverage area: Montréal Island

Hours: Monday to Sunday 9h00 to 16h00

Fees: free

Financing: fundraising campaigns, self-financing, donations

Legal status: non-profit organization

MAISON D'HÉRELLE

3742 Saint-Hubert Street, Le Plateau-Mont-Royal, Montréal, QC, H2L 4A2

514 844-4874 ext. 101 Fax: 514 842-2991

Website: www.maisondherelle.org

Email: info@maisondherelle.org

Services: Community housing with short, medium and long-term stays. * Rooming house with a short-term respite program, a short to medium-term transition program and a medium to long-term palliative care program with a possibility of permanent room for aging people. * Appartements Satellites d'Hérelle: two apartments with community support for people experiencing psychosocial issues. * Studios d'Hérelle: social housing with community support for people at risk of homelessness. * Possibility of community psychosocial follow-up upon returning home.

Eligibility: people living with HIV/AIDS

Capacity: 10 rooms

Coverage area: Greater Montréal

Hours: 24 hours / 7 days

Fees: 75% of monthly income

Financing: provincial, foundations, donations

Legal status: non-profit organization

MAISON DU PARC

1287 Rachel Street East, Le Plateau-Mont-Royal, Montréal, QC, H2J 2J9

514 523-6467 Fax: 514 523-6800

Website: www.maisonduparc.org

Email: info@maisonduparc.org

Services: Housing for people with HIV/AIDS. * Palliative care. * Physical, psychological and social assistance.

Eligibility: men and women with HIV/AIDS

Capacity: 12 beds

Coverage area: Province of Québec

Hours: office: Monday to Friday 8h00 to 17h00, housing: 24/7

Fees: 75% of income

Financing: provincial, donations, membership fees, grants

Legal status: non-profit organization

Patient support associations

AMICALE DES DIABÉTIQUES DU CHUM

3840 Saint-Urbain Street, Suite 7-547, Le Plateau-Mont-Royal, Montréal, QC, H2W 1T8

514 890-8000 ext. 25358

Website: www.amicaledesdiabetiques.ca

Email: amicale.diabetique.chum@ssss.gouv.qc.ca

Services: Education, information and support for people living with diabetes. * Recreational and sports activities: aquafitness, fitness, swimming, and bowling. * Support group on demand. * Cooking classes. * Grocery store support with a professional. * Nutritional education. * Foot care. * Diabetes screening. * Annual events: Christmas event and conferences.

Eligibility: people with diabetes

Coverage area: Greater Montréal

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

Fees: membership: \$10 per year, including subscription to Diabète Québec, first year is free

Financing: fundraising campaigns, grants

Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE LA DÉGÉNÉRESCENCE MACULAIRE

400 Laurier Avenue West, Suite 403, Le Plateau-Mont-Royal, Montréal, QC, H2V 2K7

1 866 867-9389

Website: www.aqdm.org

Email: info@aqdm.org

Services: Grouping people living with macular degeneration. * Phone support network. * Information and referral to existing medical, technological and socio-cultural resources. * Information sessions led by knowledgeable people. * Prevention and awareness to the public, health professionals and government agencies on the disease.

Eligibility: people living with macular degeneration, their close ones, health professionals and the general public

Coverage area: Province of Québec

Fees: free

Financing: donations, contributions

Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DES PERSONNES APHASIQUES

4450 Saint-Hubert Street, Suite 510, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 277-5678

Website: aphasie.ca/wpaqpa/en

Email: aqpa@aphasie.ca

Services: * Information, support and referral. * Discussion, reading and writing workshops. * Accompaniment for daily communication needs. * Photography workshops. * Computer workshops. * Advocacy of rights and interests of people with aphasia. * Awareness. * Choir. * Friendly visits. * SAPPA program: assistance for caregivers, visits of social workers and speech language therapists.

Eligibility: adults with aphasia, close ones, people interested in aphasia

Capacity: discussion workshops: 10 to 12 persons

Coverage area: Montréal Island

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

Fees: annual membership: \$25, workshops: \$20 per semester

Financing: provincial, donations, membership fees

Legal status: non-profit organization

CENTRE D'HÉBERGEMENT DU MANOIR-DE-L'ÂGE-D'OR

3430 Jeanne-Mance Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2J9

514 842-1147

Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/centre-dhebergement-du-manoir-de-lage-dor

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

Eligibility: seniors and people with a loss of autonomy

Coverage area: Le Plateau-Mont-Royal, Ville-Marie

Financing: provincial

Legal status: parapublic organization

CENTRE DE RÉADAPTATION LUCIE-BRUNEAU

2275 Laurier Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2H 2N8

514 527-4527 Fax: 514 527-0979

Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/centre-de-readaptation-en-deficience-physique-lucie-bruneau

Services: Specialized, overspecialized and personalized services for adaptation and rehabilitation as well as social, residential and professional reintegration. * Technical and technological assistance device for mobility and posture. * Program for people with a locomotor pathology, a musculoskeletal or orthopedic injury. * Driving assessment clinic: assessment for driving license test or car adaptation. * Chronic pain adaptation clinic. * Parents Plus Clinic: reduce disabilities consequences on parental responsibilities. * Work rehabilitation and transition into active life. * Socioresidential resources program. * Rehabilitation medicine. * Institut Raymond-Dewar Documentation Centre specializing in deafness and deafblindness.

Eligibility: adults living with a physical, motor or neurological disability

Coverage area: Montréal Island

Hours: ongoing services: 24/7, office: Monday to Friday 8h30 to 16h30, documentation centre: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: parapublic organization

CLSC DU PLATEAU MONT-ROYAL

4625 de Lorimier Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 2B4

514 521-7663

Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/clsc-du-plateau-mont-royal

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

Coverage area: Le Plateau-Mont-Royal

Hours: Monday to Friday 8h00 to 18h00

Financing: provincial

Legal status: parapublic organization

CLSC SAINT-LOUIS DU PARC

15 du Mont-Royal Avenue West, Suite 100, Le Plateau-Mont-Royal, Montréal, QC, H2T 2R9

514 286-9657

Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/clsc-de-saint-louis-du-parc

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

Coverage area: Le Plateau-Mont-Royal, Ville-Marie

Hours: Monday to Friday 8h00 to 17h00, Saturday, Sunday and holidays 8h00 to 12h00

Financing: provincial

Legal status: parapublic organization

COALITION DES ORGANISMES COMMUNAUTAIRES QUÉBÉCOIS DE LUTTE CONTRE LE SIDA

1 Sherbrooke Street East, Le Plateau-Mont-Royal, Montréal, QC, H2X 3V8

1 866 535-0481 Fax: 514 844-2498

Website: www.cocqsida.com

Email: info@cocqsida.com

Services: * Support to organizations: discussion, assessment and networking. * Promotion of sexual health through prevention and information. * Legal information and advice for people living with HIV/AIDS. * Advocacy of the rights and interests of people living with HIV/AIDS. * Mobilization, awareness, research and referral.

Eligibility: people living with HIV/AIDS, community organizations fighting against HIV/AIDS

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: free

Financing: grants

Legal status: non-profit organization

LIVING WITH CYSTIC FIBROSIS

629 Prince-Arthur Street West, Le Plateau-Mont-Royal, Montréal, QC, H2X 1T9

1 800 315-3157 Fax: 514 288-3157

Website: www.vivreaveclafibrosekystique.com

Email: info@vivreaveclafk.com

Services: * Reception, information and referrals. * Psychosocial support and advocacy.

Eligibility: people living with cystic fibrosis and their close ones

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Financing: provincial, foundations, donations

Legal status: non-profit organization

MAISON DES FEMMES SOURDES DE MONTRÉAL (LA)

4855 Boyer Street, Suite 105, Le Plateau-Mont-Royal, Montréal, QC, H2J 3E6

514 255-5680 Fax: 514 255-3770 **TTY:** 514 255-6376

Website: www.mfsm.info

Email: femmessourdes@mfsm.ca

Services: Help for deaf or hearing impaired women living difficulties. * Welcoming, intervention, communication and community life. * Individual meetings. * Help, support and referrals. * Information. * Guidance and support (lawyer, court, police station, follow-up during and after housing, etc.) * Awareness and information in the deaf and hard of hearing community (conferences, trainings). * Popular education workshops for deaf and hearing impaired women. * Special events (Christmas, International Women's Day, etc.) * Participation in mobilization activities.

Eligibility: deaf and hearing impaired women

Coverage area: Greater Montréal, North Shore, South Shore

Hours: Monday to Friday 9h00 to 16h30

Fees: free

Financing: provincial, donations

Legal status: non-profit organization

QUÉBEC BREAST CANCER FOUNDATION

279 Sherbrooke Street West, Suite 305, Le Plateau-Mont-Royal, Montréal, QC, H2X 1Y1

1 877 990-7171 Fax: 514 871-9797

Website: www.rubanrose.org/en

Email: info@rubanrose.org

Services: Support for people living with breast cancer. * Phone listening, referral and information. * Financial support for people living with the illness. * Conferences for women with the illness, survivors and their relatives. * Educational conferences and distribution of material in health centres. * Educational website on breast health: www.breastsobservation.org * Funding of scientific and research projects.

Eligibility: support: people with breast cancer, education and awareness: general public

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: free

Financing: fundraising campaigns, donations

Legal status: non-profit organization

UNITÉ HOSPITALIÈRE DE RECHERCHE, D'ENSEIGNEMENT ET DE SOINS SUR LE SIDA

3840 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2W 1T6

514 890-8148

Website: www.chumontreal.qc.ca

Services: Medical follow-up for people with HIV. * Nutritionists, psychologists, social workers. * Adapted vaccinations. * HIV testing. * Two sites: Notre-Dame and Hôtel-Dieu.

Eligibility: people with HIV

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

Public Health

AMICALE DES DIABÉTIQUES DU CHUM

3840 Saint-Urbain Street, Suite 7-547, Le Plateau-Mont-Royal, Montréal, QC, H2W 1T8

514 890-8000 ext. 25358

Website: www.amicaledesdiabetiques.ca

Email: amicale.diabetique.chum@ssss.gouv.qc.ca

Services: Education, information and support for people living with diabetes. * Recreational and sports activities: aquafitness, fitness, swimming, and bowling. * Support group on demand. * Cooking classes. * Grocery store support with a professional. * Nutritional education. * Foot care. * Diabetes screening. * Annual events: Christmas event and conferences.

Eligibility: people with diabetes

Coverage area: Greater Montréal

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

Fees: membership: \$10 per year, including subscription to Diabète Québec, first year is free

Financing: fundraising campaigns, grants

Legal status: non-profit organization

ASSOCIATION POUR LA SANTÉ PUBLIQUE DU QUÉBEC

4529 Clark Street, Suite 102, Le Plateau-Mont-Royal, Montréal, QC, H2T 2T3

514 528-5811

Website: aspq.org

Email: info@aspq.org

Services: * Informs and brings together to enable the adoption of policy and practices promoting sustainable health through prevention. * Sponsors coalitions collaborating in actions with significant impact on issues related to public health in Québec.

Eligibility: health and social services network, general public

Coverage area: Province of Québec

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

Fees: membership fees

Financing: contributions, grants, donations

Legal status: non-profit organization

CENTRE DE SANTÉ DES FEMMES DE MONTRÉAL

3401 De Lorimier Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2K 3X5

514 270-6110 Fax: 514 270-6115

Website: www.csfmontreal.qc.ca

Email: info@csfmontreal.qc.ca

Services: Sexual and reproductive health services. * Termination of pregnancy. * Gynecological health clinic for vulnerable women. * Information and referral. * Sexual and reproductive health workshops in women's groups on demand. * Gynecological exam training for nurses. * Feminist consultation and representation.

Eligibility: women, gynecological clinic: women who already have a medical record at the Centre, members and women referred by an organization that has an agreement with the Centre

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h15

Financing: self-financing, grants, donations

Legal status: non-profit organization

CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DU CENTRE-SUD-DE-L'ÎLE-DE-MONTRÉAL

155 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2T 1H4

514 842-7226

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

Email: info.ccsmtl@ssss.gouv.qc.ca

Services: Planning, coordination and organization of social and health services. * Responsibility of the availability of care to the entire population, including the most vulnerable. * Management of simplified access to services. * Administration of partnerships with intermediate resources. * Handling of complaints regarding dissatisfaction or violation of rights of users.

Coverage area: Le Plateau-Mont-Royal, Le Sud-Ouest, Verdun, Ville-Marie

Financing: provincial

Legal status: non-profit organization

CLSC DU PLATEAU MONT-ROYAL

4625 de Lorimier Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 2B4

514 521-7663

Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/clsc-du-plateau-mont-royal

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

Coverage area: Le Plateau-Mont-Royal

Hours: Monday to Friday 8h00 to 18h00

Financing: provincial

Legal status: parapublic organization

CLSC SAINT-LOUIS DU PARC

15 du Mont-Royal Avenue West, Suite 100, Le Plateau-Mont-Royal, Montréal, QC, H2T 2R9

514 286-9657

Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/clsc-de-saint-louis-du-parc

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

Coverage area: Le Plateau-Mont-Royal, Ville-Marie

Hours: Monday to Friday 8h00 to 17h00, Saturday, Sunday and holidays 8h00 to 12h00

Financing: provincial

Legal status: parapublic organization

COALITION DES ORGANISMES COMMUNAUTAIRES QUÉBÉCOIS DE LUTTE CONTRE LE SIDA

1 Sherbrooke Street East, Le Plateau-Mont-Royal, Montréal, QC, H2X 3V8

1 866 535-0481 Fax: 514 844-2498

Website: www.cocqsida.com

Email: info@cocqsida.com

Services: * Support to organizations: discussion, assessment and networking. * Promotion of sexual health through prevention and information. * Legal information and advice for people living with HIV/AIDS. * Advocacy of the rights and interests of people living with HIV/AIDS. * Mobilization, awareness, research and referral.

Eligibility: people living with HIV/AIDS, community organizations fighting against HIV/AIDS

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: free

Financing: grants

Legal status: non-profit organization

CUISINES COLLECTIVES DU GRAND PLATEAU

4095 Saint-André Street, Le Plateau-Mont-Royal, Montréal, QC, H2L 3W4

514 523-1752 Fax: 514 523-0755

Website: www.ccgp-montreal.org

Email: direction@ccgp-montreal.org

Services: * Collective kitchens. * Assistance for starting collective kitchens. * Information, training and awareness on healthy nutrition. * Cooking workshops for youth living in low-rent housing. * Culinary discovery workshops for seniors living food insecurity situations. * Nutrition workshops for people with diabetes. * Coordination on food security.

Eligibility: people on a low income, groups willing to start collective kitchens, children and youth 6 to 12 years old

Coverage area: Le Plateau-Mont-Royal

Hours: Monday to Friday 9h00 to 16h00

Fees: membership: \$30 per year

Financing: provincial, donations

Legal status: non-profit organization

DIRECTION DE LA SANTÉ PUBLIQUE DE MONTRÉAL

1301 Sherbrooke Street East, Le Plateau-Mont-Royal, Montréal, QC, H2L 1M3

514 528-2400

Website: santemontreal.qc.ca/en/public

Email: santemontreal.mtl@ssss.gouv.qc.ca

Services: Continuous surveillance of public health. * Information on high-priority health problems, vulnerable groups and risk factors. * Identification of potentially problematic situations and required measures. * Prevention and health promotion.

Coverage area: Montréal Island

Financing: provincial

Legal status: non-profit organization

DU PARC YMCA

5550 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2V 4H1

514 271-9622 Fax: 514 277-9102

Website: www.ymcaquebec.org/en/Find-a-Y/Du-Parc-YMCA

Email: contact@ymcaquebec.org

Services: Childhood and family * Parent-child activities. * Activities for children. * Subsidized daycare. * Day and spring break camps. * Homework help for 6 to 12 years old. Youth * Youth Zone for 12 to 17 years old. * Alternative suspension: school dropout prevention program. * CIEC Mile-End and Outremont: youth services cooperative. Sports * Training room. * Group classes. * Sports at the gym. * Public swim for adults and families. * Group or private swimming lessons. * Swimming club and triathlon club. Seniors * Café Rendez-Vous Y: socialization activities for seniors 55 years and over. * Leisure activities. Training * First aid and cardio-pulmonary resuscitation (CPR) courses. * Aquatic certifications. * Fitness certifications. Various * Room rental. * Tax clinic.

Eligibility: children, youth, adults, seniors

Coverage area: Montréal Island

Hours: Monday to Friday 6h30 to 20h30, Saturday and Sunday 8h00 to 17h30

Fees: subscription: variable according to age, activities: variable

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

Legal status: non-profit organization

INSTITUT DE RECHERCHES CLINIQUES DE MONTRÉAL

110 des Pins Avenue West, Le Plateau-Mont-Royal, Montréal, QC, H2W 1R7

514 987-5500

Website: www.ircm.qc.ca

Email: info@ircm.qc.ca

Services: * External clinic. * Biomedical research. * Training. * Core facilities.

Coverage area: Province of Québec

Financing: donations, grants

Legal status: non-profit organization

KETCH CAFÉ

4707 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2L5

514 985-0505 ext. 5001

Website: diners-st-louis.org/wp/services/ketch-cafe

Email: info@diners-st-louis.org

Services: Evening drop-in centre. * Prevention of bloodborne and sexually transmitted diseases. * Meals. * Support and referral. * Cultural, educational and informational activities. * Thematic discussions and conferences. * Phone line for procedures. * Music rehearsal space. * Distribution of sterile equipment. * Shower and laundry.

Eligibility: youth in a difficult situation and street youth 18 to 30 years old

Capacity: 30 people

Coverage area: Greater Montréal

Hours: Monday 16h00 to 20h00, Thursday to Sunday 14h00 to 20h00

Fees: mostly free, minimal fees for coffee and laundry

Financing: donations, grants

Legal status: non-profit organization

PARRAINAGE CIVIQUE MONTRÉAL

4450 Saint-Hubert Street, Suite 336, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 843-8813 ext. 1

Website: www.parrainagemontreal.org

Email: info@parrainagemontreal.org

Services: Pairing of people with intellectual disabilities with volunteers. * Social skills development. * Adapted collective kitchens. * Advocacy of rights. * Super rigolos: theatre workshops. * Improvisation workshop. * Arts, adapted dance and music workshops. * Vivre heureux et en santé: nutritional workshops. * Computer literacy. * Brin de jasette: support and discussion group. * Personnes filleules: social participation promotion. * Saveurs du monde: discovery of cultures in Montréal.

Eligibility: people 18 years and over with an intellectual disability or an autism spectrum disorder, art workshops: general public

Coverage area: Montréal Island

Hours: administration: Monday to Friday 9h00 to 17h00, activities: evenings and weekends

Fees: \$12 per year

Financing: provincial

Legal status: non-profit organization

PLEIN MILIEU

4677 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2L5

1 877 257-0477 Fax: 514 524-1809

Website: pleinmilieu.qc.ca/en

Email: info@pleinmilieu.qc.ca

Services: School-based intervention and street work. * Active listening, welcoming, support, referral, mediation and accompaniment. * Permanent site: needle exchange and recovery, distribution of condoms, inhalation and injection equipment. * STI prevention. * Toll free helplines to reach a community counsellor. * Social mediation between homeless people and residents or shop owners to prevent police intervention. * Assistance finding housing and follow-up for people referred by community workers. * Drug addiction prevention and sexual education workshops in high schools. * Naloxone kits distribution. * Distribution and delivery of fentanyl test strips. * Distribution of menstrual hygiene products. * Christmas baskets. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.

Eligibility: homeless people, youth and adults injecting or inhaling drugs

Coverage area: Le Plateau-Mont-Royal

Hours: administration: Monday to Friday 9h00 to 17h00, permanent site: Monday to Friday 17h00 to 19h00, street work: 7 days 10h00 to 21h00

Fees: none

Financing: provincial, federal, municipal, foundations

Legal status: non-profit organization

PROJET CHANGEMENT - CENTRE COMMUNAUTAIRE POUR LES 50 ANS ET PLUS

4450 Saint-Hubert Street, Suite 130, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 521-5145

Website: www.projetchangement.com

Email: aines@projetchangement.com

Services: * Reception, information, guidance and referral. * Safety phone calls and friendly calls. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Foot care clinic. * Thematic conferences. * Community and social development. * Physical, psychological, intellectual, spiritual and relational health promotion activities. * Summer and holiday outings. * Je m'engage dans ma communauté: volunteer work with vulnerable seniors. * Individual intervention and home environment group animation. * Low-cost meals five times a week at lunchtime. * Tax clinic for people already benefiting from another service offered by the organization.

Eligibility: seniors 50 years and over

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30

Fees: membership: \$15 per year

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

Legal status: non-profit organization

UNITÉ HOSPITALIÈRE DE RECHERCHE, D'ENSEIGNEMENT ET DE SOINS SUR LE SIDA

3840 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2W 1T6

514 890-8148

Website: www.chumontreal.qc.ca

Services: Medical follow-up for people with HIV. * Nutritionists, psychologists, social workers. * Adapted vaccinations. * HIV testing. * Two sites: Notre-Dame and Hôtel-Dieu.

Eligibility: people with HIV

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

Homelessness

DAY AND EVENING CENTRES

HEALTH CARE

MOBILE UNITS AND STREET WORK

SHELTERS

SUPPORTIVE HOUSING

TRANSITIONAL HOUSING

Day and evening centres

DÎNERS SAINT-LOUIS

1818 Gilford Street, Le Plateau-Mont-Royal, Montréal, QC, H2H 1G5

514 521-8619 ext. 311 Fax: 514 521-6019

Website: diners-st-louis.org/wp

Email: info@diners-st-louis.org

Services: * Daily community meals and snacks. * Shower, laundry, Internet and phone access. * Recording studio. * Café 1818 Gilford: day centre, activities, listening, referral and accompaniment towards social reintegration, counsellors on-site. * Un toit dans la ville: transitional housing (up to 2 years). * Pivau program: anger management program offering individual and group meetings, as well as an anger release room. * Ketch Café: evening centre, prevention of STBDs and addictions, needle exchange and distribution. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.

Eligibility: youth facing difficult situations, street youth 18 to 30 years old

Capacity: day centre: 50 people, 7 individual apartments (2 1/2 or 3 1/2)

Coverage area: Greater Montréal

Hours: day centre: Monday 12h00 to 16h00, Tuesday to Friday 9h30 to 16h00, meals: Monday to Friday 12h00 to 13h00, snacks: 15h00, evening centre: Friday, Saturday and Sunday starting at 14h00, Monday starting at 16h00

Fees: apartments starting at \$340 (without meals), day centre: free meals, shower, Internet and phone access, minimal fees for laundry and coffee

Financing: donations, grants

Legal status: non-profit organization

KETCH CAFÉ

4707 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2L5

514 985-0505 ext. 5001

Website: diners-st-louis.org/wp/services/ketch-cafe

Email: info@diners-st-louis.org

Services: Evening drop-in centre. * Prevention of bloodborne and sexually transmitted diseases. * Meals. * Support and referral. * Cultural, educational and informational activities. * Thematic discussions and conferences. * Phone line for procedures. * Music rehearsal space. * Distribution of sterile equipment. * Shower and laundry.

Eligibility: youth in a difficult situation and street youth 18 to 30 years old

Capacity: 30 people

Coverage area: Greater Montréal

Hours: Monday 16h00 to 20h00, Thursday to Sunday 14h00 to 20h00

Fees: mostly free, minimal fees for coffee and laundry

Financing: donations, grants

Legal status: non-profit organization

MAISON DES AMIS DU PLATEAU MONT-ROYAL (LA)

1360 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1M3

514 527-1344 Fax: 514 527-3769

Website: www.maisondesamis.org

Email: info@maisondesamis.org

Services: * Reception, listening and referral. * Access to phonelines, Internet and the documentation centre on community resources in Montréal. * Community meals. * Collective kitchen. * Recreational and informational activities. * Thrift store and annual bazaars. * Donation of clothing and furniture upon referral. * Holiday meals on December 25th and January 1st.

Eligibility: people 18 years and over, with or without children, in need and living with psychosocial difficulties

Capacity: community meals: 150

Coverage area: Le Plateau-Mont-Royal, Rosemont-La Petite-Patrie, Centre-Sud, Hochelaga-Maisonneuve

Hours: Monday to Friday 12h30 to 14h00

Fees: meals and access to phonelines and Internet: free, community kitchen: \$5 for 3 to 5 meals

Financing: provincial, federal, self-financing, donations

Legal status: non-profit organization

MILE END COMMUNITY MISSION

99 Bernard Street West, Le Plateau-Mont-Royal, Montréal, QC, H2T 2J9

514 274-3401

Website: mileendmission.org

Email: general@mileendmission.org

Services: * Weekly food bank for Mile-End residents. * Free community meals. * Information and referral. * Free legal clinic. * Computer, Internet and public phone access. * Thrift shop. * Bi-annual dental clinic for people on a low income who don't have dental coverage. * Community activities. * Christmas lunch and Christmas baskets for members.

Eligibility: people and family on a low income, vulnerable, homeless or seniors

Coverage area: Mile-End residents

Hours: Tuesday to Friday 10h00 to 15h00, free lunches: Tuesday, Wednesday and Thursday 12h00, free breakfasts: Thursday 8h00 and Friday 10h00, dental clinic: in Autumn and Winter by appointment, legal clinic: Wednesday 16h00 to 19h00

Fees: annual membership: \$2 per member of the family, food bank: \$1.50 per week, community meals: free

Financing: self-financing

Legal status: non-profit organization

OPEN DOOR (THE)

3535 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2X 2H8

514 939-1970

Website: www.opendoortoday.org

Email: caleb@opendoortoday.org

Services: * Breakfast, lunch, dinner, snacks. * Clothing bank and laundry room. * Showers. * Distribution of menstrual hygiene products. * Telephone, computers and Internet access. * Listening, evaluation, referral, guidance and accompaniment. * Medical, psychosocial and legal services on site. * Facilitated access to the Accès Montréal card. * PAAS-Action program. * Possibility of compensatory work. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.

Eligibility: homeless people, people at risk of homelessness, with or without pets

Coverage area: downtown

Hours: Monday to Friday 7h45 to 13h00 and 15h00 to 18h00, breakfast: 7h30, lunch: 11h30, dinner: 16h30

Financing: donations

Legal status: non-profit organization

PLEIN MILIEU

4677 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2L5

1 877 257-0477 Fax: 514 524-1809

Website: pleinmilieu.qc.ca/en

Email: info@pleinmilieu.qc.ca

Services: School-based intervention and street work. * Active listening, welcoming, support, referral, mediation and accompaniment. * Permanent site: needle exchange and recovery, distribution of condoms, inhalation and injection equipment. * STI prevention. * Toll free helplines to reach a community counsellor. * Social mediation between homeless people and residents or shop owners to prevent police intervention. * Assistance finding housing and follow-up for people referred by community workers. * Drug addiction prevention and sexual education workshops in high schools. * Naloxone kits distribution. * Distribution and delivery of fentanyl test strips. * Distribution of menstrual hygiene products. * Christmas baskets. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.

Eligibility: homeless people, youth and adults injecting or inhaling drugs

Coverage area: Le Plateau-Mont-Royal

Hours: administration: Monday to Friday 9h00 to 17h00, permanent site: Monday to Friday 17h00 to 19h00, street work: 7 days 10h00 to 21h00

Fees: none

Financing: provincial, federal, municipal, foundations

Legal status: non-profit organization

Health care

CENTRE DE RÉADAPTATION EN DÉPENDANCE DE MONTRÉAL - POINT DE SERVICE PRINCE-ARTHUR

110 Prince-Arthur Street West, Le Plateau-Mont-Royal, Montréal, QC, H2X 1S7

514 385-1232

Website: <https://ciusss-centresudmtl.gouv.qc.ca>

Email: guichet.dependance.ccsmtl@sss.gouv.qc.ca

Services: Addiction rehabilitation centre. Outpatient services for the south-central sector of Montréal * Specialized assessment, rehabilitation, social reintegration. * Individual, group, family and couple intervention. * Support to relatives. * External addiction nursing services. * Budget management. Emergency addictions service * Crisis intervention by telephone or on site for people with a drug addiction problem: assessment and support by nurses and stakeholders and doctors. * Short-term accommodation. * References to the other services of the Centre. * Excessive gambling: support, individual or group intervention, budget consultation. * Social integration: partnerships with non-institutional, family, professional or community resources. Internal withdrawal management service * Light to moderate weaning (severe weaning will be transferred to the hospital). Treatment with opioid agonists: CRAN program * Substitution treatment of opioid dependence. * Listening, help and guidance. * Medical, nursing and psychosocial services. * Perinatal services. * Support to relatives. * Clinical support for professionals and training for community stakeholders. Training and support service in addiction

Eligibility: young people and adults with an addiction (drugs including opioid, alcohol, gambling or cyber addiction), their relatives

Capacity: 28 beds for withdrawal management and 10 stretchers in the addiction emergency room

Coverage area: Centre-Sud de l'île de Montréal

Hours: outpatient rehabilitation services: Monday to Thursday 8h00 to 20h00, Friday 8h00 to 16h00, treatment with opioid agonists: Monday to Friday 9h00 to 17h00, addiction emergency: 24/7

Fees: free

Financing: provincial

Legal status: provincial government agency

OPEN DOOR (THE)

3535 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2X 2H8

514 939-1970

Website: www.opendoortoday.org

Email: caleb@opendoortoday.org

Services: * Breakfast, lunch, dinner, snacks. * Clothing bank and laundry room. * Showers. * Distribution of menstrual hygiene products. * Telephone, computers and Internet access. * Listening, evaluation, referral, guidance and accompaniment. * Medical, psychosocial and legal services on site. * Facilitated access to the Accès Montréal card. * PAAS-Action program. * Possibility of compensatory work. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.

Eligibility: homeless people, people at risk of homelessness, with or without pets

Coverage area: downtown

Hours: Monday to Friday 7h45 to 13h00 and 15h00 to 18h00, breakfast: 7h30, lunch: 11h30, dinner: 16h30

Financing: donations

Legal status: non-profit organization

Mobile units and street work

CLSC DU PLATEAU MONT-ROYAL

4625 de Lorimier Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 2B4

514 521-7663

Website: cussss-centresudmtl.gouv.qc.ca/etablissement/clsc-du-plateau-mont-royal

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

Coverage area: Le Plateau-Mont-Royal

Hours: Monday to Friday 8h00 to 18h00

Financing: provincial

Legal status: parapublic organization

CLSC SAINT-LOUIS DU PARC

15 du Mont-Royal Avenue West, Suite 100, Le Plateau-Mont-Royal, Montréal, QC, H2T 2R9

514 286-9657

Website: cussss-centresudmtl.gouv.qc.ca/etablissement/clsc-de-saint-louis-du-parc

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

Coverage area: Le Plateau-Mont-Royal, Ville-Marie

Hours: Monday to Friday 8h00 to 17h00, Saturday, Sunday and holidays 8h00 to 12h00

Financing: provincial

Legal status: parapublic organization

DÎNERS SAINT-LOUIS

1818 Gilford Street, Le Plateau-Mont-Royal, Montréal, QC, H2H 1G5

514 521-8619 ext. 311 Fax: 514 521-6019

Website: diners-st-louis.org/wp

Email: info@diners-st-louis.org

Services: * Daily community meals and snacks. * Shower, laundry, Internet and phone access. * Recording studio. * Café 1818 Gilford: day centre, activities, listening, referral and accompaniment towards social reintegration, counsellors on-site. * Un toit dans la ville: transitional housing (up to 2 years). * Pivau program: anger management program offering individual and group meetings, as well as an anger release room. * Ketch Café: evening centre, prevention of STBDs and addictions, needle exchange and distribution. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.

Eligibility: youth facing difficult situations, street youth 18 to 30 years old

Capacity: day centre: 50 people, 7 individual apartments (2 1/2 or 3 1/2)

Coverage area: Greater Montréal

Hours: day centre: Monday 12h00 to 16h00, Tuesday to Friday 9h30 to 16h00, meals: Monday to Friday 12h00 to 13h00, snacks: 15h00, evening centre: Friday, Saturday and Sunday starting at 14h00, Monday starting at 16h00

Fees: apartments starting at \$340 (without meals), day centre: free meals, shower, Internet and phone access, minimal fees for laundry and coffee

Financing: donations, grants

Legal status: non-profit organization

EXEKO

5445 de Gaspé Avenue, Suite 405, Le Plateau-Mont-Royal, Montréal, QC, H2T 3B2

514 528-9706

Website: www.exeko.org/en

Email: info@exeko.org

Services: Creation of egalitarian spaces for collective reflection and social inclusion through intellectual and cultural mediation. * Creative workshops: intellectual self defense, social analysis, citizen participation in shelters, day centres, specialized schools and public space. * Cultural outings. * Citizen consultation. * Inclusive library with readings and writing workshops. * IdAction Mobile caravan for people experiencing homelessness: donation of books, art and writing kits, reading glasses and micro workshops.

Eligibility: people in a situation of exclusion or at risk of exclusion

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 18h00

Financing: provincial, municipal, donations, foundations

Legal status: non-profit organization

KETCH CAFÉ

4707 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2L5

514 985-0505 ext. 5001

Website: diners-st-louis.org/wp/services/ketch-cafe

Email: info@diners-st-louis.org

Services: Evening drop-in centre. * Prevention of bloodborne and sexually transmitted diseases. * Meals. * Support and referral. * Cultural, educational and informational activities. * Thematic discussions and conferences. * Phone line for procedures. * Music rehearsal space. * Distribution of sterile equipment. * Shower and laundry.

Eligibility: youth in a difficult situation and street youth 18 to 30 years old

Capacity: 30 people

Coverage area: Greater Montréal

Hours: Monday 16h00 to 20h00, Thursday to Sunday 14h00 to 20h00

Fees: mostly free, minimal fees for coffee and laundry

Financing: donations, grants

Legal status: non-profit organization

PLEIN MILIEU

4677 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2L5

1 877 257-0477 Fax: 514 524-1809

Website: pleinmilieu.qc.ca/en

Email: info@pleinmilieu.qc.ca

Services: School-based intervention and street work. * Active listening, welcoming, support, referral, mediation and accompaniment. * Permanent site: needle exchange and recovery, distribution of condoms, inhalation and injection equipment. * STI prevention. * Toll free helplines to reach a community counsellor. * Social mediation between homeless people and residents or shop owners to prevent police intervention. * Assistance finding housing and follow-up for people referred by community workers. * Drug addiction prevention and sexual education workshops in high schools. * Naloxone kits distribution. * Distribution and delivery of fentanyl test strips. * Distribution of menstrual hygiene products. * Christmas baskets. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.

Eligibility: homeless people, youth and adults injecting or inhaling drugs

Coverage area: Le Plateau-Mont-Royal

Hours: administration: Monday to Friday 9h00 to 17h00, permanent site: Monday to Friday 17h00 to 19h00, street work: 7 days 10h00 to 21h00

Fees: none

Financing: provincial, federal, municipal, foundations

Legal status: non-profit organization

Shelters

ASSOCIATION D'ENTRAIDE LE CHAÎNON

4373 de l'Esplanade Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2W 1T2

514 845-0151 Fax: 514 844-4180

Website: www.lechainon.org/en

Email: secretariat@lechainon.org

Services: Temporary accommodation. * Listening and referral, housing, support in the orientation of procedures, help relationship. * Housing: by night reception (1 night), short-term unit (6 to 8 weeks) and long-term transitional unit (3 months to 1 year). * La Relance: post-housing follow-up and assistance with housing search for residents and people using overnight services, the short-term unit or the long-term transitional unit. * Luc mon coiffeur: hairdressing service for residents.

Eligibility: women in difficult situations aged 18 years and over

Capacity: 66

Coverage area: Greater Montréal

Hours: admission service: 24/7

Fees: no fee for overnight and short-term accommodation, transitional unit and Maison Yvonne-Maisonneuve: 50% of the income

Financing: fundraising campaigns, donations, self-financing

Legal status: non-profit organization

OPEN DOOR (THE)

3535 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2X 2H8

514 939-1970

Website: www.opendoortoday.org

Email: caleb@opendoortoday.org

Services: * Breakfast, lunch, dinner, snacks. * Clothing bank and laundry room. * Showers. * Distribution of menstrual hygiene products. * Telephone, computers and Internet access. * Listening, evaluation, referral, guidance and accompaniment. * Medical, psychosocial and legal services on site. * Facilitated access to the Accès Montréal card. * PAAS-Action program. * Possibility of compensatory work. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.

Eligibility: homeless people, people at risk of homelessness, with or without pets

Coverage area: downtown

Hours: Monday to Friday 7h45 to 13h00 and 15h00 to 18h00, breakfast: 7h30, lunch: 11h30, dinner: 16h30

Financing: donations

Legal status: non-profit organization

Supportive housing

ASSOCIATION D'ENTRAIDE LE CHAÎNON - MAISON YVONNE-MAISONNEUVE

4194 De Bullion Street, Le Plateau-Mont-Royal, Montréal, QC, H2W 2E5

514 845-0151 Fax: 514 844-4180

Website: www.lechainon.org/en

Email: secretariat@lechainon.org

Services: Single rooms rental. * Accompaniment to medical and other appointments, medication and budget management assistance.

Eligibility: women over 55 years old, exclusively those referred by Le Chaînon

Capacity: 15 rooms

Coverage area: Greater Montréal

Hours: 24 hours / 7 days

Fees: 50% of the monthly income, meals included

Financing: fundraising campaigns, self-financing, donations

Legal status: non-profit organization

HABITATIONS DU RÉSEAU DE L'ACADÉMIE (LES)

4827 Papineau Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 1V7

514 658-8013 Fax: 514 303-4322

Website: www.resac.org

Email: info@resac.org

Services: Community social housing. * Apartments, rooms and studios. * Only Habitations Mont-Royal is accessible to wheelchairs.

Eligibility: adults at risk of homelessness with or without mental illness, people 60 years and over at risk of homelessness with mental health disorders

Capacity: 170 housing units

Coverage area: Montréal Island

Hours: Monday to Friday 10h00 to 17h00

Financing: provincial

Legal status: non-profit organization

MAISON ST-DOMINIQUE

20 Guilbault Street East, Le Plateau-Mont-Royal, Montréal, QC, H2X 1A1

514 845-7793 Fax: 514 845-1444

Website: maisonstdominique.org

Email: msd@maisonstdominique.org

Services: Housing for an indeterminate period with psychosocial counselling.

Eligibility: adults 18 years and over on a low income and with mental health problems, homeless people who already have a psychosocial follow-up (referral is not required)

Capacity: 14 rooms, 50 studios, 6 apartments

Coverage area: Greater Montréal

Hours: Monday to Friday 8h00 to 16h00

Fees: 25% to 30% of the income, without meals

Financing: donations, foundations

Legal status: non-profit organization

SIDALYS

3702 Sainte-Famille Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2L4

514 842-4439 Fax: 514 842-2284

Website: sidalys.org

Email: sidasecours@hotmail.com

Services: Housing with meals included and an ongoing presence of a field worker. * Sida Secours: emergency housing for up to 3 months. * Amaryllis: transitional housing varying from a few months to 2 years. * Habitations Jean-Pierre Valiquette: indefinite social housing with occasional supervision. * Accompaniment through medical procedures. * Guidance and referral to other community resources either linked or not to HIV: housing, rehabilitation, etc.

Eligibility: people 18 years old and over living with HIV or AIDS, Sida Secours and Amaryllis centres: people living with HIV, AIDS or hepatitis C and undergoing treatments

Capacity: Sida secours and Amaryllis: 19 individual rooms, Habitations Jean-Pierre Valiquette: 19 apartments of variable size

Coverage area: Greater Montréal, Habitations Jean-Pierre Valiquette: Montréal Island

Hours: 24 hours / 7 days

Fees: Sida secours and Amaryllis: 75 % of the income or depending on financial issues, Habitations Jean-Pierre Valiquette: depending on the grants from the OMHM

Financing: provincial, fundraising campaigns

Legal status: non-profit organization

Transitional housing

ASSOCIATION D'ENTRAIDE LE CHAÎNON

4373 de l'Esplanade Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2W 1T2

514 845-0151 Fax: 514 844-4180

Website: www.lechainon.org/en

Email: secretariat@lechainon.org

Services: Temporary accommodation. * Listening and referral, housing, support in the orientation of procedures, help relationship. * Housing: by night reception (1 night), short-term unit (6 to 8 weeks) and long-term transitional unit (3 months to 1 year). * La Relance: post-housing follow-up and assistance with housing search for residents and people using overnight services, the short-term unit or the long-term transitional unit. * Luc mon coiffeur: hairdressing service for residents.

Eligibility: women in difficult situations aged 18 years and over

Capacity: 66

Coverage area: Greater Montréal

Hours: admission service: 24/7

Fees: no fee for overnight and short-term accommodation, transitional unit and Maison Yvonne-Maisonneuve: 50% of the income

Financing: fundraising campaigns, donations, self-financing

Legal status: non-profit organization

CHRYSALIDE (LA), CENTRE D'ACCOMPAGNEMENT AUX FAMILLES MONOPARENTALES

Confidential Address

514 287-1473 Fax: 514 287-3301

Website: www.reseauhabitationfemmes.org/la-chrysalide

Email: info@chrysalide445.org

Services: * Temporary transitional housing for a period of 1 to 3 years with community support. * Completion of a socio-professional project. * Varied activities and projects.

Eligibility: single parent women and their families

Capacity: 6 families

Coverage area: Greater Montréal

Hours: 24 hours / 7 days

Fees: 25% of the income

Financing: provincial

Legal status: non-profit organization

DÎNERS SAINT-LOUIS

1818 Gilford Street, Le Plateau-Mont-Royal, Montréal, QC, H2H 1G5

514 521-8619 ext. 311 Fax: 514 521-6019

Website: diners-st-louis.org/wp

Email: info@diners-st-louis.org

Services: * Daily community meals and snacks. * Shower, laundry, Internet and phone access. * Recording studio. * Café 1818 Gilford: day centre, activities, listening, referral and accompaniment towards social reintegration, counsellors on-site. * Un toit dans la ville: transitional housing (up to 2 years). * Pivau program: anger management program offering individual and group meetings, as well as an anger release room. * Ketch Café: evening centre, prevention of STBDs and addictions, needle exchange and distribution. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.

Eligibility: youth facing difficult situations, street youth 18 to 30 years old

Capacity: day centre: 50 people, 7 individual apartments (2 1/2 or 3 1/2)

Coverage area: Greater Montréal

Hours: day centre: Monday 12h00 to 16h00, Tuesday to Friday 9h30 to 16h00, meals: Monday to Friday 12h00 to 13h00, snacks: 15h00, evening centre: Friday, Saturday and Sunday starting at 14h00, Monday starting at 16h00

Fees: apartments starting at \$340 (without meals), day centre: free meals, shower, Internet and phone access, minimal fees for laundry and coffee

Financing: donations, grants

Legal status: non-profit organization

MAISON D'HÉRELLE

3742 Saint-Hubert Street, Le Plateau-Mont-Royal, Montréal, QC, H2L 4A2

514 844-4874 ext. 101 Fax: 514 842-2991

Website: www.maisondherelle.org

Email: info@maisondherelle.org

Services: Community housing with short, medium and long-term stays. * Rooming house with a short-term respite program, a short to medium-term transition program and a medium to long-term palliative care program with a possibility of permanent room for aging people. * Appartements Satellites d'Hérelle: two apartments with community support for people experiencing psychosocial issues. * Studios d'Hérelle: social housing with community support for people at risk of homelessness. * Possibility of community psychosocial follow-up upon returning home.

Eligibility: people living with HIV/AIDS

Capacity: 10 rooms

Coverage area: Greater Montréal

Hours: 24 hours / 7 days

Fees: 75% of monthly income

Financing: provincial, foundations, donations

Legal status: non-profit organization

MAISON DU PARC

1287 Rachel Street East, Le Plateau-Mont-Royal, Montréal, QC, H2J 2J9

514 523-6467 Fax: 514 523-6800

Website: www.maisonduparc.org

Email: info@maisonduparc.org

Services: Housing for people with HIV/AIDS. * Palliative care. * Physical, psychological and social assistance.

Eligibility: men and women with HIV/AIDS

Capacity: 12 beds

Coverage area: Province of Québec

Hours: office: Monday to Friday 8h00 to 17h00, housing: 24/7

Fees: 75% of income

Financing: provincial, donations, membership fees, grants

Legal status: non-profit organization

SIDALYS

3702 Sainte-Famille Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2L4

514 842-4439 Fax: 514 842-2284

Website: sidalys.org

Email: sidasecours@hotmail.com

Services: Housing with meals included and an ongoing presence of a field worker. * Sida Secours: emergency housing for up to 3 months. * Amaryllis: transitional housing varying from a few months to 2 years. * Habitations Jean-Pierre Valiquette: indefinite social housing with occasional supervision. * Accompaniment through medical procedures. * Guidance and referral to other community resources either linked or not to HIV: housing, rehabilitation, etc.

Eligibility: people 18 years old and over living with HIV or AIDS, Sida Secours and Amaryllis centres: people living with HIV, AIDS or hepatitis C and undergoing treatments

Capacity: Sida secours and Amaryllis: 19 individual rooms, Habitations Jean-Pierre Valiquette: 19 apartments of variable size

Coverage area: Greater Montréal, Habitations Jean-Pierre Valiquette: Montréal Island

Hours: 24 hours / 7 days

Fees: Sida secours and Amaryllis: 75 % of the income or depending on financial issues, Habitations Jean-Pierre Valiquette: depending on the grants from the OMHM

Financing: provincial, fundraising campaigns

Legal status: non-profit organization

SIDALYS - CENTRE AMARYLLIS

3658 Sainte-Famille Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2L4

514 526-3811

Website: sidalys.org

Email: maisonamaryllis@hotmail.com

Services: Transitional housing varying from a few months to 2 years. * Meals included and an ongoing presence of a field worker. * Individual support and accompaniment. * Assistance with search for future housing. * Medical support. * Post-housing follow-up.

Eligibility: people 18 years old and over living with HIV or AIDS, or receiving a treatment for hepatitis C

Capacity: 5 rooms

Coverage area: Greater Montréal

Hours: 24 hours / 7 days

Fees: 75% of the income or depending on financial issues

Financing: provincial, fundraising campaigns

Legal status: non-profit organization

Housing

ADVOCACY FOR HOUSING

EMERGENCY

HOUSING COOPERATIVES AND CORPORATIONS

HOUSING SEARCH ASSISTANCE

SOCIAL HOUSING AND HOUSING COOPERATIVES

Advocacy for housing

COMITÉ LOGEMENT DU PLATEAU MONT-ROYAL

4450 Saint-Hubert Street, Suite 328, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 527-3495 Fax: 514 527-6653

Website: www.clpmr.com

Email: clplateau@clpmr.com

Services: * Defense of the Grand Plateau Mont-Royal tenants' rights and mobilization for social housing.

Eligibility: tenants

Coverage area: Le Plateau-Mont-Royal

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, closed on Tuesday afternoon

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

Emergency

SERVICE DE SÉCURITÉ INCENDIE DE MONTRÉAL

4040 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2W 1S8

514 872-3800 Fax: 514 872-9572

Website: ville.montreal.qc.ca/sim/en

Services: Intervention in case of fire. * Specialized units: hazardous material response, water rescue and high angle rescue. * Prevention and awareness-raising.

Coverage area: Montréal

Financing: municipal

Legal status: municipal agency

Housing cooperatives and corporations

ATELIER HABITATION MONTRÉAL

55 Mont-Royal Avenue West, Suite 300, Le Plateau-Mont-Royal, Montréal, QC, H2T 2S6

514 270-8488 Fax: 514 270-6728

Website: www.atelierhabitationmontreal.org

Email: info@atelierhabitationmontreal.org

Services: * Development of housing projects, cooperatives, non-profit organizations and early childhood centres. * Collaboration and accompaniment of organizations in the creation and implementation of shelters and residences for people in precarious situations. * Contribution to the achievement of projects: assistance in searching for funding, information, animation and training on financial management.

Eligibility: non-profit organizations seeking to create housing projects, applicants for community housing

Coverage area: Montréal Island, Longueuil, Saint-Hubert, Brossard, Boucherville, Saint-Lambert

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

Fees: variable

Financing: provincial, self-financing

Legal status: non-profit organization

BERTHIAUME-DU-TREMBLAY FOUNDATION (THE)

300 Léo-Pariseau Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 4B3

514 382-8018 Fax: 514 382-8019

Website: www.berthiaume-du-tremblay.com

Email: fondation@berthiaume-du-tremblay.com

Services: Promotion of the well-being of seniors. * Community, housing, accommodation and in-home support development.

Eligibility: seniors

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Financing: donations

Legal status: non-profit organization

COMITÉ LOGEMENT DU PLATEAU MONT-ROYAL

4450 Saint-Hubert Street, Suite 328, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 527-3495 Fax: 514 527-6653

Website: www.clpmr.com

Email: clplateau@clpmr.com

Services: * Defense of the Grand Plateau Mont-Royal tenants' rights and mobilization for social housing.

Eligibility: tenants

Coverage area: Le Plateau-Mont-Royal

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, closed on Tuesday afternoon

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

Housing search assistance

CENTRE DE RÉADAPTATION LUCIE-BRUNEAU - SOCIORESIDENTIAL RESOURCES

2275 Laurier Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2H 2N8

514 527-4527 Fax: 514 527-0979

Website: ciusss-centresudmtl.gouv.qc.ca/soins-et-services/deficience-physique-sensorielle-langage-auditive-et-motrice/aide-au-logement-pour-personnes-mobilite-reduite

Services: * Foster homes and intermediate resources (RA-RI) program: provides, through an agreement with residential resources, living environments that meet the needs of people with physical disabilities. * Info-housing: information tool and assistance to facilitate the search for accessible housing. * Info-housing: coordination of supply and demand for rental housing accessible and available for disabled people in Montréal, Laval and the South Shore. * Rent supplement program for low-income people experiencing permanent mobility problems.

Eligibility: adults living with a physical, motor or neurological disability

Coverage area: Montréal Island, Montérégie, Laval

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

HIRONDELLE, WELCOMING AND INTEGRATION SERVICES FOR IMMIGRANTS (L')

4652 Jeanne-Mance Street, 2nd and 3rd Floor, Le Plateau-Mont-Royal, Montréal, QC, H2V 4J4

514 281-5696 Fax: 514 281-5628

Website: www.hirondelle.qc.ca

Services: * Accompaniment, information and referral. * Accessible food: food donation program for three months for users already registered in another service. * Interpretation and translation. * Housing search assistance. * Sociocultural and socioeducational activities. * Employment integration assistance. * Services for fathers. * Support for families. * Intercultural bridging activities.

Eligibility: new immigrants and accepted refugees

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: free

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

PLEIN MILIEU

4677 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2L5

1 877 257-0477 Fax: 514 524-1809

Website: pleinmilieu.qc.ca/en

Email: info@pleinmilieu.qc.ca

Services: School-based intervention and street work. * Active listening, welcoming, support, referral, mediation and accompaniment. * Permanent site: needle exchange and recovery, distribution of condoms, inhalation and injection equipment. * STI prevention. * Toll free helplines to reach a community counsellor. * Social mediation between homeless people and residents or shop owners to prevent police intervention. * Assistance finding housing and follow-up for people referred by community workers. * Drug addiction prevention and sexual education workshops in high schools. * Naloxone kits distribution. * Distribution and delivery of fentanyl test strips. * Distribution of menstrual hygiene products. * Christmas baskets. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.

Eligibility: homeless people, youth and adults injecting or inhaling drugs

Coverage area: Le Plateau-Mont-Royal

Hours: administration: Monday to Friday 9h00 to 17h00, permanent site: Monday to Friday 17h00 to 19h00, street work: 7 days 10h00 to 21h00

Fees: none

Financing: provincial, federal, municipal, foundations

Legal status: non-profit organization

RACINE CROISÉE

120 Duluth Street East, Le Plateau-Mont-Royal, Montréal, QC, H2W 1H1

514 225-3448

Website: www.racinecroisee.ca

Email: info@racinecroisee.com

Services: * Food bank. * Cultural and socioprofessional integration for people from ethnocultural minorities. * Information, housing search assistance and settling assistance for newcomers. * Thrift store: furniture, clothing, household items, appliances, toys and sporting items, musical instruments, mattresses, etc. * On-site and home pick-up of used items. * Volunteer driver with truck for moving without loading and unloading of the vehicle. * Delivery of furniture purchased on site. * Yoga and dance classes. * Sewing workshops. * Christmas party and basket distribution.

Eligibility: people of all origins in precarious situations, housing search assistance and settling assistance: newcomers, immigrants or refugees

Capacity: food aid: 100 to 120 families per distribution

Coverage area: Montréal Island

Hours: office: Monday to Friday 9h00 to 17h00, food distribution: Friday 16h00 to 18h00, moving service: everyday during the intensive period, Saturday and Sunday during the rest of the year

Fees: food assistance: \$7, moving service: variable

Financing: donations

Legal status: non-profit organization

Social housing and housing cooperatives**ATELIER HABITATION MONTRÉAL**

55 Mont-Royal Avenue West, Suite 300, Le Plateau-Mont-Royal, Montréal, QC, H2T 2S6

514 270-8488 Fax: 514 270-6728

Website: www.atelierhabitationmontreal.org

Email: info@atelierhabitationmontreal.org

Services: * Development of housing projects, cooperatives, non-profit organizations and early childhood centres. * Collaboration and accompaniment of organizations in the creation and implementation of shelters and residences for people in precarious situations. * Contribution to the achievement of projects: assistance in searching for funding, information, animation and training on financial management.

Eligibility: non-profit organizations seeking to create housing projects, applicants for community housing

Coverage area: Montréal Island, Longueuil, Saint-Hubert, Brossard, Boucherville, Saint-Lambert

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

Fees: variable

Financing: provincial, self-financing

Legal status: non-profit organization

Immigration and cultural communities**FRENCH COURSES****INTERPRETATION AND TRANSLATION****MULTICULTURAL ORGANIZATIONS****PREVENTION AND FIGHT AGAINST RACISM****RECOGNITION OF PRIOR LEARNING AND DIPLOMAS****REFUGEE SUPPORT****SETTLEMENT SERVICES FOR NEWCOMERS**

French courses

FRONTIER COLLEGE

4384 Saint-Laurent Boulevard, Le Plateau-Mont-Royal, Montréal, QC, H2W 1Z5

514 528-1001

Website: www.collegefrontiere.ca

Email: montreal@collegefrontiere.ca

Services: * Literacy programs. * French as a second language. * Individual and group tutoring for adults. * Homework assistance. * Training workshops for community organizations. * Conferences.

Eligibility: children, teenagers, adults

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial, fundraising campaigns

Legal status: non-profit organization

SOUTH ASIAN WOMEN'S COMMUNITY CENTRE

1035 Rachel Street East, 3rd floor, Le Plateau-Mont-Royal, Montréal, QC, H2J 2J5

514 528-8812 Fax: 514 528-0896

Website: www.sawcc-ccfsa.ca

Email: sawcc@sawcc-ccfsa.ca

Services: * Counselling and accompaniment. * Information and referral. * Translation and interpreting. * English and French classes.

Eligibility: women from Pakistani, Indian, Bangladeshi, Sri Lankan, Nepalese, Afghan and Iranian communities

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: free

Financing: provincial, municipal

Legal status: non-profit organization

WOMEN'S CENTRE OF MONTRÉAL - FRONT LINE SERVICES

3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6

514 842-4780 Fax: 514 842-5613

Website: centredesfemmesdemtl.org/en

Email: cfmwcm@centredesfemmesdemtl.org

Services: * Support, listening, information and referral. * Crisis intervention. * Individual meetings. * Group activities. * Psychosocial intervention. * Collective kitchen. * Food and clothing assistance. * Christmas baskets. * Francization, French and English classes. * Computer classes. * Arts and crafts, knitting, dance and choir workshops. * Coffee-meetings. * Legal information. * Accompaniment to court for domestic violence victims. * Support group for women victims of sexual abuse in childhood. * La Cigognerie group encouraging women to break their isolation, create a network for exchanges and services and to improve self-confidence and parenting skills. * Distribution of baby diapers. * Mother and Child program with daycare: living conditions improvement of mothers and their pre-school children. * Immigration: installation and integration assistance, Francization, general information and group activities. * Native women: listening, information and accompaniment based on respect for the values and rhythm of Native women.

Eligibility: women aged 18 years and over, from Québec, newcomers and native women

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, food bank: Thursday 9h00 to 12h00 and 13h00 to 17h00, support groups, workshops and courses: Tuesday 9h00 to 21h00

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

Legal status: non-profit organization

Interpretation and translation

HIRONDELLE, WELCOMING AND INTEGRATION SERVICES FOR IMMIGRANTS (L')

4652 Jeanne-Mance Street, 2nd and 3rd Floor, Le Plateau-Mont-Royal, Montréal, QC, H2V 4J4

514 281-5696 Fax: 514 281-5628

Website: www.hirondelle.qc.ca

Services: * Accompaniment, information and referral. * Accessible food: food donation program for three months for users already registered in another service. * Interpretation and translation. * Housing search assistance. * Sociocultural and socioeducational activities. * Employment integration assistance. * Services for fathers. * Support for families. * Intercultural bridging activities.

Eligibility: new immigrants and accepted refugees

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: free

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

SOUTH ASIAN WOMEN'S COMMUNITY CENTRE

1035 Rachel Street East, 3rd floor, Le Plateau-Mont-Royal, Montréal, QC, H2J 2J5

514 528-8812 Fax: 514 528-0896

Website: www.sawcc-ccfsa.ca

Email: sawcc@sawcc-ccfsa.ca

Services: * Counselling and accompaniment. * Information and referral. * Translation and interpreting. * English and French classes.

Eligibility: women from Pakistani, Indian, Bangladeshi, Sri Lankan, Nepalese, Afghan and Iranian communities

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: free

Financing: provincial, municipal

Legal status: non-profit organization

Multicultural organizations

CENTRE D'ACTION SOCIO-COMMUNAUTAIRE DE MONTRÉAL

32 Saint-Joseph Boulevard West, Le Plateau-Mont-Royal, Montréal, QC, H2T 2P3

514 842-8045 Fax: 514 842-2356

Website: www.cascmontreal.ca

Email: accueil@cascmontreal.ca

Services: Reception, information, social guidance and advocacy. * Social and cultural activities for seniors. * Information sessions and training workshops. * Social and educational support for children 6 to 12 years old with learning difficulties or mild behavior disorders. * Parenting skills development. * Settlement and integration of newcomers.

Eligibility: newcomers and immigrants

Coverage area: Greater Montréal

Hours: Monday 13h30 to 17h00, Tuesday to Friday 9h00 to 12h30 and 13h30 to 17h00

Financing: grants, self-financing

Legal status: non-profit organization

COMITÉ INTERNATIONAL POUR LA PROMOTION DU CRÉOLE ET DE L'ALPHABÉTISATION

2000 Saint-Joseph Boulevard East, Door B, Le Plateau-Mont-Royal, Montréal, QC, H2H 1E4

514 750-8800 Fax: 514 303-1558

Website: www.kepkaa.com

Email: librairie.kepkaa@videotron.ca

Services: Promotion of Creole and of Afro-Caribbean and African-American cultures. * Creole language classes in person and online. * Translation of Creole to and from French, English and Spanish. * Kepkaa library: sale of books, edition and literary events. * Mois du créole à Montréal festival. * Painting and music initiation courses. * History and culture courses. * Intergenerational activities. * Awareness.

Eligibility: people from Afro-Caribbean, African-American and African-Canadian communities, people of all origins

Coverage area: Canada

Hours: Monday to Friday 10h00 to 17h30, Saturday 10h00 to 15h00, literary meeting: 3rd Sunday of the month, Mois du Créole: October

Fees: membership: \$5 per year

Financing: self-financing

Legal status: non-profit organization

HIRONDELLE, WELCOMING AND INTEGRATION SERVICES FOR IMMIGRANTS (L')

4652 Jeanne-Mance Street, 2nd and 3rd Floor, Le Plateau-Mont-Royal, Montréal, QC, H2V 4J4

514 281-5696 Fax: 514 281-5628

Website: www.hirondelle.qc.ca

Services: * Accompaniment, information and referral. * Accessible food: food donation program for three months for users already registered in another service. * Interpretation and translation. * Housing search assistance. * Sociocultural and socioeducational activities. * Employment integration assistance. * Services for fathers. * Support for families. * Intercultural bridging activities.

Eligibility: new immigrants and accepted refugees

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: free

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

MONTRÉAL PUBLIC LIBRARIES NETWORK - MORDECAI-RICHLER LIBRARY

5434 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2V 4G7

514 872-2141

Website: www.bibliomontreal.com

Services: * Loan and consultation of books and audiovisual documents. * Computers, Internet access and printing devices. * Language learning stations. * Toys and educative games. * Story time. * Book club for children. * Book club for adults. * Home loan for people with reduced mobility. * Workshops, conferences and exhibitions. * Les mots partagés: intercultural coffee-meeting. * Loan of glasses for on-site consultation. * Rental of music instruments.

Eligibility: general public

Coverage area: Montréal

Hours: Monday and Thursday 10h00 to 18h00, Tuesday and Wednesday 10h00 to 20h00, Friday 12h00 to 18h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00

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

Financing: municipal, provincial

Legal status: municipal agency

PARRAINAGE CIVIQUE MONTRÉAL

4450 Saint-Hubert Street, Suite 336, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 843-8813 ext. 1

Website: www.parrainagemontreal.org

Email: info@parrainagemontreal.org

Services: Pairing of people with intellectual disabilities with volunteers. * Social skills development. * Adapted collective kitchens. * Advocacy of rights. * Super rigolos: theatre workshops. * Improvisation workshop. * Arts, adapted dance and music workshops. * Vivre heureux et en santé: nutritional workshops. * Computer literacy. * Brin de jasette: support and discussion group. * Personnes filleules: social participation promotion. * Saveurs du monde: discovery of cultures in Montréal.

Eligibility: people 18 years and over with an intellectual disability or an autism spectrum disorder, art workshops: general public

Coverage area: Montréal Island

Hours: administration: Monday to Friday 9h00 to 17h00, activities: evenings and weekends

Fees: \$12 per year

Financing: provincial

Legal status: non-profit organization

Prevention and fight against racism**ALTERNATIVES, RÉSEAU D'ACTION ET DE COMMUNICATION POUR LE DÉVELOPPEMENT INTERNATIONAL**

3720 du Parc Avenue, Suite 300, Le Plateau-Mont-Royal, Montréal, QC, H2X 2J1

1 800 982-6646 Fax: 514 982-6122

Website: www.alternatives.ca

Email: info@alternatives.ca

Services: Networking, development of innovative initiatives and promotion for popular and social movements fighting for economic, social, political, cultural and environmental rights. * Employment assistance for immigrants: orientation, resume and cover letter writing, job search assistance, interview preparation and simulation. * Project creation: research, mobilization, international solidarity.

Eligibility: general population, employment assistance: refugees and permanent residents in Canada for less than 5 years who are unemployed and not registered as full-time students

Coverage area: Canada, employment assistance: Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: annual membership: \$60, employment assistance: none

Financing: self-financing, membership fees

Legal status: non-profit organization

CENTRE D'ACTION SOCIO-COMMUNAUTAIRE DE MONTRÉAL

32 Saint-Joseph Boulevard West, Le Plateau-Mont-Royal, Montréal, QC, H2T 2P3

514 842-8045 Fax: 514 842-2356

Website: www.cascmontreal.ca

Email: accueil@cascmontreal.ca

Services: Reception, information, social guidance and advocacy. * Social and cultural activities for seniors. * Information sessions and training workshops. * Social and educational support for children 6 to 12 years old with learning difficulties or mild behavior disorders. * Parenting skills development. * Settlement and integration of newcomers.

Eligibility: newcomers and immigrants

Coverage area: Greater Montréal

Hours: Monday 13h30 to 17h00, Tuesday to Friday 9h00 to 12h30 and 13h30 to 17h00

Financing: grants, self-financing

Legal status: non-profit organization

Recognition of prior learning and diplomas

MICROCRÉDIT MONTRÉAL

3680 Jeanne-Mance Street, Suite 319, Le Plateau-Mont-Royal, Montréal, QC, H2X 2K5

514 843-7296

Website: microcreditmontreal.ca

Email: info@microcreditmontreal.ca

Services: * Loans, accompaniment and technical support to individuals and organizations who do not have access to traditional forms of credit for the starting up or expansion of their business. * Awareness workshop on community credit. * Training aimed at the development of entrepreneurial skills and business plan. *

Recognition of prior learning: funding for the recognition and update of the professional skills of people trained abroad. * Ensemble pour l'entrepreneuriat des femmes immigrantes program: workshops, conferences, mentoring, accompaniment in a business project.

Eligibility: individuals excluded from traditional financing systems, immigrants, community organizations

Coverage area: Montréal Island

Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 12h30

Financing: provincial, donations

Legal status: non-profit organization

Refugee support

HIRONDELLE, WELCOMING AND INTEGRATION SERVICES FOR IMMIGRANTS (L')

4652 Jeanne-Mance Street, 2nd and 3rd Floor, Le Plateau-Mont-Royal, Montréal, QC, H2V 4J4

514 281-5696 Fax: 514 281-5628

Website: www.hirondelle.qc.ca

Services: * Accompaniment, information and referral. * Accessible food: food donation program for three months for users already registered in another service. * Interpretation and translation. * Housing search assistance. * Sociocultural and socioeducational activities. * Employment integration assistance. * Services for fathers. * Support for families. * Intercultural bridging activities.

Eligibility: new immigrants and accepted refugees

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: free

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

RACINE CROISÉE

120 Duluth Street East, Le Plateau-Mont-Royal, Montréal, QC, H2W 1H1

514 225-3448

Website: www.racinecroisee.ca

Email: info@racinecroisee.com

Services: * Food bank. * Cultural and socioprofessional integration for people from ethnocultural minorities. * Information, housing search assistance and settling assistance for newcomers. * Thrift store: furniture, clothing, household items, appliances, toys and sporting items, musical instruments, mattresses, etc. * On-site and home pick-up of used items. * Volunteer driver with truck for moving without loading and unloading of the vehicle. * Delivery of furniture purchased on site. * Yoga and dance classes. * Sewing workshops. * Christmas party and basket distribution.

Eligibility: people of all origins in precarious situations, housing search assistance and settling assistance: newcomers, immigrants or refugees

Capacity: food aid: 100 to 120 families per distribution

Coverage area: Montréal Island

Hours: office: Monday to Friday 9h00 to 17h00, food distribution: Friday 16h00 to 18h00, moving service: everyday during the intensive period, Saturday and Sunday during the rest of the year

Fees: food assistance: \$7, moving service: variable

Financing: donations

Legal status: non-profit organization

Settlement services for newcomers

ALTERNATIVES, RÉSEAU D'ACTION ET DE COMMUNICATION POUR LE DÉVELOPPEMENT INTERNATIONAL

3720 du Parc Avenue, Suite 300, Le Plateau-Mont-Royal, Montréal, QC, H2X 2J1

1 800 982-6646 Fax: 514 982-6122

Website: www.alternatives.ca

Email: info@alternatives.ca

Services: Networking, development of innovative initiatives and promotion for popular and social movements fighting for economic, social, political, cultural and environmental rights. * Employment assistance for immigrants: orientation, resume and cover letter writing, job search assistance, interview preparation and simulation. * Project creation: research, mobilization, international solidarity.

Eligibility: general population, employment assistance: refugees and permanent residents in Canada for less than 5 years who are unemployed and not registered as full-time students

Coverage area: Canada, employment assistance: Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: annual membership: \$60, employment assistance: none

Financing: self-financing, membership fees

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE VERTICAL

3767 Berri Street, Le Plateau-Mont-Royal, Montréal, QC, H2L 4G7

514 750-3946

Email: nydia@restauracion.ca

Services: Assistance centre for people in need. * Food baskets and emergency assistance. * Help in writing a resume. * Orientation and integration service for newcomers. * Moral support. * Christmas baskets.

Eligibility: people in need, newcomers, students

Capacity: 100 baskets

Coverage area: Plateau Mont-Royal, Hochelaga-Maisonneuve, Ville-Marie

Hours: distribution: Tuesday 14h00 to 18h00, support: Wednesday 11h00 to 13h00 and 14h00 to 16h00, Thursday 11h00 to 13h00

Fees: food basket: \$7

Financing: municipal, donations

Legal status: non-profit organization

CENTRE D'ACTION SOCIO-COMMUNAUTAIRE DE MONTRÉAL

32 Saint-Joseph Boulevard West, Le Plateau-Mont-Royal, Montréal, QC, H2T 2P3

514 842-8045 Fax: 514 842-2356

Website: www.cascmontreal.ca

Email: accueil@cascmontreal.ca

Services: Reception, information, social guidance and advocacy. * Social and cultural activities for seniors. * Information sessions and training workshops. * Social and educational support for children 6 to 12 years old with learning difficulties or mild behavior disorders. * Parenting skills development. * Settlement and integration of newcomers.

Eligibility: newcomers and immigrants

Coverage area: Greater Montréal

Hours: Monday 13h30 to 17h00, Tuesday to Friday 9h00 to 12h30 and 13h30 to 17h00

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

CENTRE D'AIDE À LA FAMILLE

Confidential Address

514 982-0804

Website: www.centreaidefamille.com

Email: centreaidefamille@centreaidefamille.com

Services: * Psychosocial intervention, active listening. * Information, accompaniment, awareness. * Support in case of violence. * Court accompaniment for victims of violence. * Self-help and support groups for immigrants. * Support groups for victims of violence. * Senior abuse prevention. * Art-therapy and meditation workshops. * Food bank. * Christmas baskets. * Collective kitchen. * Trainings. * Recreational outings. * Conferences. * French classes.

Eligibility: men, women and families, particularly immigrants, some services are dedicated to victims of violence

Coverage area: Le Plateau-Mont-Royal, no limits for Portuguese-speakers

Hours: Monday, Tuesday, Thursday and Friday 9h00 to 12h00 and 13h00 to 17h00, food bank: Wednesday 13h30 to 15h00

Financing: provincial, donations, self-financing

Legal status: non-profit organization

FOYER DU MONDE

2300 Mercure Terrasse, Le Plateau-Mont-Royal, Montréal, QC, H2H 1P1

514 903-9739

Website: www.foyerdumonde.ca

Email: foyerdumonde@gmail.com

Services: 3 to 12 months temporary accommodation, with referral. * Assistance with procedures and individual and group support. * Help with integration at work or at school, help with finding accommodation. * Recreational and social activities, events. * Referral. * Clothes and furniture donations for residents.

Eligibility: families, single mothers with children, single women and couples who are asylum seekers or refugees

Capacity: accomodation: 18 people

Coverage area: Greater Montréal

Hours: office: Monday to Friday 9h00 to 17h00, donations: by appointment

Fees: accomodation: depending on the income

Financing: donations

Legal status: non-profit organization

FRONTIER COLLEGE

4384 Saint-Laurent Boulevard, Le Plateau-Mont-Royal, Montréal, QC, H2W 1Z5

514 528-1001

Website: www.collegefrontiere.ca

Email: montreal@collegefrontiere.ca

Services: * Literacy programs. * French as a second language. * Individual and group tutoring for adults. * Homework assistance. * Training workshops for community organizations. * Conferences.

Eligibility: children, teenagers, adults

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial, fundraising campaigns

Legal status: non-profit organization

HIRONDELLE (L') - SOUTIEN ET AIDE À LA FAMILLE ET RAPPROCHEMENT INTERCULTUREL

4652 Jeanne-Mance Street, 2nd and 3rd Floor, Le Plateau-Mont-Royal, Montréal, QC, H2V 4J4

514 281-2038

Website: www.hirondelle.qc.ca

Services: * Self-help group for fathers. * Individual follow-up. * Pairing. * Training workshops. * Family activities.

Eligibility: immigrant fathers and their families

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Financing: Centraide of Greater Montréal

Legal status: non-profit organization

HIRONDELLE, WELCOMING AND INTEGRATION SERVICES FOR IMMIGRANTS (L')

4652 Jeanne-Mance Street, 2nd and 3rd Floor, Le Plateau-Mont-Royal, Montréal, QC, H2V 4J4

514 281-5696 Fax: 514 281-5628

Website: www.hirondelle.qc.ca

Services: * Accompaniment, information and referral. * Accessible food: food donation program for three months for users already registered in another service. * Interpretation and translation. * Housing search assistance. * Sociocultural and socioeducational activities. * Employment integration assistance. * Services for fathers. * Support for families. * Intercultural bridging activities.

Eligibility: new immigrants and accepted refugees

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: free

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

RACINE CROISÉE

120 Duluth Street East, Le Plateau-Mont-Royal, Montréal, QC, H2W 1H1

514 225-3448

Website: www.racinecroisee.ca

Email: info@racinecroisee.com

Services: * Food bank. * Cultural and socioprofessional integration for people from ethnocultural minorities. * Information, housing search assistance and settling assistance for newcomers. * Thrift store: furniture, clothing, household items, appliances, toys and sporting items, musical instruments, mattresses, etc. * On-site and home pick-up of used items. * Volunteer driver with truck for moving without loading and unloading of the vehicle. * Delivery of furniture purchased on site. * Yoga and dance classes. * Sewing workshops. * Christmas party and basket distribution.

Eligibility: people of all origins in precarious situations, housing search assistance and settling assistance: newcomers, immigrants or refugees

Capacity: food aid: 100 to 120 families per distribution

Coverage area: Montréal Island

Hours: office: Monday to Friday 9h00 to 17h00, food distribution: Friday 16h00 to 18h00, moving service: everyday during the intensive period, Saturday and Sunday during the rest of the year

Fees: food assistance: \$7, moving service: variable

Financing: donations

Legal status: non-profit organization

SOUTH ASIAN WOMEN'S COMMUNITY CENTRE

1035 Rachel Street East, 3rd floor, Le Plateau-Mont-Royal, Montréal, QC, H2J 2J5

514 528-8812 Fax: 514 528-0896

Website: www.sawcc-ccfsa.ca

Email: sawcc@sawcc-ccfsa.ca

Services: * Counselling and accompaniment. * Information and referral. * Translation and interpreting. * English and French classes.

Eligibility: women from Pakistani, Indian, Bangladeshi, Sri Lankan, Nepalese, Afghan and Iranian communities

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: free

Financing: provincial, municipal

Legal status: non-profit organization

WINDMILL MICROLENDING

5455 de Gaspé Avenue, Suite 783, Le Plateau-Mont-Royal, Montréal, QC, H2T 3B3

1 855 423-2262 ext. 701

Website: www.windmillmicrolending.org

Email: info@teamwindmill.org

Services: Charity organization offering skill recognition for immigrants who have been trained internationally. * Loans up to \$15,000 to pay for associated fees with the equivalency process with professional bodies, continuing education, career change and moving to rural areas for work. * Personalized accompaniment. * All occupations are eligible: health, engineering, finances, education, IT, etc.

Eligibility: immigrants and accepted refugees, newcomers to Canada on a low income

Coverage area: Canada

Financing: federal, provincial, foundations, donations

Legal status: non-profit organization

WOMEN'S CENTRE OF MONTRÉAL - EMPLOYABILITY - WOMEN NEWLY ARRIVED

3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6

514 842-6652 Fax: 514 284-2243

Website: www.centredesfemmesdemtl.org/en

Email: emploi@centredesfemmesdemtl.org

Services: Support to professional integration. * Ongoing admission. * Individual coaching. * 6 week group program for women who need to define their career objective. * Action-oriented and support program. * Professional English classes. * Skills assessment and interest tests. * Transfer of qualifications. * Training and professional information. * Job search tools and techniques, job search assistance. * Social networks and networking. * Migration process. * Stress management workshop and workshops on various subjects. * Internship management and monitoring. * Pairing and mentoring.

Eligibility: immigrant and recently arrived women, group workshops: in French only, individual meetings: in French and English

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Financing: provincial, membership fees, donations, grants, Centraide of Greater Montréal

Legal status: non-profit organization

WOMEN'S CENTRE OF MONTRÉAL - FRONT LINE SERVICES

3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6

514 842-4780 Fax: 514 842-5613

Website: centredesfemmesdemtl.org/en

Email: cfmwcm@centredesfemmesdemtl.org

Services: * Support, listening, information and referral. * Crisis intervention. * Individual meetings. * Group activities. * Psychosocial intervention. * Collective kitchen. * Food and clothing assistance. * Christmas baskets. * Francization, French and English classes. * Computer classes. * Arts and crafts, knitting, dance and choir workshops. * Coffee-meetings. * Legal information. * Accompaniment to court for domestic violence victims. * Support group for women victims of sexual abuse in childhood. * La Cigognerie group encouraging women to break their isolation, create a network for exchanges and services and to improve self-confidence and parenting skills. * Distribution of baby diapers. * Mother and Child program with daycare: living conditions improvement of mothers and their pre-school children. * Immigration: installation and integration assistance, Francization, general information and group activities. * Native women: listening, information and accompaniment based on respect for the values and rhythm of Native women.

Indigenous Peoples

Eligibility: women aged 18 years and over, from Québec, newcomers and native women

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, food bank: Thursday 9h00 to 12h00 and 13h00 to 17h00, support groups, workshops and courses: Tuesday 9h00 to 21h00

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

Legal status: non-profit organization

Indigenous Peoples

COMMUNITY SUPPORT

EMPLOYMENT

GOVERNMENT SERVICES

Community Support

WOMEN'S CENTRE OF MONTRÉAL

3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6

514 842-4780 Fax: 514 842-5613

Website: www.centredesfemmesdemtl.org/en

Email: cfmwcm@centredesfemmesdemtl.org

Services: * Frontline services: listening, information and referral. * Crisis intervention and psychosocial services. * Food and clothing assistance. * Christmas baskets. * Collective kitchens. * Legal information. * Accompaniment to court for women victim domestic violence. * Support groups for women victims of sexual abuse in childhood. * Installation and integration support for newcomers. * French classes and conversation workshops, language classes for newcomers. * Computer courses, English courses. * Recreational activities: choir, knitting, dance classes, etc. * Support for Native women living in urban areas. * Support for mothers-to-be and new mothers, mother-child intervention program, baby diapers. * Coffee-chats, sociocultural activities, summer outings. * Volunteering and internship opportunities. * Employment services in French and in English: skills assessment, transfer of qualifications, training and career information, job search tools and techniques, social networks, networking, job search assistance, internship management and monitoring, pairing and mentoring, various workshops, individual coaching, computer and English refresher courses.

Eligibility: Québec women, immigrant women and Native women

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, support groups and workshops, courses: Tuesday and Thursday 9h00 to 21h00

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

Legal status: non-profit organization

WOMEN'S CENTRE OF MONTRÉAL - FRONT LINE SERVICES

3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6

514 842-4780 Fax: 514 842-5613

Website: centredesfemmesdemtl.org/en

Email: cfmwcm@centredesfemmesdemtl.org

Services: * Support, listening, information and referral. * Crisis intervention. * Individual meetings. * Group activities. * Psychosocial intervention. * Collective kitchen. * Food and clothing assistance. * Christmas baskets. * Francization, French and English classes. * Computer classes. * Arts and crafts, knitting, dance and choir workshops. * Coffee-meetings. * Legal information. * Accompaniment to court for domestic violence victims. * Support group for women victims of sexual abuse in childhood. * La Cigognerie group encouraging women to break their isolation, create a network for exchanges and services and to improve self-confidence and parenting skills. * Distribution of baby diapers. * Mother and Child program with daycare: living conditions improvement of mothers and their pre-school children. * Immigration: installation and integration assistance, Francization, general information and group activities. * Native women: listening, information and accompaniment based on respect for the values and rhythm of Native women.

Eligibility: women aged 18 years and over, from Québec, newcomers and native women

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, food bank: Thursday 9h00 to 12h00 and 13h00 to 17h00, support groups, workshops and courses: Tuesday 9h00 to 21h00

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

Legal status: non-profit organization

Employment

OPEN DOOR (THE)

3535 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2X 2H8

514 939-1970

Website: www.opendoortoday.org

Email: caleb@opendoortoday.org

Services: * Breakfast, lunch, dinner, snacks. * Clothing bank and laundry room. * Showers. * Distribution of menstrual hygiene products. * Telephone, computers and Internet access. * Listening, evaluation, referral, guidance and accompaniment. * Medical, psychosocial and legal services on site. * Facilitated access to the Accès Montréal card. * PAAS-Action program. * Possibility of compensatory work. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.

Eligibility: homeless people, people at risk of homelessness, with or without pets

Coverage area: downtown

Hours: Monday to Friday 7h45 to 13h00 and 15h00 to 18h00, breakfast: 7h30, lunch: 11h30, dinner: 16h30

Financing: donations

Legal status: non-profit organization

Government services

SERVICES QUÉBEC - POINT DE SERVICE DU PLATEAU-MONT-ROYAL

5105 de Gaspé Avenue, 3rd floor, Le Plateau-Mont-Royal, Montréal, QC, H2T 0A1

514 872-4922 Fax: 514 872-6815

Website: www.gouv.qc.ca/EN/NousJoindre/Pages/Bureaux.aspx

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

Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 18 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Le Plateau-Mont-Royal

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

Financing: provincial

Legal status: provincial government agency

Justice and Advocacy

ADVOCACY GROUPS

CONSUMER PROTECTION AND COMPLAINTS

CORRECTIONAL SERVICES

LEGAL ASSISTANCE AND INFORMATION

PROFESSIONAL ORDERS AND ASSOCIATIONS

SUPPORT FOR OFFENDERS

Advocacy groups

ALTERNATIVES, RÉSEAU D'ACTION ET DE COMMUNICATION POUR LE DÉVELOPPEMENT INTERNATIONAL

3720 du Parc Avenue, Suite 300, Le Plateau-Mont-Royal, Montréal, QC, H2X 2J1

1 800 982-6646 Fax: 514 982-6122

Website: www.alternatives.ca

Email: info@alternatives.ca

Services: Networking, development of innovative initiatives and promotion for popular and social movements fighting for economic, social, political, cultural and environmental rights. * Employment assistance for immigrants: orientation, resume and cover letter writing, job search assistance, interview preparation and simulation. * Project creation: research, mobilization, international solidarity.

Eligibility: general population, employment assistance: refugees and permanent residents in Canada for less than 5 years who are unemployed and not registered as full-time students

Coverage area: Canada, employment assistance: Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: annual membership: \$60, employment assistance: none

Financing: self-financing, membership fees

Legal status: non-profit organization

ASSOCIATION DES CONSOMMATEURS POUR LA QUALITÉ DANS LA CONSTRUCTION

3425 Saint-Dominique Street, Suite 105, Le Plateau-Mont-Royal, Montréal, QC, H2X 1C4

514 384-2013

Website: www.acqc.ca

Email: info@acqc.ca

Services: Home restoration and construction consumers association. * Information and advocacy. * Support for class actions and procedures.

Eligibility: home construction and restoration consumers

Coverage area: Province of Québec

Fees: annual membership: \$25

Financing: membership fees, donations, grants

Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DES PERSONNES APHASIQUES

4450 Saint-Hubert Street, Suite 510, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 277-5678

Website: aphasie.ca/wpaqpa/en

Email: aqpa@aphasie.ca

Services: * Information, support and referral. * Discussion, reading and writing workshops. * Accompaniment for daily communication needs. * Photography workshops. * Computer workshops. * Advocacy of rights and interests of people with aphasia. * Awareness. * Choir. * Friendly visits. * SAPPA program: assistance for caregivers, visits of social workers and speech language therapists.

Eligibility: adults with aphasia, close ones, people interested in aphasia

Capacity: discussion workshops: 10 to 12 persons

Coverage area: Montréal Island

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

Fees: annual membership: \$25, workshops: \$20 per semester

Financing: provincial, donations, membership fees

Legal status: non-profit organization

AUDITION QUÉBEC

5455 de Gaspé Avenue, Suite 710, Le Plateau-Mont-Royal, Montréal, QC, H2T 3B3

438 806-9011

Website: www.auditionquebec.org

Email: info@auditionquebec.org

Services: * Information and referral services to adults who are hard of hearing or deafened, as well as to those around them including their family, friends, as well as all those with whom they interact. * Raising awareness and informing the population and public authorities about the situation of people who are hard of hearing or who have become deaf in Quebec. * Development of tools to help people who are hard of hearing or deafened to remain active and integrated into society. * Help to people who are hard of hearing or deafened to increase their autonomy and skills in communication so as to remain integrated into society. * Contributions to scientific and sociological research on hearing health.

Eligibility: deaf, deafened and hard-of-hearing people aged 18 years old and over

Coverage area: Province of Québec

Hours: variable

Fees: annual membership: \$30 per person

Financing: contributions, provincial, donations

Legal status: non-profit organization

AUTISME MONTRÉAL

4450 Saint-Hubert Street, Suite 320, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 524-6114 Fax: 514 524-6420

Website: www.autisme-montreal.com

Email: accueil@autisme-montreal.com

Services: * Advocacy of rights and interests of people with an autism spectrum disorder and their family. * Promotion, information and awareness. * Development of direct services. * Bi-monthly support group for people 16 years and over with ASD and without intellectual disability and their parents.

Eligibility: parents of children with an autism spectrum disorder with or without intellectual disorder, ASD 16 years old and over without an intellectual disability, professionals, students

Capacity: 632 members

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, meetings and support groups in the evening

Fees: annual membership

Financing: provincial, federal, Centraide of Greater Montréal

Legal status: non-profit organization

AUTOMOBILE PROTECTION ASSOCIATION

292 Saint-Joseph Boulevard West, Le Plateau-Mont-Royal, Montréal, QC, H2V 2N7

514 272-5555 Fax: 514 273-0797

Website: www.apa.ca

Email: apamontreal@apa.ca

Services: * Information and advice on automobiles. * Advocacy for consumers. * Car purchase service. * Mediation of complaints and legal support. * Recommendation list of professionals: mechanics, body shops, used vehicles inspectors.

Eligibility: car owners, consumers

Coverage area: Province of Québec

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

Fees: membership: \$77 plus taxes, renewal: \$39 plus taxes per 12-month period

Financing: membership fees, self-financing

Legal status: non-profit organization

CENTRE D'ACTION SOCIO-COMMUNAUTAIRE DE MONTRÉAL

32 Saint-Joseph Boulevard West, Le Plateau-Mont-Royal, Montréal, QC, H2T 2P3

514 842-8045 Fax: 514 842-2356

Website: www.cascmontreal.ca

Email: accueil@cascmontreal.ca

Services: Reception, information, social guidance and advocacy. * Social and cultural activities for seniors. * Information sessions and training workshops. * Social and educational support for children 6 to 12 years old with learning difficulties or mild behavior disorders. * Parenting skills development. * Settlement and integration of newcomers.

Eligibility: newcomers and immigrants

Coverage area: Greater Montréal

Hours: Monday 13h30 to 17h00, Tuesday to Friday 9h00 to 12h30 and 13h30 to 17h00

Financing: grants, self-financing

Legal status: non-profit organization

CENTRE D'ÉCOLOGIE URBAINE DE MONTRÉAL

5333 Casgrain Avenue, Suite 701, Le Plateau-Mont-Royal, Montréal, QC, H2T 1X3

514 282-8378

Website: www.ecologieurbaine.net

Email: info@ecologieurbaine.net

Services: * Consultations and promotion of urban transformation practices. * Conferences, citizen meetings, trainings, Jane's Walks. * Citizen participation, participatory budget, planning and climate change adaptation projects. * Consultancy: built environment analysis, planning and accompaniment through urban environmental projects.

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Financing: self-financing, grants, donations

Legal status: non-profit organization

CENTRE DE SANTÉ DES FEMMES DE MONTRÉAL

3401 De Lorimier Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2K 3X5

514 270-6110 Fax: 514 270-6115

Website: www.csfmontreal.qc.ca

Email: info@csfmontreal.qc.ca

Services: Sexual and reproductive health services. * Termination of pregnancy. * Gynecological health clinic for vulnerable women. * Information and referral. * Sexual and reproductive health workshops in women's groups on demand. * Gynecological exam training for nurses. * Feminist consultation and representation.

Eligibility: women, gynecological clinic: women who already have a medical record at the Centre, members and women referred by an organization that has an agreement with the Centre

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h15

Financing: self-financing, grants, donations

Legal status: non-profit organization

COALITION DES ORGANISMES COMMUNAUTAIRES POUR LE DÉVELOPPEMENT DE LA MAIN-D'OEUVRE

5000 d'Iberville Street, Suite 304, Le Plateau-Mont-Royal, Montréal, QC, H2H 2S6

514 948-0505

Website: cocdmo.qc.ca

Email: info@cocdmo.qc.ca

Services: * Job insertion and integration. * Training and education adapted to the needs. * Rights promotion and advocacy. * Local and community development.

Eligibility: employability organizations, people who are unemployed

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: national members: \$500 per year, corporate members: \$25 per year

Financing: provincial

Legal status: non-profit organization

COALITION DES ORGANISMES COMMUNAUTAIRES QUÉBÉCOIS DE LUTTE CONTRE LE SIDA

1 Sherbrooke Street East, Le Plateau-Mont-Royal, Montréal, QC, H2X 3V8

1 866 535-0481 Fax: 514 844-2498

Website: www.cocqsida.com

Email: info@cocqsida.com

Services: * Support to organizations: discussion, assessment and networking. * Promotion of sexual health through prevention and information. * Legal information and advice for people living with HIV/AIDS. * Advocacy of the rights and interests of people living with HIV/AIDS. * Mobilization, awareness, research and referral.

Eligibility: people living with HIV/AIDS, community organizations fighting against HIV/AIDS

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: free

Financing: grants

Legal status: non-profit organization

COMITÉ CHÔMAGE DE MONTRÉAL

3734 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2X 2J1

514 933-5915 Fax: 514 933-4074

Website: www.comitechomage.qc.ca

Email: ccm@comitechomage.qc.ca

Services: * Information and advocacy for the unemployed.

Eligibility: unemployed people

Coverage area: Montréal Island

Hours: Monday to Friday 9h30 to 16h30, phone service: Monday to Thursday 13h00 to 16h30

Financing: donations, provincial

Legal status: non-profit organization

COMITÉ LOGEMENT DU PLATEAU MONT-ROYAL

4450 Saint-Hubert Street, Suite 328, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 527-3495 Fax: 514 527-6653

Website: www.clpmr.com

Email: clplateau@clpmr.com

Services: * Defense of the Grand Plateau Mont-Royal tenants' rights and mobilization for social housing.

Eligibility: tenants

Coverage area: Le Plateau-Mont-Royal

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, closed on Tuesday afternoon

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

CONSEIL NATIONAL DES CHÔMEURS ET CHÔMEUSES

3734 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2X 2J1

514 933-3764 Fax: 514 933-4074

Website: www.lecnc.com

Email: cnc@lecnc.com

Services: Rights advocacy groups consolidation. * Collective action, education and awareness. * Individual and group meetings.

Eligibility: unemployed people's rights advocacy groups

Coverage area: Province of Québec

Hours: Monday to Friday

Fees: free

Financing: contributions, provincial, grants

Legal status: non-profit organization

CONSEIL POUR LA PROTECTION DES MALADES

3565 Berry Street, Suite 230, Le Plateau-Mont-Royal, Montréal, QC, H2L 4G3

514 861-5922 Fax: 514 861-5189

Website: cpm.qc.ca/en/home

Email: info@cpm.qc.ca

Services: Promotion and advocacy for the rights of health and social services users. * Information line on users' rights. * Counselling services. * Conference, training and public awareness. * Legal notice and initiation of class action proceedings.

Eligibility: health and social services users

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30, by appointment

Fees: annual fees for Protection Santé: \$49.95

Financing: fundraising campaign, contributions, donations

Legal status: non-profit organization

CUISINES COLLECTIVES DU GRAND PLATEAU

4095 Saint-André Street, Le Plateau-Mont-Royal, Montréal, QC, H2L 3W4

514 523-1752 Fax: 514 523-0755

Website: www.ccgp-montreal.org

Email: direction@ccgp-montreal.org

Services: * Collective kitchens. * Assistance for starting collective kitchens. * Information, training and awareness on healthy nutrition. * Cooking workshops for youth living in low-rent housing. * Culinary discovery workshops for seniors living food insecurity situations. * Nutrition workshops for people with diabetes. * Coordination on food security.

Eligibility: people on a low income, groups willing to start collective kitchens, children and youth 6 to 12 years old

Coverage area: Le Plateau-Mont-Royal

Hours: Monday to Friday 9h00 to 16h00

Fees: membership: \$30 per year

Financing: provincial, donations

Legal status: non-profit organization

EX AEQUO

3680 Jeanne-Mance Street, Suite 328, Le Plateau-Mont-Royal, Montréal, QC, H2X 2K5

514 288-3852 Fax: 514 288-2834

Website: www.exaequo.net

Email: info@exaequo.net

Services: Promotion of universal accessibility and rights advocacy for people living with motor disabilities. * Attendants bank for people using the service employment paycheque. * Citizen action, representation, consultation and partnership with different organizations. * Information, training and awareness.

Eligibility: people living with motor disabilities

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Fees: membership: \$5 per year

Financing: Centraide of Greater Montréal, provincial, donations

Legal status: non-profit organization

FÉDÉRATION PROFESSIONNELLE DES JOURNALISTES DU QUÉBEC

3802 Saint-Laurent Boulevard, Suite 1, Le Plateau-Mont-Royal, Montréal, QC, H2W 1X6

514 522-6142

Website: www.fpqj.org

Email: info@fpjq.org

Services: Representation and defense of the professional interests of journalists. * Advocacy for press liberty and public's right to honest and complete information. * Professional and ethical guidance. * Directory of members: www.fpqj.org/repertoire-des-membres

Coverage area: Province of Québec

Fees: variable

Financing: membership fees, federal

Legal status: non-profit organization

GROUPE-RESSOURCE DU PLATEAU MONT-ROYAL

4245 Laval Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2W 2J6

514 527-1616 Fax: 514 598-9994

Email: grpqr@cooptel.qc.ca

Services: * Collective rights advocacy. * Monthly dinners: thematic discussions. * Participation to allies' different demonstrations. * Tax clinic.

Eligibility: citizens with precarious income, anyone interested by advocacy

Capacity: 60

Coverage area: Le Plateau Mont-Royal

Hours: by appointment only

Fees: contribution: \$2

Financing: provincial, grants, contributions

Legal status: non-profit organization

INSTITUT DE COOPÉRATION POUR L'ÉDUCATION DES ADULTES

5000 d'Iberville Street, Suite 304, Le Plateau-Mont-Royal, Montréal, QC, H2H 2S6

514 948-2044

Website: www.icea.qc.ca

Email: icea@icea.qc.ca

Services: Promotion of the right to lifelong learning, accessibility to education and adults education. * Information and representation. * Research and documentation.

Eligibility: adults

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 16h30

Financing: grants, membership fees

Legal status: non-profit organization

LIVING WITH CYSTIC FIBROSIS

629 Prince-Arthur Street West, Le Plateau-Mont-Royal, Montréal, QC, H2X 1T9

1 800 315-3157 Fax: 514 288-3157

Website: www.vivreaveclafibrosekystique.com

Email: info@vivreaveclafk.com

Services: * Reception, information and referrals. * Psychosocial support and advocacy.

Eligibility: people living with cystic fibrosis and their close ones

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Financing: provincial, foundations, donations

Legal status: non-profit organization

MAISON DES FEMMES SOURDES DE MONTRÉAL (LA)

4855 Boyer Street, Suite 105, Le Plateau-Mont-Royal, Montréal, QC, H2J 3E6

514 255-5680 Fax: 514 255-3770 TTY: 514 255-6376

Website: www.mfsm.info

Email: femmessourdes@mfsm.ca

Services: Help for deaf or hearing impaired women living difficulties. * Welcoming, intervention, communication and community life. * Individual meetings. * Help, support and referrals. * Information. * Guidance and support (lawyer, court, police station, follow-up during and after housing, etc.) * Awareness and information in the deaf and hard of hearing community (conferences, trainings). * Popular education workshops for deaf and hearing impaired women. * Special events (Christmas, International Women's Day, etc.) * Participation in mobilization activities.

Eligibility: deaf and hearing impaired women

Coverage area: Greater Montréal, North Shore, South Shore

Hours: Monday to Friday 9h00 to 16h30

Fees: free

Financing: provincial, donations

Legal status: non-profit organization

PARRAINAGE CIVIQUE MONTRÉAL

4450 Saint-Hubert Street, Suite 336, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 843-8813 ext. 1

Website: www.parrainagemontreal.org

Email: info@parrainagemontreal.org

Services: Pairing of people with intellectual disabilities with volunteers. * Social skills development. * Adapted collective kitchens. * Advocacy of rights. * Super rigoles: theatre workshops. * Improvisation workshop. * Arts, adapted dance and music workshops. * Vivre heureux et en santé: nutritional workshops. * Computer literacy. * Brin de jasette: support and discussion group. * Personnes filleules: social participation promotion. * Saveurs du monde: discovery of cultures in Montréal.

Eligibility: people 18 years and over with an intellectual disability or an autism spectrum disorder, art workshops: general public

Coverage area: Montréal Island

Hours: administration: Monday to Friday 9h00 to 17h00, activities: evenings and weekends

Fees: \$12 per year

Financing: provincial

Legal status: non-profit organization

QUEBEC ASSOCIATION OF POSTSECONDARY STUDENTS WITH DISABILITIES

425 Sherbrooke Street East, Suite 06, Le Plateau-Mont-Royal, Montréal, QC, H2L 1J9

514 499-9451

Website: www.aqeips.qc.ca

Email: info@aqeips.qc.ca

Services: * Advocacy and promotion of the interests of students with disabilities. * Information to members and their parents. * Scholarships program. * Online resource guide Post-Secondary Studies Are Also For You!: aqeips.qc.ca/en/guide/about-this-guide/

Eligibility: postsecondary students with disabilities

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: active member: free, support member: \$20, institutional member: \$50

Financing: provincial, self-financing

Legal status: non-profit organization

REGROUPEMENT DES ACTIVISTES POUR L'INCLUSION AU QUÉBEC

1371 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1M4

514 656-1664 Fax: 514 504-1664

Website: www.rapliq.org

Email: le.rapliq@gmail.com

Services: Advocacy for people with disabilities. * Assistance and support for conflict resolution. * Information, mobilization and awareness.

Eligibility: people with disabilities

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 17h00

Financing: donations

Legal status: non-profit organization

REGROUPEMENT DES AVEUGLES ET AMBLYOPES DU MONTRÉAL MÉTROPOLITAIN

5225 Berri Street, Suite 101, Le Plateau-Mont-Royal, Montréal, QC, H2J 2S4

514 277-4401 Fax: 514 277-8961

Website: raamm.org

Email: info@raamm.org

Services: * Promotion and advocacy of rights and interests. * Guiding and reading services for members. * Community centre. * Publiphone: information access system. * Recruitment and training of volunteers for accompaniment.

Eligibility: people living with a visual impairment

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30

Fees: regular member: 10\$ per year

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

RÉSEAU ALTERNATIF ET COMMUNAUTAIRE DES ORGANISMES EN SANTÉ MENTALE DE L'ÎLE DE MONTRÉAL

55, du Mont-Royal Avenue West, Suite 602, Le Plateau-Mont-Royal, Montréal, QC, H2T 2S6

514 847-0787

Website: racorsm.org

Email: racor@racorsm.org

Services: Grouping and representation of mental health organizations. * Training about mental health for social workers and all the community. * List and map of members: information on mental health services, activities and programs. * Online calendar of events and training. * Information about Montreal's mental health community and the associated issues through online articles. * Newsletter several times a year.

Eligibility: community and alternative organizations in mental health

Coverage area: Montréal Island

Hours: Monday to Thursday 9h00 to 17h00

Financing: provincial

Legal status: non-profit organization

RÉSEAU QUÉBÉCOIS D'ACTION POUR LA SANTÉ DES FEMMES

4245 Laval Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2W 2J6

514 877-3189

Website: www.rqasf.qc.ca

Email: rqasf@rqasf.qc.ca

Services: Multidisciplinary network. * Promotion and advocacy of the rights and interests of women. * Mobilization and representation. * Production and dissemination of health information. * Training workshops, conferences, seminars, webinars.

Eligibility: women, women's organizations

Coverage area: Province of Québec
Hours: Monday to Thursday 9h30 to 16h30
Fees: annual subscription
Financing: membership fees
Legal status: non-profit organization

Consumer protection and complaints

ASSOCIATION DES CONSOMMATEURS POUR LA QUALITÉ DANS LA CONSTRUCTION

3425 Saint-Dominique Street, Suite 105, Le Plateau-Mont-Royal, Montréal, QC, H2X 1C4

514 384-2013

Website: www.acqc.ca

Email: info@acqc.ca

Services: Home restoration and construction consumers association. * Information and advocacy. * Support for class actions and procedures.

Eligibility: home construction and restoration consumers

Coverage area: Province of Québec

Fees: annual membership: \$25

Financing: membership fees, donations, grants

Legal status: non-profit organization

AUTOMOBILE PROTECTION ASSOCIATION

292 Saint-Joseph Boulevard West, Le Plateau-Mont-Royal, Montréal, QC, H2V 2N7

514 272-5555 Fax: 514 273-0797

Website: www.apa.ca

Email: apamontreal@apa.ca

Services: * Information and advice on automobiles. * Advocacy for consumers. * Car purchase service. * Mediation of complaints and legal support. * Recommendation list of professionals: mechanics, body shops, used vehicles inspectors.

Eligibility: car owners, consumers

Coverage area: Province of Québec

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

Fees: membership: \$77 plus taxes, renewal: \$39 plus taxes per 12-month period

Financing: membership fees, self-financing

Legal status: non-profit organization

CONSEIL POUR LA PROTECTION DES MALADES

3565 Berry Street, Suite 230, Le Plateau-Mont-Royal, Montréal, QC, H2L 4G3

514 861-5922 Fax: 514 861-5189

Website: cpm.qc.ca/en/home

Email: info@cpm.qc.ca

Services: Promotion and advocacy for the rights of health and social services users. * Information line on users' rights. * Counselling services. * Conference, training and public awareness. * Legal notice and initiation of class action proceedings.

Eligibility: health and social services users

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30, by appointment

Fees: annual fees for Protection Santé: \$49.95

Financing: fundraising campaign, contributions, donations

Legal status: non-profit organization

MOUVEMENT ACTION JUSTICE

4245 Laval Avenue, Suite 5AA, Le Plateau-Mont-Royal, Montréal, QC, H2W 2J6

514 273-4302 Fax: 514 273-9059

Website: www.maj-quebec.com

Email: info@maj-quebec.com

Services: Action against abuses of authority. * Information line. * Counselling, active listening, psychological support and accompaniment. * MAJ Legal Clinic. * Monthly self-help group for people facing a problematic legal situation. * Advocacy for Duplessis orphans.

Eligibility: people facing issues with the legal or police system

Capacity: self-help group: 1 to 25 people

Coverage area: Province of Québec

Hours: Monday, Wednesday and Friday 9h00 to 15h00, Tuesday and Thursday 9h00 to 14h00, legal clinic: Tuesday 16h30, self-help group: weekend

Fees: none

Financing: donations, grants

Legal status: non-profit organization

ORDRE PROFESSIONNEL DES TECHNOLOGISTES MÉDICAUX DU QUÉBEC

281 Laurier Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2T 1G2

1 800 567-7763 Fax: 514 527-7314

Website: www.optmq.org

Email: info@optmq.org

Services: Professional order. * Public protection. * Monitoring of the practice of the profession by the members. * Reception and treatments of complaints. * Continuous training. * Documentation centre and information to the public.

Eligibility: public, medical technologists

Coverage area: Province of Québec

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

Financing: membership fees, self-financing

Legal status: non-profit organization

Correctional services**RELAIS FAMILLE**

5039 Saint-Dominique Street, Le Plateau-Mont-Royal, Montréal, QC, H2T 1V1

1 855 419-6632

Website: www.relaisfamille.org

Email: info@relaisfamille.org

Services: Support for relatives of people awaiting detention, in detention or released from detention. * Listening, referral, individual meetings. * Accompaniment to the courthouse. * Discussion groups. * Support groups for families with young children. * Recreational activities and community celebrations in prison. * Transportation to detention facilities for community celebrations, special occasions and visits to inmates. * Meditation workshops. * Writing workshops. * Information sessions, conferences.

Eligibility: families with a relative awaiting detention, in detention or released following imprisonment

Coverage area: Province of Québec

Hours: variable

Fees: membership: \$5

Financing: self-financing, donations

Legal status: non-profit organization

Legal assistance and information

ASSOCIATION DES SERVICES DE RÉHABILITATION SOCIALE DU QUÉBEC

1340 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1M3

514 521-3733 Fax: 514 521-3753

Website: www.asrsq.ca

Email: info@asrsq.ca

Services: Group of organizations providing services to people who have or have had issues with justice. * Research programs. * Public awareness. * Crime prevention. * Training. * Information on the impacts of a criminal record and on pardon application: www.casierjudiciaire.ca

Eligibility: private, community and parapublic organizations, people seeking information about criminal records application

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Financing: federal, provincial

Legal status: non-profit organization

CENTRE DE FORMATION SOCIALE MARIE-GÉRIN-LAJOIE

5070 Berri Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2R9

514 276-4853

Website: www.formationnonviolence.org

Email: coordo@formationnonviolence.org

Services: Violence prevention in living and work environments. * Non-violent communication and conflict management training. * Conflict resolution and mediation assistance. * Creation of meeting spaces to encourage dialogue.

Eligibility: citizens, community, cooperative and institutional organizations

Coverage area: Greater Montréal

Hours: Monday to Thursday 9h00 to 17h00

Fees: variable

Financing: provincial, donations

Legal status: non-profit organization

CONSEIL POUR LA PROTECTION DES MALADES

3565 Berry Street, Suite 230, Le Plateau-Mont-Royal, Montréal, QC, H2L 4G3

514 861-5922 Fax: 514 861-5189

Website: cpm.qc.ca/en/home

Email: info@cpm.qc.ca

Services: Promotion and advocacy for the rights of health and social services users. * Information line on users' rights. * Counselling services. * Conference, training and public awareness. * Legal notice and initiation of class action proceedings.

Eligibility: health and social services users

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30, by appointment

Fees: annual fees for Protection Santé: \$49.95

Financing: fundraising campaign, contributions, donations

Legal status: non-profit organization

MILE END COMMUNITY MISSION

99 Bernard Street West, Le Plateau-Mont-Royal, Montréal, QC, H2T 2J9

514 274-3401

Website: mileendmission.org

Email: general@mileendmission.org

Services: * Weekly food bank for Mile-End residents. * Free community meals. * Information and referral. * Free legal clinic. * Computer, Internet and public phone access. * Thrift shop. * Bi-annual dental clinic for people on a low income who don't have dental coverage. * Community activities. * Christmas lunch and Christmas baskets for members.

Eligibility: people and family on a low income, vulnerable, homeless or seniors

Coverage area: Mile-End residents

Hours: Tuesday to Friday 10h00 to 15h00, free lunches: Tuesday, Wednesday and Thursday 12h00, free breakfasts: Thursday 8h00 and Friday 10h00, dental clinic: in Autumn and Winter by appointment, legal clinic: Wednesday 16h00 to 19h00

Fees: annual membership: \$2 per member of the family, food bank: \$1.50 per week, community meals: free

Financing: self-financing

Legal status: non-profit organization

MOUVEMENT ACTION JUSTICE

4245 Laval Avenue, Suite 5AA, Le Plateau-Mont-Royal, Montréal, QC, H2W 2J6

514 273-4302 Fax: 514 273-9059

Website: www.maj-quebec.com

Email: info@maj-quebec.com

Services: Action against abuses of authority. * Information line. * Counselling, active listening, psychological support and accompaniment. * MAJ Legal Clinic. * Monthly self-help group for people facing a problematic legal situation. * Advocacy for Duplessis orphans.

Eligibility: people facing issues with the legal or police system

Capacity: self-help group: 1 to 25 people

Coverage area: Province of Québec

Hours: Monday, Wednesday and Friday 9h00 to 15h00, Tuesday and Thursday 9h00 to 14h00, legal clinic: Tuesday 16h30, self-help group: weekend

Fees: none

Financing: donations, grants

Legal status: non-profit organization

PLATEAU-MONT-ROYAL (LE) - BOROUGH

201 Laurier Avenue East, Suite 120, Le Plateau-Mont-Royal, Montréal, QC, H2T 3E6

311 Fax: 514 872-6754

Website: ville.montreal.qc.ca/plateau

Email: le-plateau-mont-royal@ville.montreal.qc.ca

Services: * Accès Montréal card. * Consultation of public notices. * Administration of oath. * Property assessment. * Information and payment of municipal taxes. * Ticket information and payment. * Cat and dog licenses. * Municipal service intervention requests. * Low-cost housing application. * Parking licenses. * INFO-travaux: location of infrastructure work. * Info-collectes: servicesenligne2.ville.montreal.qc.ca/sel/infocollectes * Recovery of dead animals on public and private properties.

Coverage area: Le Plateau-Mont-Royal

Hours: Monday to Friday 9h00 to 17h00, 2nd Thursday of each month 9h00 to 19h00

Financing: municipal

Legal status: municipal agency

PLEIN MILIEU

4677 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2L5

1 877 257-0477 Fax: 514 524-1809

Website: pleinmilieu.qc.ca/en

Email: info@pleinmilieu.qc.ca

Services: School-based intervention and street work. * Active listening, welcoming, support, referral, mediation and accompaniment. * Permanent site: needle exchange and recovery, distribution of condoms, inhalation and injection equipment. * STI prevention. * Toll free helplines to reach a community counsellor. * Social mediation between homeless people and residents or shop owners to prevent police intervention. * Assistance finding housing and follow-up for people referred by community workers. * Drug addiction prevention and sexual education workshops in high schools. * Naloxone kits distribution. * Distribution and delivery of fentanyl test strips. * Distribution of menstrual hygiene products. * Christmas baskets. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.

Eligibility: homeless people, youth and adults injecting or inhaling drugs

Coverage area: Le Plateau-Mont-Royal

Hours: administration: Monday to Friday 9h00 to 17h00, permanent site: Monday to Friday 17h00 to 19h00, street work: 7 days 10h00 to 21h00

Fees: none

Financing: provincial, federal, municipal, foundations

Legal status: non-profit organization

QUEBEC COUNCIL ON TOBACCO AND HEALTH

4126 Saint-Denis Street, Suite 302, Le Plateau-Mont-Royal, Montréal, QC, H2W 2M5

514 948-5317 ext. 0 Fax: 514 948-4582

Website: www.quebecsanstabac.ca/cqts

Email: info@cqts.qc.ca

Services: Education and promotion of awareness on the dangers of tobacco use, the effects of secondhand smoke and the benefits of smoking cessation. * Programs and campaigns for smoking cessation and for non-smokers protection. * Advertising and promotion to publicize smoking cessation resources. * Symposiums and training. * Class action against tobacco companies on behalf of victims of lungs or throat (larynx, oropharynx, hypopharynx) cancer and emphysema. * Smoking prevention in schools and in the community. * Cannabis and vaping products use prevention among youth.

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Financing: federal, provincial, donations

Legal status: non-profit organization

THIRD AVENUE RESOURCE CENTRE

3535 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2X 2H8

514 279-1286

Website: www.troisiemeavenue.org

Email: info@troisiemeavenue.org

Services: Popular education program on human rights, citizenship and democracy in schools. * Training, facilitation and consultation. * Parents en action pour l'éducation.

Eligibility: organizations and individuals

Coverage area: Greater Montreal

Hours: Monday to Thursday 9h00 to 17h00

Financing: Centraide of Greater Montréal, donations

Legal status: non-profit organization

WOMEN'S CENTRE OF MONTRÉAL - FRONT LINE SERVICES

3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6

514 842-4780 Fax: 514 842-5613

Website: centredesfemmesdemtl.org/en

Email: cfmwcm@centredesfemmesdemtl.org

Services: * Support, listening, information and referral. * Crisis intervention. * Individual meetings. * Group activities. * Psychosocial intervention. * Collective kitchen. * Food and clothing assistance. * Christmas baskets. * Francization, French and English classes. * Computer classes. * Arts and crafts, knitting, dance and choir workshops. * Coffee-meetings. * Legal information. * Accompaniment to court for domestic violence victims. * Support group for women victims of sexual abuse in childhood. * La Cigognerie group encouraging women to break their isolation, create a network for exchanges and services and to improve self-confidence and parenting skills. * Distribution of baby diapers. * Mother and Child program with daycare: living conditions improvement of mothers and their pre-school children. * Immigration: installation and integration assistance, Francization, general information and group activities. * Native women: listening, information and accompaniment based on respect for the values and rhythm of Native women.

Eligibility: women aged 18 years and over, from Québec, newcomers and native women

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, food bank: Thursday 9h00 to 12h00 and 13h00 to 17h00, support groups, workshops and courses: Tuesday 9h00 to 21h00

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

Legal status: non-profit organization

Professional orders and associations

ASSOCIATION DES HALTES-GARDERIES COMMUNAUTAIRES DU QUÉBEC

4245 Laval Street, Le Plateau-Mont-Royal, Montréal, QC, H2W 2J6

1 888 598-1917 Fax: 514 598-5925

Website: www.ahgcq.org

Email: info@ahgcq.org

Services: Grouping, promotion and defense of the interests of community day care services in Québec.

Eligibility: children, parents, childcare organizations and services

Coverage area: Province of Québec

Hours: Monday to Thursday 9h00 to 17h00

Financing: provincial

Legal status: non-profit organization

FÉDÉRATION QUÉBÉCOISE DES MASSOTHÉRAPEUTES

4428 Saint-Laurent Boulevard, Suite 400, Le Plateau-Mont-Royal, Montréal, QC, H2W 1Z5

1 800 363-9609 Fax: 514 597-0141

Website: www.fqm.qc.ca

Email: administration@fqm.qc.ca

Services: * Monitoring compliance with norms and standards of the profession. * Support massage therapists in their professional practice. * Information and public protection. * Promoting benefits of massage therapy. *

Directory: www.fqm.qc.ca/recherche-masso

Eligibility: adults over 18 years old

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Financing: contributions

Legal status: non-profit organization

ORDRE DES AUDIOPROTHÉSISTES DU QUÉBEC

11370 Sherbrooke Street East, Suite 820, Le Plateau-Mont-Royal, Montréal, QC, H2L 1L3

514 640-5117 Fax: 514 640-5291

Website: www.ordreaudio.qc.ca

Email: oaq@ordreaudio.qc.ca

Services: Professional order. * Public protection, monitoring of the practice of the hearing care profession. * Continuous training. * Information for the general public. * Professionals

directory: <http://www.ordreaudio.qc.ca/chercher-un-audioprothesiste/>

Eligibility: general public, hearing care professionals

Coverage area: Province of Québec

Hours: Monday to Thursday 9h00 to 16h30, Friday 9h00 to 12h00

Financing: membership fees, self-financing

Legal status: non-profit organization

ORDRE DES CHIMISTES DU QUÉBEC

Place du Parc, 300 Léo-Pariseau Street, Suite 2199, Le Plateau-Mont-Royal, Montréal, QC, H2X 4B3

514 844-3644 Fax: 514 844-9601

Website: www.ocq.qc.ca

Email: information@ocq.qc.ca

Services: Professional order. * Public protection, control over the exclusive exercise of the profession of chemist by its members. * Monitoring the members' competence and quality of professional practice. *

Members' directory: <https://contacts.ocq.qc.ca/directory/membersearch.aspx>

Eligibility: general public, chemists

Coverage area: Province of Québec

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 17h00

Financing: membership fees, self-financing

Legal status: non-profit organization

ORDRE PROFESSIONNEL DES TECHNOLOGISTES MÉDICAUX DU QUÉBEC

281 Laurier Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2T 1G2

1 800 567-7763 Fax: 514 527-7314

Website: www.optmq.org

Email: info@optmq.org

Services: Professional order. * Public protection. * Monitoring of the practice of the profession by the members. * Reception and treatments of complaints. * Continuous training. * Documentation centre and information to the public.

Eligibility: public, medical technologists

Coverage area: Province of Québec

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

Financing: membership fees, self-financing

Legal status: non-profit organization

REGROUPEMENT DES CENTRES DE LA PETITE ENFANCE DE L'ÎLE DE MONTRÉAL

4321 Papineau Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 1T3

514 528-1442 Fax: 514 528-2222

Website: www.rcpeim.com

Email: info@rcpeim.com

Services: Promotion of quality, accessibility and diversity in early childhood centres. * Information and consultation. * Professional development. * Consulting services. * Representation and promotion. * Replacement.

Eligibility: early childhood centres, family child care coordination offices

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Financing: self-financing, grants

Legal status: non-profit organization

REGROUPEMENT QUÉBÉCOIS DE LA DANSE

3680 Jeanne-Mance Street, Suite 440, Le Plateau-Mont-Royal, Montréal, QC, H2X 2K5

514 849-4003 Fax: 514 849-3288

Website: www.quebecdanse.org

Email: info@quebecdanse.org

Services: Grouping and representation of dance professionals. * Information, support and resources. * Promotion. * Training. * Networking. * Mobilization and advocacy.
Eligibility: dance professionals
Coverage area: Province of Québec
Hours: 9h00 to 17h00
Financing: donations, contributions, grants
Legal status: non-profit organization

Support for offenders

ASSOCIATION DES SERVICES DE RÉHABILITATION SOCIALE DU QUÉBEC

1340 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1M3

514 521-3733 Fax: 514 521-3753

Website: www.asrsq.ca

Email: info@asrsq.ca

Services: Group of organizations providing services to people who have or have had issues with justice. * Research programs. * Public awareness. * Crime prevention. * Training. * Information on the impacts of a criminal record and on pardon application: www.casierjudiciaire.ca

Eligibility: private, community and parapublic organizations, people seeking information about criminal records application

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Financing: federal, provincial

Legal status: non-profit organization

MOUVEMENT ACTION JUSTICE

4245 Laval Avenue, Suite 5AA, Le Plateau-Mont-Royal, Montréal, QC, H2W 2J6

514 273-4302 Fax: 514 273-9059

Website: www.maj-quebec.com

Email: info@maj-quebec.com

Services: Action against abuses of authority. * Information line. * Counselling, active listening, psychological support and accompaniment. * MAJ Legal Clinic. * Monthly self-help group for people facing a problematic legal situation. * Advocacy for Duplessis orphans.

Eligibility: people facing issues with the legal or police system

Capacity: self-help group: 1 to 25 people

Coverage area: Province of Québec

Hours: Monday, Wednesday and Friday 9h00 to 15h00, Tuesday and Thursday 9h00 to 14h00, legal clinic: Tuesday 16h30, self-help group: weekend

Fees: none

Financing: donations, grants

Legal status: non-profit organization

RELAIS FAMILLE

5039 Saint-Dominique Street, Le Plateau-Mont-Royal, Montréal, QC, H2T 1V1

1 855 419-6632

Website: www.relaisfamille.org

Email: info@relaisfamille.org

Services: Support for relatives of people awaiting detention, in detention or released from detention. * Listening, referral, individual meetings. * Accompaniment to the courthouse. * Discussion groups. * Support groups for families with young children. * Recreational activities and community celebrations in prison. * Transportation to detention facilities for community celebrations, special occasions and visits to inmates. * Meditation workshops. * Writing workshops. * Information sessions, conferences.

Eligibility: families with a relative awaiting detention, in detention or released following imprisonment

Coverage area: Province of Québec

Hours: variable

Fees: membership: \$5

Financing: self-financing, donations

Legal status: non-profit organization

Mental Health and addictions

ADDICTION PREVENTION

ADDICTION TREATMENT

COMMUNITY SUPPORT IN MENTAL HEALTH

CRISIS CENTRES AND SUICIDE PREVENTION

HELPLINES

MENTAL HEALTH ADVOCACY GROUPS

MENTAL HEALTH HOUSING

Addiction prevention

CLSC DU PLATEAU MONT-ROYAL

4625 de Lorimier Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 2B4

514 521-7663

Website: cussss-centresudmtl.gouv.qc.ca/etablissement/clsc-du-plateau-mont-royal

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

Coverage area: Le Plateau-Mont-Royal

Hours: Monday to Friday 8h00 to 18h00

Financing: provincial

Legal status: parapublic organization

CLSC SAINT-LOUIS DU PARC

15 du Mont-Royal Avenue West, Suite 100, Le Plateau-Mont-Royal, Montréal, QC, H2T 2R9

514 286-9657

Website: cussss-centresudmtl.gouv.qc.ca/etablissement/clsc-de-saint-louis-du-parc

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

Coverage area: Le Plateau-Mont-Royal, Ville-Marie

Hours: Monday to Friday 8h00 to 17h00, Saturday, Sunday and holidays 8h00 to 12h00

Financing: provincial

Legal status: parapublic organization

DÎNERS SAINT-LOUIS

1818 Gilford Street, Le Plateau-Mont-Royal, Montréal, QC, H2H 1G5

514 521-8619 ext. 311 Fax: 514 521-6019

Website: diners-st-louis.org/wp

Email: info@diners-st-louis.org

Services: * Daily community meals and snacks. * Shower, laundry, Internet and phone access. * Recording studio. * Café 1818 Gilford: day centre, activities, listening, referral and accompaniment towards social reintegration, counsellors on-site. * Un toit dans la ville: transitional housing (up to 2 years). * Pivau program: anger management program offering individual and group meetings, as well as an anger release room. * Ketch Café: evening centre, prevention of STBDs and addictions, needle exchange and distribution. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.

Eligibility: youth facing difficult situations, street youth 18 to 30 years old

Capacity: day centre: 50 people, 7 individual apartments (2 1/2 or 3 1/2)

Coverage area: Greater Montréal

Hours: day centre: Monday 12h00 to 16h00, Tuesday to Friday 9h30 to 16h00, meals: Monday to Friday 12h00 to 13h00, snacks: 15h00, evening centre: Friday, Saturday and Sunday starting at 14h00, Monday starting at 16h00

Fees: apartments starting at \$340 (without meals), day centre: free meals, shower, Internet and phone access, minimal fees for laundry and coffee

Financing: donations, grants

Legal status: non-profit organization

KETCH CAFÉ

4707 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2L5

514 985-0505 ext. 5001

Website: diners-st-louis.org/wp/services/ketch-cafe

Email: info@diners-st-louis.org

Services: Evening drop-in centre. * Prevention of bloodborne and sexually transmitted diseases. * Meals. * Support and referral. * Cultural, educational and informational activities. * Thematic discussions and conferences. * Phone line for procedures. * Music rehearsal space. * Distribution of sterile equipment. * Shower and laundry.

Eligibility: youth in a difficult situation and street youth 18 to 30 years old

Capacity: 30 people

Coverage area: Greater Montréal

Hours: Monday 16h00 to 20h00, Thursday to Sunday 14h00 to 20h00

Fees: mostly free, minimal fees for coffee and laundry

Financing: donations, grants

Legal status: non-profit organization

PLEIN MILIEU

4677 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2L5

1 877 257-0477 Fax: 514 524-1809

Website: pleinmilieu.qc.ca/en

Email: info@pleinmilieu.qc.ca

Services: School-based intervention and street work. * Active listening, welcoming, support, referral, mediation and accompaniment. * Permanent site: needle exchange and recovery, distribution of condoms, inhalation and injection equipment. * STI prevention. * Toll free helplines to reach a community counsellor. * Social mediation between homeless people and residents or shop owners to prevent police intervention. * Assistance finding housing and follow-up for people referred by community workers. * Drug addiction prevention and sexual education workshops in high schools. * Naloxone kits distribution. * Distribution and delivery of fentanyl test strips. * Distribution of menstrual hygiene products. * Christmas baskets. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.

Eligibility: homeless people, youth and adults injecting or inhaling drugs

Coverage area: Le Plateau-Mont-Royal

Hours: administration: Monday to Friday 9h00 to 17h00, permanent site: Monday to Friday 17h00 to 19h00, street work: 7 days 10h00 to 21h00

Fees: none

Financing: provincial, federal, municipal, foundations

Legal status: non-profit organization

QUEBEC COUNCIL ON TOBACCO AND HEALTH

4126 Saint-Denis Street, Suite 302, Le Plateau-Mont-Royal, Montréal, QC, H2W 2M5

514 948-5317 ext. 0 Fax: 514 948-4582

Website: www.quebecsanstabac.ca/cqts

Email: info@cqts.qc.ca

Services: Education and promotion of awareness on the dangers of tobacco use, the effects of secondhand smoke and the benefits of smoking cessation. * Programs and campaigns for smoking cessation and for non-smokers protection. * Advertising and promotion to publicize smoking cessation resources. * Symposiums and training. * Class action against tobacco companies on behalf of victims of lungs or throat (larynx, oropharynx, hypopharynx) cancer and emphysema. * Smoking prevention in schools and in the community. * Cannabis and vaping products use prevention among youth.

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Financing: federal, provincial, donations

Legal status: non-profit organization

Addiction treatment

APPROCHE SÉCURISANTE DES POLYTOXICOMANES ANONYMES

2700 Rachel Street East, Suite 200, Le Plateau-Mont-Royal, Montréal, QC, H2H 1S7

514 529-0641

Website: www.centreaspa.com

Email: info@centreaspa.com

Services: Full-time, 6-week outpatient rehabilitation program. * Individual support for the people and their close ones. * Hotline and information. * Reintegration. * Food assistance. * Post-cure follow-up.

Eligibility: men and women 18 years old and over with drug or polydrug addictions, compulsion or other problems, their close ones, individual services: people 14 years old and over, people with a criminal record or on a substitution program

Capacity: 8

Coverage area: Greater Montréal

Hours: Monday to Thursday 9h00 to 16h30

Fees: intensive group: \$20 for file opening, \$480 for the 6-week program, post-group follow-up: \$30 per meeting, individual follow-up: \$60 for the assessment, \$45 per ensuing meeting

Financing: provincial, donations

Legal status: non-profit organization

CENTRE DE RÉADAPTATION EN DÉPENDANCE DE MONTRÉAL - POINT DE SERVICE PRINCE-ARTHUR

110 Prince-Arthur Street West, Le Plateau-Mont-Royal, Montréal, QC, H2X 1S7

514 385-1232

Website: <https://ciusss-centresudmtl.gouv.qc.ca>

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

Services: Addiction rehabilitation centre. Outpatient services for the south-central sector of Montréal * Specialized assessment, rehabilitation, social reintegration. * Individual, group, family and couple intervention. * Support to relatives. * External addiction nursing services. * Budget management. Emergency addictions service * Crisis intervention by telephone or on site for people with a drug addiction problem: assessment and support by nurses and stakeholders and doctors. * Short-term accommodation. * References to the other services of the Centre. * Excessive gambling: support, individual or group intervention, budget consultation. * Social integration: partnerships with non-institutional, family, professional or community resources. Internal withdrawal management service * Light to moderate weaning (severe weaning will be transferred to the hospital). Treatment with opioid agonists: CRAN program * Substitution treatment of opioid dependence. * Listening, help and guidance. * Medical, nursing and psychosocial services. * Perinatal services. * Support to relatives. * Clinical support for professionals and training for community stakeholders. Training and support service in addiction

Eligibility: young people and adults with an addiction (drugs including opioid, alcohol, gambling or cyber addiction), their relatives

Capacity: 28 beds for withdrawal management and 10 stretchers in the addiction emergency room

Coverage area: Centre-Sud de l'île de Montréal

Hours: outpatient rehabilitation services: Monday to Thursday 8h00 to 20h00, Friday 8h00 to 16h00, treatment with opioid agonists: Monday to Friday 9h00 to 17h00, addiction emergency: 24/7

Fees: free

Financing: provincial

Legal status: provincial government agency

CLSC DU PLATEAU MONT-ROYAL

4625 de Lorimier Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 2B4

514 521-7663

Website: cussss-centresudmtl.gouv.qc.ca/etablissement/clsc-du-plateau-mont-royal

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

Coverage area: Le Plateau-Mont-Royal

Hours: Monday to Friday 8h00 to 18h00

Financing: provincial

Legal status: parapublic organization

CLSC SAINT-LOUIS DU PARC

15 du Mont-Royal Avenue West, Suite 100, Le Plateau-Mont-Royal, Montréal, QC, H2T 2R9

514 286-9657

Website: cussss-centresudmtl.gouv.qc.ca/etablissement/clsc-de-saint-louis-du-parc

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

Coverage area: Le Plateau-Mont-Royal, Ville-Marie

Hours: Monday to Friday 8h00 to 17h00, Saturday, Sunday and holidays 8h00 to 12h00

Financing: provincial

Legal status: parapublic organization

OPEN DOOR (THE)

3535 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2X 2H8

514 939-1970

Website: www.opendoortoday.org

Email: caleb@opendoortoday.org

Services: * Breakfast, lunch, dinner, snacks. * Clothing bank and laundry room. * Showers. * Distribution of menstrual hygiene products. * Telephone, computers and Internet access. * Listening, evaluation, referral, guidance and accompaniment. * Medical, psychosocial and legal services on site. * Facilitated access to the Accès Montréal card. * PAAS-Action program. * Possibility of compensatory work. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.

Eligibility: homeless people, people at risk of homelessness, with or without pets

Coverage area: downtown

Hours: Monday to Friday 7h45 to 13h00 and 15h00 to 18h00, breakfast: 7h30, lunch: 11h30, dinner: 16h30

Financing: donations

Legal status: non-profit organization

PLEIN MILIEU

4677 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2L5

1 877 257-0477 Fax: 514 524-1809

Website: pleinmilieu.qc.ca/en

Email: info@pleinmilieu.qc.ca

Services: School-based intervention and street work. * Active listening, welcoming, support, referral, mediation and accompaniment. * Permanent site: needle exchange and recovery, distribution of condoms, inhalation and injection equipment. * STI prevention. * Toll free helplines to reach a community counsellor. * Social mediation between homeless people and residents or shop owners to prevent police intervention. * Assistance finding housing and follow-up for people referred by community workers. * Drug addiction prevention and sexual education workshops in high schools. * Naloxone kits distribution. * Distribution and delivery of fentanyl test strips. * Distribution of menstrual hygiene products. * Christmas baskets. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.

Eligibility: homeless people, youth and adults injecting or inhaling drugs

Coverage area: Le Plateau-Mont-Royal

Hours: administration: Monday to Friday 9h00 to 17h00, permanent site: Monday to Friday 17h00 to 19h00, street work: 7 days 10h00 to 21h00

Fees: none

Financing: provincial, federal, municipal, foundations

Legal status: non-profit organization

Community support in mental health

ATELIER (L')

3680 Jeanne-Mance Street, Suite 213, Le Plateau-Mont-Royal, Montréal, QC, H2X 2K5

514 844-6458 Fax: 514 288-3848

Website: www.atelierdartisanat.org

Email: direction@atelierdartisanat.org

Services: Employability and arts and crafts training program. * Regart program: social insertion through arts and crafts training. * Action program: employability development for people who participated to the Regart program. * Transart vers l'emploi program: labour market reintegration. * Boutique and exhibitions.

Eligibility: adults living with mental health issues

Capacity: 150 people per week

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization

CENTRE D'APPRENTISSAGE PARALLÈLE DE MONTRÉAL

4865 Saint-Laurent Boulevard, Le Plateau-Mont-Royal, Montréal, QC, H2T 1R6

514 843-5658 Fax: 514 843-3508

Website: www.ateliersducap.org

Email: info@ateliersducap.org

Services: Learning centre for people living with a mental health issue. * 6 months job preparation program: acquiring personal and vocational skills to integrate the job market, job search and retention assistance. * Atelier Projet: 20 hours a week, 12 months, social and vocational integration through artistic learning. * Workshops on expression through visual arts: 2 hours a week, therapeutic workshops to foster mental fluidity and reduce anxiety.

Eligibility: people living with a mental health issue

Capacity: 60 persons per day

Coverage area: Montréal Island

Hours: Monday to Thursday 9h30 to 16h30

Fees: expression workshops: \$45 for people receiving social assistance, general rate: \$75, job preparation program: free

Financing: provincial

Legal status: non-profit organization

CENTRE DE CRISE LE TRANSIT

Confidential Address

514 282-7753 Fax: 514 282-9163**Website:** cictransit.com

Services: Crisis intervention and assessment, crisis monitoring and follow-up after the crisis. * Intervention on crisis site. * Support to organizations and counsellors. * 24-hour crisis line. * No referral needed. * Short-term accommodation centre. * Psychosocial assessment. * Follow-up in the community and in the centre.

Eligibility: adults 18 years old and over in a crisis situation

Coverage area: areas covered by the following CLSCs: Plateau Mont-Royal, Villeray, Saint-Louis du Parc, Saint-Michel, Petite Patrie and Les Faubourgs

Hours: 24 hours / 7 days

Fees: free

Financing: provincial

Legal status: non-profit organization

FAMILLE NOUVELLE

4450 St-Hubert Street, Room 435, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 525-0063**Website:** www.famille nouvelle.org**Email:** info@famille nouvelle.org

Services: Helping relationship centre. * Individual, couple and family therapy, psychotherapy and psychosocial support. * Meetings for caregivers.

Eligibility: people living with mental health problems, individuals, couples and families on a restricted budget, caregivers

Coverage area: Greater Montréal

Hours: Tuesday to Thursday 9h00 to 21h00, Friday 9h00 to 17h00, 2 Saturdays per month by appointment only

Fees: according to income

Financing: self-financing, donations, fundraising campaigns

Legal status: non-profit organization

MAISON DES AMIS DU PLATEAU MONT-ROYAL (LA)

1360 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1M3

514 527-1344 Fax: 514 527-3769**Website:** www.maisondesamis.org**Email:** info@maisondesamis.org

Services: * Reception, listening and referral. * Access to phonelines, Internet and the documentation centre on community resources in Montréal. * Community meals. * Collective kitchen. * Recreational and informational activities. * Thrift store and annual bazaars. * Donation of clothing and furniture upon referral. * Holiday meals on December 25th and January 1st.

Eligibility: people 18 years and over, with or without children, in need and living with psychosocial difficulties

Capacity: community meals: 150

Coverage area: Le Plateau-Mont-Royal, Rosemont-La Petite-Patrie, Centre-Sud, Hochelaga-Maisonneuve

Hours: Monday to Friday 12h30 to 14h00

Fees: meals and access to phonelines and Internet: free, community kitchen: \$5 for 3 to 5 meals

Financing: provincial, federal, self-financing, donations

Legal status: non-profit organization

PLEIN MILIEU

4677 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2L5

1 877 257-0477 Fax: 514 524-1809**Website:** pleinmilieu.qc.ca/en**Email:** info@pleinmilieu.qc.ca

Services: School-based intervention and street work. * Active listening, welcoming, support, referral, mediation and accompaniment. * Permanent site: needle exchange and recovery, distribution of condoms, inhalation and injection equipment. * STI prevention. * Toll free helplines to reach a community counsellor. * Social mediation between homeless people and residents or shop owners to prevent police intervention. * Assistance finding housing and follow-up for people referred by community workers. * Drug addiction prevention and sexual education workshops in high schools. * Naloxone kits distribution. * Distribution and delivery of fentanyl test strips. * Distribution of menstrual hygiene products. * Christmas baskets. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.

Eligibility: homeless people, youth and adults injecting or inhaling drugs

Coverage area: Le Plateau-Mont-Royal

Hours: administration: Monday to Friday 9h00 to 17h00, permanent site: Monday to Friday 17h00 to 19h00, street work: 7 days 10h00 to 21h00

Fees: none

Financing: provincial, federal, municipal, foundations

Legal status: non-profit organization

PRACOM

1995 Marie-Anne Street East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1M3

514 527-6766 Fax: 514 598-9167

Website: www.pracom.ca

Email: info@pracom.ca

Services: Mental health day and evening centre. * Social, recreational, sports and cultural activities. * Development of autonomy. * Bike workshop: repair and sale of low-cost reconditioned bicycles.

Eligibility: adults with mental health problems, bike workshop: general public

Coverage area: Montréal and surroundings

Hours: Monday to Thursday 9h00 to 18h00, Friday 9h00 to 15h30

Fees: member: \$12 per year

Financing: provincial

Legal status: non-profit organization

SUIVI COMMUNAUTAIRE LE FIL

755 Mont-Royal Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1W8

514 525-0504 Fax: 514 525-9123

Website: www.suivilefil.org

Email: administration@suivilefil.org

Services: Long-term community monitoring and assistance. * Meetings in the living environment. * Individual intervention. * Support, assistance and referral.

Eligibility: adults living with mental health problems

Coverage area: Centre-Sud, Le Plateau Mont-Royal, Saint-Louis, La Petite-Patrie, Villeray, south of Saint-Michel

Hours: Monday to Friday 9h00 to 17h00

Fees: free

Financing: provincial

Legal status: non-profit organization

Crisis centres and suicide prevention

CENTRE DE CRISE LE TRANSIT

Confidential Address

514 282-7753 Fax: 514 282-9163

Website: cictransit.com

Services: Crisis intervention and assessment, crisis monitoring and follow-up after the crisis. * Intervention on crisis site. * Support to organizations and counsellors. * 24-hour crisis line. * No referral needed. * Short-term accommodation centre. * Psychosocial assessment. * Follow-up in the community and in the centre.

Eligibility: adults 18 years old and over in a crisis situation

Coverage area: areas covered by the following CLSCs: Plateau Mont-Royal, Villeray, Saint-Louis du Parc, Saint-Michel, Petite Patrie and Les Faubourgs

Hours: 24 hours / 7 days

Fees: free

Financing: provincial

Legal status: non-profit organization

MAISON D'HÉRELLE

3742 Saint-Hubert Street, Le Plateau-Mont-Royal, Montréal, QC, H2L 4A2

514 844-4874 ext. 101 Fax: 514 842-2991

Website: www.maisondherelle.org

Email: info@maisondherelle.org

Services: Community housing with short, medium and long-term stays. * Rooming house with a short-term respite program, a short to medium-term transition program and a medium to long-term palliative care program with a possibility of permanent room for aging people. * Appartements Satellites d'Hérelle: two apartments with community support for people experiencing psychosocial issues. * Studios d'Hérelle: social housing with community support for people at risk of homelessness. * Possibility of community psychosocial follow-up upon returning home.

Eligibility: people living with HIV/AIDS

Capacity: 10 rooms

Coverage area: Greater Montréal

Hours: 24 hours / 7 days

Fees: 75% of monthly income

Financing: provincial, foundations, donations

Legal status: non-profit organization

SIDALYS

3702 Sainte-Famille Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2L4

514 842-4439 Fax: 514 842-2284

Website: sidalys.org

Email: sidasecours@hotmail.com

Services: Housing with meals included and an ongoing presence of a field worker. * Sida Secours: emergency housing for up to 3 months. * Amaryllis: transitional housing varying from a few months to 2 years. * Habitations Jean-Pierre Valiquette: indefinite social housing with occasional supervision. * Accompaniment through medical procedures. * Guidance and referral to other community resources either linked or not to HIV: housing, rehabilitation, etc.

Eligibility: people 18 years old and over living with HIV or AIDS, Sida Secours and Amaryllis centres: people living with HIV, AIDS or hepatitis C and undergoing treatments

Capacity: Sida secours and Amaryllis: 19 individual rooms, Habitations Jean-Pierre Valiquette: 19 apartments of variable size

Coverage area: Greater Montréal, Habitations Jean-Pierre Valiquette: Montréal Island

Hours: 24 hours / 7 days

Fees: Sida secours and Amaryllis: 75 % of the income or depending on financial issues, Habitations Jean-Pierre Valiquette: depending on the grants from the OMHM

Financing: provincial, fundraising campaigns

Legal status: non-profit organization

SIDALYS - CENTRE SIDA SECOURS

3702 Sainte-Famille Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2L4

514 842-4439 Fax: 514 842-2284

Website: sidalys.org

Email: sidasecours@hotmail.com

Services: Emergency housing. * Housing for up to 3 months. * Listening, accompaniment and referrals. * Psychosocial and medical follow-up. * Medical check-up, medication supervision.

Eligibility: people 18 years old and over living with HIV or AIDS, or receiving a treatment for hepatitis C

Capacity: 10 rooms

Coverage area: Greater Montréal

Hours: 24 hours / 7 days

Fees: 75 % of the income or depending on financial issues

Financing: provincial, fundraising campaigns

Legal status: non-profit organization

Helplines**CENTRE DE CRISE LE TRANSIT**

Confidential Address

514 282-7753 Fax: 514 282-9163

Website: cictransit.com

Services: Crisis intervention and assessment, crisis monitoring and follow-up after the crisis. * Intervention on crisis site. * Support to organizations and counsellors. * 24-hour crisis line. * No referral needed. * Short-term accommodation centre. * Psychosocial assessment. * Follow-up in the community and in the centre.

Eligibility: adults 18 years old and over in a crisis situation

Coverage area: areas covered by the following CLSCs: Plateau Mont-Royal, Villeray, Saint-Louis du Parc, Saint-Michel, Petite Patrie and Les Faubourgs

Hours: 24 hours / 7 days

Fees: free

Financing: provincial

Legal status: non-profit organization

Mental health advocacy groups**ASSOCIATION CANADIENNE POUR LA SANTÉ MENTALE DIVISION DU QUÉBEC ET FILIALE DE MONTRÉAL**

55 Mont-Royal Avenue West, Suite 605, Le Plateau-Mont-Royal, Montréal, QC, H2T 2S6

514 521-4993

Website: www.acsmmontreal.qc.ca

Email: info@acsmmontreal.qc.ca

Services: Mental health promotion and prevention. * Information and awareness. * Training, conferences, forums. * Discussion and collaboration.

Eligibility: youth, seniors, people from cultural communities, isolated people, organizations

Coverage area: Greater Montréal

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

Financing: provincial, self-financing

Legal status: non-profit organization

CLSC DU PLATEAU MONT-ROYAL

4625 de Lorimier Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 2B4

514 521-7663

Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/clsc-du-plateau-mont-royal

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

Coverage area: Le Plateau-Mont-Royal

Hours: Monday to Friday 8h00 to 18h00

Financing: provincial

Legal status: parapublic organization

CLSC SAINT-LOUIS DU PARC

15 du Mont-Royal Avenue West, Suite 100, Le Plateau-Mont-Royal, Montréal, QC, H2T 2R9

514 286-9657

Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/clsc-de-saint-louis-du-parc

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

Coverage area: Le Plateau-Mont-Royal, Ville-Marie

Hours: Monday to Friday 8h00 to 17h00, Saturday, Sunday and holidays 8h00 to 12h00

Financing: provincial

Legal status: parapublic organization

FONDATION JEUNES EN TÊTE

55 Mont-Royal Avenue West, Suite 804, Le Plateau-Mont-Royal, Montréal, QC, H2T 2S6

514 529-5354 Fax: 514 529-9877

Website: fondationjeunesentete.org/en

Email: info@fondationjeunesentete.org

Services: * Partners for Life: teenage depression outreach and prevention program. * Support to community organizations working with youth in difficulty. * Tools for adults and teenagers: fondationjeunesentete.org/en/our-tools

Eligibility: youth 11 to 18 years old, their family and close ones, school teachers and workers

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Financing: donations, fundraising campaigns

Legal status: non-profit organization

RÉSEAU ALTERNATIF ET COMMUNAUTAIRE DES ORGANISMES EN SANTÉ MENTALE DE L'ÎLE DE MONTRÉAL

55, du Mont-Royal Avenue West, Suite 602, Le Plateau-Mont-Royal, Montréal, QC, H2T 2S6

514 847-0787

Website: racorsm.org

Email: racor@racorsm.org

Services: Grouping and representation of mental health organizations. * Training about mental health for social workers and all the community. * List and map of members: information on mental health services, activities and programs. * Online calendar of events and training. * Information about Montreal's mental health community and the associated issues through online articles. * Newsletter several times a year.

Eligibility: community and alternative organizations in mental health

Coverage area: Montréal Island

Hours: Monday to Thursday 9h00 to 17h00

Financing: provincial

Legal status: non-profit organization

Mental health housing

COMMUNAUTÉ THÉRAPEUTIQUE LA CHRYSALIDE

Confidential Address

514 843-2015 ext. 2953 Fax: 514 843-2160

Website: www.ctlachrysalide.org

Email: bessa.elena@teluq.ca

Services: Group home or supervised accommodation apartments. * Experimental living environment and on-site psychosocial and psychoanalytic treatment. * Therapeutic support.

Eligibility: adults 18 years and over living with a psychosis-related disorder and having an external monitoring in psychiatry

Capacity: 10 places

Coverage area: Montréal Island

Hours: administration: Monday to Friday 9h00 to 17h00, housing: 7/24

Financing: provincial

Legal status: non-profit organization

HABITATIONS DU RÉSEAU DE L'ACADÉMIE (LES)

4827 Papineau Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 1V7

514 658-8013 Fax: 514 303-4322

Website: www.resac.org

Email: info@resac.org

Services: Community social housing. * Apartments, rooms and studios. * Only Habitations Mont-Royal is accessible to wheelchairs.

Eligibility: adults at risk of homelessness with or without mental illness, people 60 years and over at risk of homelessness with mental health disorders

Capacity: 170 housing units

Coverage area: Montréal Island

Hours: Monday to Friday 10h00 to 17h00

Financing: provincial

Legal status: non-profit organization

MAISON ST-DOMINIQUE

20 Guilbault Street East, Le Plateau-Mont-Royal, Montréal, QC, H2X 1A1

514 845-7793 Fax: 514 845-1444

Website: maisonstdominique.org

Email: msd@maisonstdominique.org

Services: Housing for an indeterminate period with psychosocial counselling.

Eligibility: adults 18 years and over on a low income and with mental health problems, homeless people who already have a psychosocial follow-up (referral is not required)

Capacity: 14 rooms, 50 studios, 6 apartments

Coverage area: Greater Montréal

Hours: Monday to Friday 8h00 to 16h00

Fees: 25% to 30% of the income, without meals

Financing: donations, foundations

Legal status: non-profit organization

Seniors**CAREGIVERS****COMMUNITY AND RECREATION CENTRES****DAY CENTRES AND RESPITE****FRIENDLY VISITS AND SAFETY CALLS****HOME SUPPORT****HOUSING FOR SENIORS****INTERGENERATIONAL ACTIVITIES****INTERVENTION WITH SENIORS SUBJECTED TO ABUSE****MEALS ON WHEELS****SENIORS' ADVOCACY AND ASSISTANCE ASSOCIATIONS****VOLUNTEER TRANSPORTATION**

Caregivers

CLSC DU PLATEAU MONT-ROYAL

4625 de Lorimier Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 2B4

514 521-7663

Website: cussss-centresudmtl.gouv.qc.ca/etablissement/clsc-du-plateau-mont-royal

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

Coverage area: Le Plateau-Mont-Royal

Hours: Monday to Friday 8h00 to 18h00

Financing: provincial

Legal status: parapublic organization

CLSC SAINT-LOUIS DU PARC

15 du Mont-Royal Avenue West, Suite 100, Le Plateau-Mont-Royal, Montréal, QC, H2T 2R9

514 286-9657

Website: cussss-centresudmtl.gouv.qc.ca/etablissement/clsc-de-saint-louis-du-parc

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

Coverage area: Le Plateau-Mont-Royal, Ville-Marie

Hours: Monday to Friday 8h00 to 17h00, Saturday, Sunday and holidays 8h00 to 12h00

Financing: provincial

Legal status: parapublic organization

FAMILLE NOUVELLE

4450 St-Hubert Street, Room 435, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 525-0063

Website: www.famillennouvelle.org

Email: info@famillennouvelle.org

Services: Helping relationship centre. * Individual, couple and family therapy, psychotherapy and psychosocial support. * Meetings for caregivers.

Eligibility: people living with mental health problems, individuals, couples and families on a restricted budget, caregivers

Coverage area: Greater Montréal

Hours: Tuesday to Thursday 9h00 to 21h00, Friday 9h00 to 17h00, 2 Saturdays per month by appointment only

Fees: according to income

Financing: self-financing, donations, fundraising campaigns

Legal status: non-profit organization

FONDATION DEVACARE (LA)

Confidential Address

Website: www.devacare.org

Email: info@devacare.org

Services: Support services available in person, at home or online, and offered by professional volunteers with the intention of easing the effects caused by the pandemic situation. * Tutoring for elementary and secondary school students who have difficulty studying in the current context. * Therapeutic support: individual consultations in osteopathy or therapeutic yoga with an osteopathic approach. * Home support services: shopping, domestic help, meal preparation, snow removal, animal walks, respite for caregivers, assistance to break isolation, etc. * The service request can be completed online by filling out this form: www.devacare.org/#contact

Eligibility: general population, vulnerable people, caregivers, tutoring: youth in primary and secondary school
Coverage area: mostly in the Plateau-Mont-Royal and Mile-End neighbourhoods, for the other neighbourhoods of Montréal Island, fill out the service request form and the organization will contact you if they can meet your needs

Hours: by appointment, Monday to Saturday 11h00 to 19h00

Fees: voluntary contribution

Financing: self-financing, donations

Legal status: non-profit organization

GRANDE VADROUILLE (LA)

4450 Saint-Hubert Street, Suite 411, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 341-0443 Fax: 514 523-7908

Website: www.grandevadrouille.com

Email: info@grandevadrouille.com

Services: Domestic assistance. * Housekeeping and spring cleaning. * Stimulation-respite. * Assistance with packing for a house move.

Coverage area: Côte-des-Neiges, Mont-Royal, Notre-Dame-de-Grâce, Montreal West and Côte-Saint-Luc: postal codes starting by H3S, H3T, H3V, H3W, H3P, H3R, H4P, H4A, H4B, H4V and H4X

Hours: Monday to Friday 9h00 to 17h00

Fees: RAMQ Financial Assistance Program

Financing: provincial

Legal status: non-profit organization

PLUMEAU, CHIFFON ET COMPAGNIE

4450 Saint-Hubert Street, Suite 311, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 523-6626 Fax: 514 523-7908

Website: www.plumeau.qc.ca

Email: info@plumeau.qc.ca

Services: At-home assistance. * Housekeeping: regular light house cleaning and spring cleaning. * Respite for caregivers. * Assistance with packing for a house move.

Eligibility: caregivers, seniors, general population

Coverage area: Le Plateau-Mont-Royal, Outremont, Ville-Marie, Westmount

Hours: Monday to Friday 9h00 to 17h00

Fees: housekeeping: eligible for the RAMQ financial assistance program, respite: \$4 to \$29.90 per hour

Financing: provincial, municipal, foundations

Legal status: non-profit organization

Community and Recreation Centres

AU JARDIN DES AÎNÉS ET AÎNÉES

1115 Laurier Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1G8

514 524-2178

Email: centrelaurier13@gmail.com

Services: Recreational activities for seniors. * Bridge, free games, painting, scrabble.

Eligibility: seniors

Capacity: 80

Coverage area: Plateau-Mont-Royal

Hours: bridge: Monday, Thursday and Saturday 12h30 to 16h00, bridge classes and other activities: variable, scrabble: Tuesday 13h00

Fees: membership: \$10 per year, bridge: \$5, scrabble \$3

Financing: self-financing

Legal status: non-profit organization

CARREFOUR MARGUERITE-BOURGEOYS

1855 Rachel Street East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1P5

514 527-1871

Website: www.carrefourmargueritebourgeoys.org

Email: info@carrefourmargueritebourgeoys.org

Services: * Physical, artistic, recreational and crafts activities. * Events and outings. * Language classes: French, English, Spanish. * Computer classes. * Workshops and conferences. * Intervention, psychosocial support and helping relationship. * Information and referral. * Accompaniment and assistance walking outside. * Friendly phone calls and visits.

Eligibility: seniors 50 years old and over

Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 16h00

Fees: membership: \$10, classes: \$15 to \$40, activities: variable

Financing: provincial, donations

Legal status: non-profit organization

CENTRE D'ACTION SOCIO-COMMUNAUTAIRE DE MONTRÉAL

32 Saint-Joseph Boulevard West, Le Plateau-Mont-Royal, Montréal, QC, H2T 2P3

514 842-8045 Fax: 514 842-2356

Website: www.cascmontreal.ca

Email: accueil@cascmontreal.ca

Services: Reception, information, social guidance and advocacy. * Social and cultural activities for seniors. * Information sessions and training workshops. * Social and educational support for children 6 to 12 years old with learning difficulties or mild behavior disorders. * Parenting skills development. * Settlement and integration of newcomers.

Eligibility: newcomers and immigrants

Coverage area: Greater Montréal

Hours: Monday 13h30 to 17h00, Tuesday to Friday 9h00 to 12h30 and 13h30 to 17h00

Financing: grants, self-financing

Legal status: non-profit organization

CENTRE DU PLATEAU (LE)

2275 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1G4

514 872-6830

Website: www.centreduplateau.qc.ca

Email: directioncentreduplateau@gmail.com

Services: Community centre. * Community, sporting, cultural, recreational and educational activities. * Enfants à défis program: recreational accompaniment for children with a physical or intellectual disability or a precarious financial situation.

Eligibility: residents and families, special programs for children with physical or intellectual disabilities

Coverage area: Le Plateau-Mont-Royal, Centre-Sud, Ville-Marie

Hours: Monday to Friday 7h00 to 22h00, Saturday and Sunday 7h30 to 17h00

Financing: federal, provincial, municipal, donations

Legal status: non-profit organization

CENTRE SABLON

4265 Papineau Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 1T3

514 527-1256 Fax: 514 527-3220

Website: www.centresablon.com

Email: info@centresablon.com

Services: * Activities for the whole family: gymnastics, boxing, soccer, taekwondo, swimming, triathlon, etc. * Fitness room and group classes. * Day camps for 3 to 17 year olds. * Le P'tit Bonheur camps: nature class school trips, vacation camp for 5 to 17 year olds.

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 20h30, Saturday and Sunday 8h30 to 17h00

Fees: variable, financial assistance available

Financing: foundations, fundraising campaigns, self-financing

Legal status: non-profit organization

DU PARC YMCA

5550 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2V 4H1

514 271-9622 Fax: 514 277-9102

Website: www.ymcaquebec.org/en/Find-a-Y/Du-Parc-YMCA

Email: contact@ymcaquebec.org

Services: Childhood and family * Parent-child activities. * Activities for children. * Subsidized daycare. * Day and spring break camps. * Homework help for 6 to 12 years old. Youth * Youth Zone for 12 to 17 years old. * Alternative suspension: school dropout prevention program. * CIEC Mile-End and Outremont: youth services cooperative. Sports * Training room. * Group classes. * Sports at the gym. * Public swim for adults and families. * Group or private swimming lessons. * Swimming club and triathlon club. Seniors * Café Rendez-Vous Y: socialization activities for seniors 55 years and over. * Leisure activities. Training * First aid and cardio-pulmonary resuscitation (CPR) courses. * Aquatic certifications. * Fitness certifications. Various * Room rental. * Tax clinic.

Eligibility: children, youth, adults, seniors

Coverage area: Montréal Island

Hours: Monday to Friday 6h30 to 20h30, Saturday and Sunday 8h00 to 17h30

Fees: subscription: variable according to age, activities: variable

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

Legal status: non-profit organization

LITTLE BROTHERS - MONTRÉAL CENTRE

4624 Garnier Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 3S7

514 527-8653 Fax: 514 527-7162

Website: www.littlebrothers.ca

Email: montreal@petitsfreres.ca

Services: Organization seeking to deal with the isolation of people of advanced age until their end of life. * Accompaniment and twinning with volunteers. * Visits in people's living environments: at-home, at the hospital or CHSLD, in residences, etc. * Activities and special outings to celebrate birthdays and traditional holidays. * Holidays stays at The Juliette Huot Home in Oka. * End-of-life accompaniment.

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

Coverage area: Montréal Island

Hours: Monday to Sunday 9h00 to 16h00

Fees: free

Financing: fundraising campaigns, self-financing, donations

Legal status: non-profit organization

MAISON D'AURORE (LA)

4816 Garnier Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 4B4

514 527-9075

Website: www.maisonauore.org

Email: info@maisonauore.org

Services: * Individualized support: information, referral, listening, follow-up, accompaniment and assistance with filling out forms. * Open to all: community meals and citizenship evenings. * Youth: homework assistance for children referred directly by primary schools across the Plateau. * Activities for seniors 50 years and over: knitting, physical activities, computer classes, outings, intergenerational projects and tax clinic. * Food: collective kitchens, cooking workshops and fruits and vegetables baskets. * Traditional Holidays meal. * Distribution point for the meals of the insertion company Resto Plateau.

Eligibility: people of all ages

Capacity: collective kitchens: 4 groups

Coverage area: Le Plateau-Mont-Royal and surroundings

Hours: Monday, Wednesday and Thursday 9h00 to 12h00 and 13h15 to 17h00, Tuesday 13h15 to 17h00, collective kitchens: depending on the group, community meals: last Thursday of the month at 12h00, fruits and vegetables baskets: delivery every 2 weeks

Fees: collective kitchens: portion fees, community meals: voluntary contribution of \$4, Resto Plateau: \$3 per portion, physical activities: \$20 for 10 weeks, fruits and vegetables baskets: from \$10 to 20, 50% grant for people on a low income

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

MILE END COMMUNITY MISSION

99 Bernard Street West, Le Plateau-Mont-Royal, Montréal, QC, H2T 2J9

514 274-3401

Website: mileendmission.org

Email: general@mileendmission.org

Services: * Weekly food bank for Mile-End residents. * Free community meals. * Information and referral. * Free legal clinic. * Computer, Internet and public phone access. * Thrift shop. * Bi-annual dental clinic for people on a low income who don't have dental coverage. * Community activities. * Christmas lunch and Christmas baskets for members.

Eligibility: people and family on a low income, vulnerable, homeless or seniors

Coverage area: Mile-End residents

Hours: Tuesday to Friday 10h00 to 15h00, free lunches: Tuesday, Wednesday and Thursday 12h00, free breakfasts: Thursday 8h00 and Friday 10h00, dental clinic: in Autumn and Winter by appointment, legal clinic: Wednesday 16h00 to 19h00

Fees: annual membership: \$2 per member of the family, food bank: \$1.50 per week, community meals: free

Financing: self-financing

Legal status: non-profit organization

MILTON-PARK RECREATION ASSOCIATION

3555 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6

514 872-0566 ext. 0

Website: www.miltonpark.org

Email: info@miltonpark.org

Services: * Intercultural outdoor activity program. * Recreational activities for all ages. * Beach volleyball at Jeanne-Mance park. * Summer and spring-break day camps. * Outings and special events. * Room and gym rental. * Tax clinic.

Eligibility: children, teenagers, adults, seniors

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 18h00

Fees: annual membership: \$10

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

Legal status: non-profit organization

PROJET CHANGEMENT - CENTRE COMMUNAUTAIRE POUR LES 50 ANS ET PLUS

4450 Saint-Hubert Street, Suite 130, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 521-5145

Website: www.projetchangement.com

Email: aines@projetchangement.com

Services: * Reception, information, guidance and referral. * Safety phone calls and friendly calls. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Foot care clinic. * Thematic conferences. * Community and social development. * Physical, psychological, intellectual, spiritual and relational health promotion activities. * Summer and holiday outings. * Je m'engage dans ma communauté: volunteer work with vulnerable seniors. * Individual intervention and home environment group animation. * Low-cost meals five times a week at lunchtime. * Tax clinic for people already benefiting from another service offered by the organization.

Eligibility: seniors 50 years and over

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30

Fees: membership: \$15 per year

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

Legal status: non-profit organization

Day centres and respite

CENTRE D'HÉBERGEMENT DU MANOIR-DE-L'ÂGE-D'OR

3430 Jeanne-Mance Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2J9

514 842-1147

Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/centre-dhebergement-du-manoir-de-lage-dor

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

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

Eligibility: seniors and people with a loss of autonomy

Coverage area: Le Plateau-Mont-Royal, Ville-Marie

Financing: provincial

Legal status: parapublic organization

CLSC DU PLATEAU MONT-ROYAL

4625 de Lorimier Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 2B4

514 521-7663

Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/clsc-du-plateau-mont-royal

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

Coverage area: Le Plateau-Mont-Royal

Hours: Monday to Friday 8h00 to 18h00

Financing: provincial

Legal status: parapublic organization

CLSC SAINT-LOUIS DU PARC

15 du Mont-Royal Avenue West, Suite 100, Le Plateau-Mont-Royal, Montréal, QC, H2T 2R9

514 286-9657

Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/clsc-de-saint-louis-du-parc

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

Coverage area: Le Plateau-Mont-Royal, Ville-Marie

Hours: Monday to Friday 8h00 to 17h00, Saturday, Sunday and holidays 8h00 to 12h00

Financing: provincial

Legal status: parapublic organization

LITTLE BROTHERS - MONTRÉAL CENTRE

4624 Garnier Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 3S7

514 527-8653 Fax: 514 527-7162

Website: www.littlebrothers.ca

Email: montreal@petitsfreres.ca

Services: Organization seeking to deal with the isolation of people of advanced age until their end of life. * Accompaniment and twinning with volunteers. * Visits in people's living environments: at-home, at the hospital or CHSLD, in residences, etc. * Activities and special outings to celebrate birthdays and traditional holidays. * Holidays stays at The Juliette Huot Home in Oka. * End-of-life accompaniment.

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

Coverage area: Montréal Island

Hours: Monday to Sunday 9h00 to 16h00

Fees: free

Financing: fundraising campaigns, self-financing, donations

Legal status: non-profit organization

Friendly visits and safety calls**ACCORDAILLES (LES)**

465 Gifford Street, Suite 101, Le Plateau-Mont-Royal, Montréal, QC, H2J 1N5

514 282-1553 Fax: 514 282-1429

Website: accordailles.org

Email: info@accordailles.org

Services: * Friendly phone calls and visits. * Community meals. * Groceries project: collective snack. * Volunteer recruitment.

Eligibility: seniors 50 years old and over

Coverage area: CLSC Plateau Mont-Royal and CLSC Saint-Louis-du-Parc

Hours: office: Monday to Friday 8h00 to 16h00, community meal: Tuesday 12h00 to 15h00

Fees: community meal: \$4 for members, \$5 for non-members

Financing: provincial

Legal status: non-profit organization

ACCORDAILLES (LES) - COOPÉRÉGIONS

465 Gifford Street, Suite 101, Le Plateau-Mont-Royal, Montréal, QC, H2J 1N5

514 282-1553

Website: accordailles.org/nouveau-projet-aux-accordailles

Email: info@accordailles.org

Services: Accompaniment of seniors who live outside of Montréal and need to travel to Montréal to receive health care. * Help in planning the stay. * Help in finding affordable housing for the stay. * Accompaniment by a volunteer during the stay: welcome upon arrival, accompaniment to medical appointments, friendly visits, friendly calls, help with groceries.

Eligibility: people 50 years old and over who live outside of Montréal and have a medical appointment in Montréal

Coverage area: Province of Québec, excluding Montréal Island

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

Fees: free, cost of transportation not covered

Financing: foundations

Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DES PERSONNES APHASIQUES

4450 Saint-Hubert Street, Suite 510, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 277-5678

Website: aphasie.ca/wpaqpa/en

Email: aqpa@aphasie.ca

Services: * Information, support and referral. * Discussion, reading and writing workshops. * Accompaniment for daily communication needs. * Photography workshops. * Computer workshops. * Advocacy of rights and interests of people with aphasia. * Awareness. * Choir. * Friendly visits. * SAPPA program: assistance for caregivers, visits of social workers and speech language therapists.

Eligibility: adults with aphasia, close ones, people interested in aphasia

Capacity: discussion workshops: 10 to 12 persons

Coverage area: Montréal Island

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

Fees: annual membership: \$25, workshops: \$20 per semester

Financing: provincial, donations, membership fees

Legal status: non-profit organization

CARREFOUR MARGUERITE-BOURGEOYS

1855 Rachel Street East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1P5

514 527-1871

Website: www.carrefourmargueritebourgeoys.org

Email: info@carrefourmargueritebourgeoys.org

Services: * Physical, artistic, recreational and crafts activities. * Events and outings. * Language classes: French, English, Spanish. * Computer classes. * Workshops and conferences. * Intervention, psychosocial support and helping relationship. * Information and referral. * Accompaniment and assistance walking outside. * Friendly phone calls and visits.

Eligibility: seniors 50 years old and over

Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 16h00

Fees: membership: \$10, classes: \$15 to \$40, activities: variable

Financing: provincial, donations

Legal status: non-profit organization

FONDATION DEVACARE (LA)

Confidential Address

Website: www.devacare.org

Email: info@devacare.org

Services: Support services available in person, at home or online, and offered by professional volunteers with the intention of easing the effects caused by the pandemic situation. * Tutoring for elementary and secondary school students who have difficulty studying in the current context. * Therapeutic support: individual consultations in osteopathy or therapeutic yoga with an osteopathic approach. * Home support services: shopping, domestic help, meal preparation, snow removal, animal walks, respite for caregivers, assistance to break isolation, etc. * The service request can be completed online by filling out this form: www.devacare.org/#contact

Eligibility: general population, vulnerable people, caregivers, tutoring: youth in primary and secondary school
Coverage area: mostly in the Plateau-Mont-Royal and Mile-End neighbourhoods, for the other neighbourhoods of Montréal Island, fill out the service request form and the organization will contact you if they can meet your needs

Hours: by appointment, Monday to Saturday 11h00 to 19h00

Fees: voluntary contribution

Financing: self-financing, donations

Legal status: non-profit organization

LITTLE BROTHERS - MONTRÉAL CENTRE

4624 Garnier Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 3S7

514 527-8653 Fax: 514 527-7162

Website: www.littlebrothers.ca

Email: montreal@petitsfreres.ca

Services: Organization seeking to deal with the isolation of people of advanced age until their end of life. * Accompaniment and twinning with volunteers. * Visits in people's living environments: at-home, at the hospital or CHSLD, in residences, etc. * Activities and special outings to celebrate birthdays and traditional holidays. * Holidays stays at The Juliette Huot Home in Oka. * End-of-life accompaniment.

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

Coverage area: Montréal Island

Hours: Monday to Sunday 9h00 to 16h00

Fees: free

Financing: fundraising campaigns, self-financing, donations

Legal status: non-profit organization

PROJET CHANGEMENT - CENTRE COMMUNAUTAIRE POUR LES 50 ANS ET PLUS

4450 Saint-Hubert Street, Suite 130, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 521-5145

Website: www.projetchangement.com

Email: aines@projetchangement.com

Services: * Reception, information, guidance and referral. * Safety phone calls and friendly calls. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Foot care clinic. * Thematic conferences. * Community and social development. * Physical, psychological, intellectual, spiritual and relational health promotion activities. * Summer and holiday outings. * Je m'engage dans ma communauté: volunteer work with vulnerable seniors. * Individual intervention and home environment group animation. * Low-cost meals five times a week at lunchtime. * Tax clinic for people already benefiting from another service offered by the organization.

Eligibility: seniors 50 years and over

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30

Fees: membership: \$15 per year

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

Legal status: non-profit organization

Home support

ACCORDAILLES (LES)

465 Gilford Street, Suite 101, Le Plateau-Mont-Royal, Montréal, QC, H2J 1N5

514 282-1553 Fax: 514 282-1429

Website: accordailles.org

Email: info@accordailles.org

Services: * Friendly phone calls and visits. * Community meals. * Groceries project: collective snack. * Volunteer recruitment.

Eligibility: seniors 50 years old and over

Coverage area: CLSC Plateau Mont-Royal and CLSC Saint-Louis-du-Parc

Hours: office: Monday to Friday 8h00 to 16h00, community meal: Tuesday 12h00 to 15h00

Fees: community meal: \$4 for members, \$5 for non-members

Financing: provincial

Legal status: non-profit organization

ACCORDAILLES (LES) - COOPÉRÉGIONS

465 Gilford Street, Suite 101, Le Plateau-Mont-Royal, Montréal, QC, H2J 1N5

514 282-1553

Website: accordailles.org/nouveau-projet-aux-accordailles

Email: info@accordailles.org

Services: Accompaniment of seniors who live outside of Montréal and need to travel to Montréal to receive health care. * Help in planning the stay. * Help in finding affordable housing for the stay. * Accompaniment by a volunteer during the stay: welcome upon arrival, accompaniment to medical appointments, friendly visits, friendly calls, help with groceries.

Eligibility: people 50 years old and over who live outside of Montréal and have a medical appointment in Montréal

Coverage area: Province of Québec, excluding Montréal Island

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

Fees: free, cost of transportation not covered

Financing: foundations

Legal status: non-profit organization

CLSC DU PLATEAU MONT-ROYAL

4625 de Lorimier Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 2B4

514 521-7663

Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/clsc-du-plateau-mont-royal

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

Coverage area: Le Plateau-Mont-Royal

Hours: Monday to Friday 8h00 to 18h00

Financing: provincial

Legal status: parapublic organization

CLSC SAINT-LOUIS DU PARC

15 du Mont-Royal Avenue West, Suite 100, Le Plateau-Mont-Royal, Montréal, QC, H2T 2R9

514 286-9657

Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/clsc-de-saint-louis-du-parc

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

Coverage area: Le Plateau-Mont-Royal, Ville-Marie

Hours: Monday to Friday 8h00 to 17h00, Saturday, Sunday and holidays 8h00 to 12h00

Financing: provincial

Legal status: parapublic organization

EX AEQUO

3680 Jeanne-Mance Street, Suite 328, Le Plateau-Mont-Royal, Montréal, QC, H2X 2K5

514 288-3852 Fax: 514 288-2834

Website: www.exaequo.net

Email: info@exaequo.net

Services: Promotion of universal accessibility and rights advocacy for people living with motor disabilities. * Attendants bank for people using the service employment paycheque. * Citizen action, representation, consultation and partnership with different organizations. * Information, training and awareness.

Eligibility: people living with motor disabilities

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Fees: membership: \$5 per year

Financing: Centraide of Greater Montréal, provincial, donations

Legal status: non-profit organization

FONDATION DEVACARE (LA)

Confidential Address

Website: www.devacare.org

Email: info@devacare.org

Services: Support services available in person, at home or online, and offered by professional volunteers with the intention of easing the effects caused by the pandemic situation. * Tutoring for elementary and secondary school students who have difficulty studying in the current context. * Therapeutic support: individual consultations in osteopathy or therapeutic yoga with an osteopathic approach. * Home support services: shopping, domestic help, meal preparation, snow removal, animal walks, respite for caregivers, assistance to break isolation, etc. * The service request can be completed online by filling out this form: www.devacare.org/#contact

Eligibility: general population, vulnerable people, caregivers, tutoring: youth in primary and secondary school

Coverage area: mostly in the Plateau-Mont-Royal and Mile-End neighbourhoods, for the other neighbourhoods of Montréal Island, fill out the service request form and the organization will contact you if they can meet your needs

Hours: by appointment, Monday to Saturday 11h00 to 19h00

Fees: voluntary contribution

Financing: self-financing, donations

Legal status: non-profit organization

GRANDE VADROUILLE (LA)

4450 Saint-Hubert Street, Suite 411, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 341-0443 Fax: 514 523-7908

Website: www.grandevadrouille.com

Email: info@grandevadrouille.com

Services: Domestic assistance. * Housekeeping and spring cleaning. * Stimulation-respite. * Assistance with packing for a house move.

Coverage area: Côte-des-Neiges, Mont-Royal, Notre-Dame-de-Grâce, Montreal West and Côte-Saint-Luc: postal codes starting by H3S, H3T, H3V, H3W, H3P, H3R, H4P, H4A, H4B, H4V and H4X

Hours: Monday to Friday 9h00 to 17h00

Fees: RAMQ Financial Assistance Program

Financing: provincial

Legal status: non-profit organization

MAISON D'AURORE (LA) - ASSISTANCE WITH FORMS

4816 Garnier Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 4B4

514 527-9075 Fax: 514-527-3949

Website: www.maisonaurore.org

Email: info@maisonaurore.org

Services: * Assistance with filling out forms and letter writing. * Letter reading.

Eligibility: people of all ages

Coverage area: Montréal Island

Hours: Monday, Wednesday and Thursday 9h00 to 12h00 and 13h15 to 17h00, Tuesday 13h15 to 17h00

Fees: none

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

PLUMEAU, CHIFFON ET COMPAGNIE

4450 Saint-Hubert Street, Suite 311, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 523-6626 Fax: 514 523-7908

Website: www.plumeau.qc.ca

Email: info@plumeau.qc.ca

Services: At-home assistance. * Housekeeping: regular light house cleaning and spring cleaning. * Respite for caregivers. * Assistance with packing for a house move.

Eligibility: caregivers, seniors, general population

Coverage area: Le Plateau-Mont-Royal, Outremont, Ville-Marie, Westmount

Hours: Monday to Friday 9h00 to 17h00

Fees: housekeeping: eligible for the RAMQ financial assistance program, respite: \$4 to \$29.90 per hour

Financing: provincial, municipal, foundations

Legal status: non-profit organization

PORTE JAUNE (LA)

3625 Aylmer Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2C3

514 845-2600 ext. 1

Website: yellowdoor.org

Email: info@yellowdoor.org

Services: * Coffeehouse: concerts. * Community café. * Intergenerational wellness groups. * Community meeting room rentals.

Eligibility: people interested in volunteering, seniors, Coffeehouse: amateur authors, composers and poets, community members

Coverage area: territory between des Pins Avenue and Saint-Jacques Street, between Atwater Avenue and Saint-Denis Street

Hours: Monday to Friday 9h30 to 17h30

Fees: free activities, except for the room rental and community café

Financing: provincial

Legal status: non-profit organization

SANTROPOL ROULANT

111 Roy Street East, Le Plateau-Mont-Royal, Montréal, QC, H2W 1M1

514 284-9335

Website: www.santropolroulant.org

Email: info@santropolroulant.org

Services: * Meals on wheels: delivery of nutritious meals. * Frozen meals. * Cooking and canning workshops. * Bicycle tuning workshops. * Other ecological activities and projects: rooftop gardens, worm composting, apiculture, mycology, urban fruit picking. * Community supported vegetable baskets. * Public market selling organic vegetables. * Farm. * Room rental and community events. * Sale of seeds and cans.

Eligibility: meals on wheels: people with a loss of autonomy, other services: for the general public

Coverage area: meals on wheels: call for details or visit the website for a map of the areas served, other services: Montréal Island

Hours: Monday to Wednesday, Friday and Saturday 9h30 to 17h30

Fees: meals on wheels: \$6.50 per meal, frozen meals: \$6.50

Financing: self-financing, grants, donations

Legal status: non-profit organization

Housing for seniors

ASSOCIATION D'ENTRAIDE LE CHÂINON - MAISON YVONNE-MAISONNEUVE

4194 De Bullion Street, Le Plateau-Mont-Royal, Montréal, QC, H2W 2E5

514 845-0151 Fax: 514 844-4180

Website: www.lechainon.org/en

Email: secretariat@lechainon.org

Services: Single rooms rental. * Accompaniment to medical and other appointments, medication and budget management assistance.

Eligibility: women over 55 years old, exclusively those referred by Le Chaînon

Capacity: 15 rooms

Coverage area: Greater Montréal

Hours: 24 hours / 7 days

Fees: 50% of the monthly income, meals included

Financing: fundraising campaigns, self-financing, donations

Legal status: non-profit organization

CENTRE D'HÉBERGEMENT ARMAND-LAVERGNE

3500 Chapleau Street, Le Plateau-Mont-Royal, Montréal, QC, H2K 4N3

514 527-8921

Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/centre-dhebergement-armand-lavergne

Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares. * Day Centre offering therapeutic services to maintain the autonomy of seniors living at home.

Eligibility: seniors and people with a loss of autonomy

Capacity: 185

Coverage area: Le Plateau-Mont-Royal, Ville-Marie

Financing: provincial

Legal status: parapublic organization

CENTRE D'HÉBERGEMENT DU MANOIR-DE-L'ÂGE-D'OR

3430 Jeanne-Mance Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2J9

514 842-1147

Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/centre-dhebergement-du-manoir-de-lage-dor

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

Eligibility: seniors and people with a loss of autonomy

Coverage area: Le Plateau-Mont-Royal, Ville-Marie

Financing: provincial

Legal status: parapublic organization

CENTRE D'HÉBERGEMENT JEAN-DE LA LANDE

4255 Papineau Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 2P6

514 526-4981

Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/centre-dhebergement-jean-de-la-lande

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

Eligibility: seniors and people with a loss of autonomy

Coverage area: Le Plateau-Mont-Royal, Ville-Marie

Financing: provincial

Legal status: parapublic organization

CENTRE D'HÉBERGEMENT PAUL-BRUCHÉSI

2225 Rachel Street East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1R4

514 526-4981

Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/centre-dhebergement-paul-bruchesi

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

Eligibility: seniors and people with a loss of autonomy

Capacity: 83 people

Coverage area: Le Plateau-Mont-Royal, Ville-Marie

Financing: provincial

Legal status: parapublic organization

GRAND ÂGE (LE)

4660 Saint-Dominique Street, Le Plateau-Mont-Royal, Montréal, QC, H2T 1T5

514 526-8860 Fax: 514 527-7388

Services: Subsidized housing for seniors. * Studios and 3½. * Automatic doors. * Community support.

Eligibility: people aged 60 years and over, independent, with a slight loss of autonomy or with low income, couple with a maximum income of \$ 31,000 per year, person aged 55 and over with a mobility disability

Capacity: 23 apartments

Coverage area: Montréal Island

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

Fees: 25% of income based on provincial notice of assessment

Financing: municipal, provincial

Legal status: non-profit organization

HABITATIONS DU RÉSEAU DE L'ACADÉMIE (LES)

4827 Papineau Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 1V7

514 658-8013 Fax: 514 303-4322

Website: www.resac.org

Email: info@resac.org

Services: Community social housing. * Apartments, rooms and studios. * Only Habitations Mont-Royal is accessible to wheelchairs.

Eligibility: adults at risk of homelessness with or without mental illness, people 60 years and over at risk of homelessness with mental health disorders

Capacity: 170 housing units

Coverage area: Montréal Island

Hours: Monday to Friday 10h00 to 17h00

Financing: provincial

Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE MONTRÉAL - RESIDENCES ENHARMONIE - RESIDENCE LE MILE-END

225 Maguire Street, Le Plateau-Mont-Royal, Montréal, QC, H2T 0A2

514 278-2870

Website: www.residencesenharmonie.qc.ca/en/residences/mile-end-residence

Email: info.me@omhm.qc.ca

Services: Affordable housing: studios, one-bedrooms or two-bedrooms. * Included in monthly rent: 5 meals a week in the dining hall, 2 breakfasts on weekends, security cameras, around-the-clock surveillance, controlled access, cable television, telephone service, electricity, heating and hot water, various community activities, free use of laundry room. * Additional services: parking, hall rental, Internet access in the apartment, hair salon, drugstore and convenience store, grocery shuttle. * Common areas: air-conditioned dining hall and common room, computer stations with free Internet access, home theater, sitting rooms, library, swings, outdoor petanque, grass yard.

Eligibility: seniors 60 years and over on a low income (less than \$30,000 for an individual or a couple and less than \$34,500 for two people not living as a couple)

Capacity: 181 apartments

Coverage area: Greater Montréal

Hours: 7 days, 9h00 to 17h00

Financing: federal, provincial, municipal

Legal status: non-profit organization

PHARE PROVIDENCE (LE) - PROVIDENCE SAINT-DOMINIQUE

95 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2T 1H2

514 274-7611

Email: location@providencendg.com

Services: Housing for autonomous seniors or elderly with a slight loss of autonomy with services. * 3 meals a day, 7 days. * Medication management. * Bath assistance and laundry service. * Recreational activities.

Eligibility: seniors 55 years old and over, fully autonomous or with a slight loss of autonomy

Coverage area: Montréal Island

Fees: from \$1,074 per month

Financing: self-financing

Legal status: non-profit organization

Intergenerational activities

COMITÉ INTERNATIONAL POUR LA PROMOTION DU CRÉOLE ET DE L'ALPHABÉTISATION

2000 Saint-Joseph Boulevard East, Door B, Le Plateau-Mont-Royal, Montréal, QC, H2H 1E4

514 750-8800 Fax: 514 303-1558

Website: www.kepkaa.com

Email: librairie.kepkaa@videotron.ca

Services: Promotion of Creole and of Afro-Caribbean and African-American cultures. * Creole language classes in person and online. * Translation of Creole to and from French, English and Spanish. * Kepkaa library: sale of books, edition and literary events. * Mois du créole à Montréal festival. * Painting and music initiation courses. * History and culture courses. * Intergenerational activities. * Awareness.

Eligibility: people from Afro-Caribbean, African-American and African-Canadian communities, people of all origins

Coverage area: Canada

Hours: Monday to Friday 10h00 to 17h30, Saturday 10h00 to 15h00, literary meeting: 3rd Sunday of the month, Mois du Créole: October

Fees: membership: \$5 per year

Financing: self-financing

Legal status: non-profit organization

MAISON D'AURORE (LA)

4816 Garnier Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 4B4

514 527-9075

Website: www.maisonaurore.org

Email: info@maisonaurore.org

Services: * Individualized support: information, referral, listening, follow-up, accompaniment and assistance with filling out forms. * Open to all: community meals and citizenship evenings. * Youth: homework assistance for children referred directly by primary schools across the Plateau. * Activities for seniors 50 years and over: knitting, physical activities, computer classes, outings, intergenerational projects and tax clinic. * Food: collective kitchens, cooking workshops and fruits and vegetables baskets. * Traditional Holidays meal. * Distribution point for the meals of the insertion company Resto Plateau.

Eligibility: people of all ages

Capacity: collective kitchens: 4 groups

Coverage area: Le Plateau-Mont-Royal and surroundings

Hours: Monday, Wednesday and Thursday 9h00 to 12h00 and 13h15 to 17h00, Tuesday 13h15 to 17h00, collective kitchens: depending on the group, community meals: last Thursday of the month at 12h00, fruits and vegetables baskets: delivery every 2 weeks

Fees: collective kitchens: portion fees, community meals: voluntary contribution of \$4, Resto Plateau: \$3 per portion, physical activities: \$20 for 10 weeks, fruits and vegetables baskets: from \$10 to 20, 50% grant for people on a low income

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

PORTE JAUNE (LA)

3625 Aylmer Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2C3

514 845-2600 ext. 1

Website: yellowdoor.org

Email: info@yellowdoor.org

Services: * Coffeehouse: concerts. * Community café. * Intergenerational wellness groups. * Community meeting room rentals.

Eligibility: people interested in volunteering, seniors, Coffeehouse: amateur authors, composers and poets, community members

Coverage area: territory between des Pins Avenue and Saint-Jacques Street, between Atwater Avenue and Saint-Denis Street

Hours: Monday to Friday 9h30 to 17h30

Fees: free activities, except for the room rental and community café

Financing: provincial

Legal status: non-profit organization

Intervention with seniors subjected to abuse

CENTRE D'AIDE À LA FAMILLE

Confidential Address

514 982-0804

Website: www.centreaidefamille.com

Email: centreaidefamille@centreaidefamille.com

Services: * Psychosocial intervention, active listening. * Information, accompaniment, awareness. * Support in case of violence. * Court accompaniment for victims of violence. * Self-help and support groups for immigrants. * Support groups for victims of violence. * Senior abuse prevention. * Art-therapy and meditation workshops. * Food bank. * Christmas baskets. * Collective kitchen. * Trainings. * Recreational outings. * Conferences. * French classes.

Eligibility: men, women and families, particularly immigrants, some services are dedicated to victims of violence

Coverage area: Le Plateau-Mont-Royal, no limits for Portuguese-speakers

Hours: Monday, Tuesday, Thursday and Friday 9h00 to 12h00 and 13h00 to 17h00, food bank: Wednesday 13h30 to 15h00

Financing: provincial, donations, self-financing

Legal status: non-profit organization

Meals on Wheels

SANTROPOL ROULANT

111 Roy Street East, Le Plateau-Mont-Royal, Montréal, QC, H2W 1M1

514 284-9335

Website: www.santropolroulant.org

Email: info@santropolroulant.org

Services: * Meals on wheels: delivery of nutritious meals. * Frozen meals. * Cooking and canning workshops. * Bicycle tuning workshops. * Other ecological activities and projects: rooftop gardens, worm composting, apiculture, mycology, urban fruit picking. * Community supported vegetable baskets. * Public market selling organic vegetables. * Farm. * Room rental and community events. * Sale of seeds and cans.

Eligibility: meals on wheels: people with a loss of autonomy, other services: for the general public

Coverage area: meals on wheels: call for details or visit the website for a map of the areas served, other services: Montréal Island

Hours: Monday to Wednesday, Friday and Saturday 9h30 to 17h30

Fees: meals on wheels: \$6.50 per meal, frozen meals: \$6.50

Financing: self-financing, grants, donations

Legal status: non-profit organization

Seniors' Advocacy and Assistance Associations

ALLIANCE 3E ÂGE GRAND PLATEAU

465 Gilford Street, Suite 1, Le Plateau-Mont-Royal, Montréal, QC, H2J 1N5

514 282-1553 ext. 200

Services: Consultation table for seniors. * Information sharing on members' activities. * Common projects to improve seniors' quality of life.

Eligibility: seniors' organizations

Capacity: 25 members

Coverage area: Le Plateau-Mont-Royal, Mile-End, Saint-Louis-du-Parc

Fees: annual membership: \$25

Financing: membership fees

Legal status: non-profit organization

BERTHIAUME-DU-TREMBLAY FOUNDATION (THE)

300 Léo-Pariseau Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 4B3

514 382-8018 Fax: 514 382-8019

Website: www.berthiaume-du-tremblay.com

Email: fondation@berthiaume-du-tremblay.com

Services: Promotion of the well-being of seniors. * Community, housing, accommodation and in-home support development.

Eligibility: seniors

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Financing: donations

Legal status: non-profit organization

CONSEIL POUR LA PROTECTION DES MALADES

3565 Berry Street, Suite 230, Le Plateau-Mont-Royal, Montréal, QC, H2L 4G3

514 861-5922 Fax: 514 861-5189

Website: cpm.qc.ca/en/home

Email: info@cpm.qc.ca

Services: Promotion and advocacy for the rights of health and social services users. * Information line on users' rights. * Counselling services. * Conference, training and public awareness. * Legal notice and initiation of class action proceedings.

Eligibility: health and social services users

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30, by appointment

Fees: annual fees for Protection Santé: \$49.95

Financing: fundraising campaign, contributions, donations

Legal status: non-profit organization

PROJET CHANGEMENT - CENTRE COMMUNAUTAIRE POUR LES 50 ANS ET PLUS

4450 Saint-Hubert Street, Suite 130, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 521-5145

Website: www.projetchangement.com

Email: aines@projetchangement.com

Services: * Reception, information, guidance and referral. * Safety phone calls and friendly calls. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Foot care clinic. * Thematic conferences. * Community and social development. * Physical, psychological, intellectual, spiritual and relational health promotion activities. * Summer and holiday outings. * Je m'engage dans ma communauté: volunteer work with vulnerable seniors. * Individual intervention and home environment group animation. * Low-cost meals five times a week at lunchtime. * Tax clinic for people already benefiting from another service offered by the organization.

Eligibility: seniors 50 years and over

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30

Fees: membership: \$15 per year

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

Legal status: non-profit organization

Volunteer Transportation

ACCORDAILLES (LES) - ACCOMPANIMENT-TRANSPORTATION

465 Gilford Street, Suite 101, Le Plateau-Mont-Royal, Montréal, QC, H2J 1N5

514 282-1553 ext. 202 Fax: 514 282-1429

Website: accordailles.org

Email: info@accordailles.org

Services: * Accompaniment to medical appointments by volunteers. * Groceries project: transportation groups and accompaniment for groceries.

Eligibility: seniors 50 years old and over referred by a health professional

Coverage area: CLSC Plateau-Mont-Royal and CLSC Saint-Louis-du-Parc, appointment location: CLSC Saint-Louis-du-Parc and Plateau-Mont-Royal, Le Plateau-Mont-Royal

Hours: office: Monday to Friday 8h00 to 16h00, transport and accompaniment: Monday to Sunday 6h00 to 22h00

Fees: transport fees (taxi, bus) or gas

Financing: provincial

Legal status: non-profit organization

ACCORDAILLES (LES) - COOPÉRÉGIONS

465 Gilford Street, Suite 101, Le Plateau-Mont-Royal, Montréal, QC, H2J 1N5

514 282-1553

Website: accordailles.org/nouveau-projet-aux-accordailles

Email: info@accordailles.org

Services: Accompaniment of seniors who live outside of Montréal and need to travel to Montréal to receive health care. * Help in planning the stay. * Help in finding affordable housing for the stay. * Accompaniment by a volunteer during the stay: welcome upon arrival, accompaniment to medical appointments, friendly visits, friendly calls, help with groceries.

Eligibility: people 50 years old and over who live outside of Montréal and have a medical appointment in Montréal

Coverage area: Province of Québec, excluding Montréal Island

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

Fees: free, cost of transportation not covered

Financing: foundations

Legal status: non-profit organization

PORTE JAUNE (LA) - ACCOMPAGNEMENT

3625 Aylmer Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2C3

514 845-2600 Fax: 514 845-9097

Website: yellowdoor.org

Email: ex.dir@yellowdoor.org

Services: * Accompaniment for outings and medical appointments by volunteers.

Eligibility: seniors 65 years and over

Coverage area: territory between des Pins Avenue and Saint-Jacques Street, between Atwater Avenue and Saint-Denis Street

Hours: Monday to Friday 9h30 to 17h30

Financing: provincial

Legal status: non-profit organization

Sex and gender

LGBTQ ASSOCIATIONS

MEN'S ASSOCIATIONS

WOMEN'S CENTRES

WOMEN'S ASSOCIATIONS

LGBTQ associations

CENTRE DE SOLIDARITÉ LESBIENNE

4126 Saint-Denis Street, Suite 301, Le Plateau-Mont-Royal, Montréal, QC, H2W 2M5

514 526-2452 Fax: 514 526-3570

Website: www.solidaritelesbienne.qc.ca

Email: info@solidaritelesbienne.qc.ca

Services: * Intervention and follow-up for various issues: break-ups, mourning, coming out, etc. * Intervention and follow-up for victims and perpetrators of domestic violence. * Discussion groups. * Workshops on sexuality. * Training and research.

Eligibility: lesbians, bisexuals or translesbians

Coverage area: Montréal Island

Hours: office: Monday to Thursday 9h00 to 16h00, activities: Monday to Thursday 19h00 to 21h00

Fees: annual membership: \$10

Financing: provincial, membership fees

Legal status: non-profit organization

Men's associations

CENTRE DE RESSOURCES POUR HOMMES DE MONTRÉAL

4245 Laval Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2W 2J6

514 355-8300

Website: www.crhmontreal.ca

Email: info@crhmontreal.ca

Services: * Psychosocial intervention: active listening, phone and in-person reception, referral and accompaniment. * Support groups (only in French). * Workshop-conferences. * Coffee-meeting to break the isolation. * Bereavement support group. * Individual follow-up and support groups for anger management (excluding domestic violence).

Eligibility: men living relationship and emotional difficulties

Coverage area: Greater Montréal

Hours: Monday to Friday 10h00 to 20h00

Fees: low cost adapted to income

Financing: provincial, donations

Legal status: non-profit organization

Women's centres

CENTRE DES FEMMES DU PLATEAU MONT-ROYAL

1022 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1L1

514 527-2295

Website: www.cfemmesplateau.org

Email: info@cfemmesplateau.org

Services: * Reception, listening and referral. * Training workshops. * Information meetings. * Special activities. * Socioprofessional integration and guidance.

Eligibility: women of all ages and backgrounds

Coverage area: Greater Montréal

Hours: Tuesday to Thursday 9h00 to 17h00

Financing: provincial, municipal

Legal status: non-profit organization

MAISON DES FEMMES SOURDES DE MONTRÉAL (LA)

4855 Boyer Street, Suite 105, Le Plateau-Mont-Royal, Montréal, QC, H2J 3E6

514 255-5680 Fax: 514 255-3770 TTY: 514 255-6376

Website: www.mfsm.info

Email: femmessourdes@mfsm.ca

Services: Help for deaf or hearing impaired women living difficulties. * Welcoming, intervention, communication and community life. * Individual meetings. * Help, support and referrals. * Information. * Guidance and support (lawyer, court, police station, follow-up during and after housing, etc.) * Awareness and information in the deaf and hard of hearing community (conferences, trainings). * Popular education workshops for deaf and hearing impaired women. * Special events (Christmas, International Women's Day, etc.) * Participation in mobilization activities.

Eligibility: deaf and hearing impaired women

Coverage area: Greater Montréal, North Shore, South Shore

Hours: Monday to Friday 9h00 to 16h30

Fees: free

Financing: provincial, donations

Legal status: non-profit organization

PAVILLON MARIE HERMINE

80 Laurier Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2T 1E6

514 279-7311 ext. 230

Email: pavillon.hebergement@yahoo.com

Services: International residence under the direction of the Soeurs Franciscaines Missionnaires de Marie. * Occasional hospitality service for nuns, ladies or girls visiting Montréal. * Pension for ladies and girls.

Eligibility: women 18 to 75 years old

Capacity: 26 individual rooms

Coverage area: Province of Québec

Hours: admission: Monday to Friday 9h00 to 20h00, Saturday 9h00 to 11h00

Fees: occasional hospitality service: \$50 per night including breakfast, possibility of parking for \$10 per night, pension: \$840 per month including 3 meals a day

Financing: self-financing

Legal status: non-profit organization

SOUTH ASIAN WOMEN'S COMMUNITY CENTRE

1035 Rachel Street East, 3rd floor, Le Plateau-Mont-Royal, Montréal, QC, H2J 2J5

514 528-8812 Fax: 514 528-0896

Website: www.sawcc-ccfsa.ca

Email: sawcc@sawcc-ccfsa.ca

Services: * Counselling and accompaniment. * Information and referral. * Translation and interpreting. * English and French classes.

Eligibility: women from Pakistani, Indian, Bangladeshi, Sri Lankan, Nepalese, Afghan and Iranian communities

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: free

Financing: provincial, municipal

Legal status: non-profit organization

WOMEN'S CENTRE OF MONTRÉAL

3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6

514 842-4780 Fax: 514 842-5613

Website: www.centredesfemmesdemtl.org/en

Email: cfmwcm@centredesfemmesdemtl.org

Services: * Frontline services: listening, information and referral. * Crisis intervention and psychosocial services. * Food and clothing assistance. * Christmas baskets. * Collective kitchens. * Legal information. * Accompaniment to court for women victim domestic violence. * Support groups for women victims of sexual abuse in childhood. * Installation and integration support for newcomers. * French classes and conversation workshops, language classes for newcomers. * Computer courses, English courses. * Recreational activities: choir, knitting, dance classes, etc. * Support for Native women living in urban areas. * Support for mothers-to-be and new mothers, mother-child intervention program, baby diapers. * Coffee-chats, sociocultural activities, summer outings. * Volunteering and internship opportunities. * Employment services in French and in English: skills assessment, transfer of qualifications, training and career information, job search tools and techniques, social networks, networking, job search assistance, internship management and monitoring, pairing and mentoring, various workshops, individual coaching, computer and English refresher courses.

Eligibility: Québec women, immigrant women and Native women

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, support groups and workshops, courses: Tuesday and Thursday 9h00 to 21h00

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

Legal status: non-profit organization

WOMEN'S CENTRE OF MONTRÉAL - FRONT LINE SERVICES

3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6

514 842-4780 Fax: 514 842-5613

Website: centredesfemmesdemtl.org/en

Email: cfmwcm@centredesfemmesdemtl.org

Services: * Support, listening, information and referral. * Crisis intervention. * Individual meetings. * Group activities. * Psychosocial intervention. * Collective kitchen. * Food and clothing assistance. * Christmas baskets. * Francization, French and English classes. * Computer classes. * Arts and crafts, knitting, dance and choir workshops. * Coffee-meetings. * Legal information. * Accompaniment to court for domestic violence victims. * Support group for women victims of sexual abuse in childhood. * La Cigognerie group encouraging women to break their isolation, create a network for exchanges and services and to improve self-confidence and parenting skills. * Distribution of baby diapers. * Mother and Child program with daycare: living conditions improvement of mothers and their pre-school children. * Immigration: installation and integration assistance, Francization, general information and group activities. * Native women: listening, information and accompaniment based on respect for the values and rhythm of Native women.

Eligibility: women aged 18 years and over, from Québec, newcomers and native women

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, food bank: Thursday 9h00 to 12h00 and 13h00 to 17h00, support groups, workshops and courses: Tuesday 9h00 to 21h00

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

Legal status: non-profit organization

Women's associations

CENTRE DE SANTÉ DES FEMMES DE MONTRÉAL

3401 De Lorimier Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2K 3X5

514 270-6110 Fax: 514 270-6115

Website: www.csfmontreal.qc.ca

Email: info@csfmontreal.qc.ca

Services: Sexual and reproductive health services. * Termination of pregnancy. * Gynecological health clinic for vulnerable women. * Information and referral. * Sexual and reproductive health workshops in women's groups on demand. * Gynecological exam training for nurses. * Feminist consultation and representation.

Eligibility: women, gynecological clinic: women who already have a medical record at the Centre, members and women referred by an organization that has an agreement with the Centre

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h15

Financing: self-financing, grants, donations

Legal status: non-profit organization

CENTRE DES FEMMES DU PLATEAU MONT-ROYAL

1022 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1L1

514 527-2295

Website: www.cfemmesplateau.org

Email: info@cfemmesplateau.org

Services: * Reception, listening and referral. * Training workshops. * Information meetings. * Special activities.

* Socioprofessional integration and guidance.

Eligibility: women of all ages and backgrounds

Coverage area: Greater Montréal

Hours: Tuesday to Thursday 9h00 to 17h00

Financing: provincial, municipal

Legal status: non-profit organization

MAISON DES FEMMES SOURDES DE MONTRÉAL (LA)

4855 Boyer Street, Suite 105, Le Plateau-Mont-Royal, Montréal, QC, H2J 3E6

514 255-5680 Fax: 514 255-3770 **TTY:** 514 255-6376

Website: www.mfsm.info

Email: femmessourdes@mfsm.ca

Services: Help for deaf or hearing impaired women living difficulties. * Welcoming, intervention, communication and community life. * Individual meetings. * Help, support and referrals. * Information. * Guidance and support (lawyer, court, police station, follow-up during and after housing, etc.) * Awareness and information in the deaf and hard of hearing community (conferences, trainings). * Popular education workshops for deaf and hearing impaired women. * Special events (Christmas, International Women's Day, etc.) * Participation in mobilization activities.

Eligibility: deaf and hearing impaired women

Coverage area: Greater Montréal, North Shore, South Shore

Hours: Monday to Friday 9h00 to 16h30

Fees: free

Financing: provincial, donations

Legal status: non-profit organization

RÉSEAU QUÉBÉCOIS D'ACTION POUR LA SANTÉ DES FEMMES

4245 Laval Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2W 2J6

514 877-3189

Website: www.rqasf.qc.ca

Email: rqasf@rqasf.qc.ca

Services: Multidisciplinary network. * Promotion and advocacy of the rights and interests of women. * Mobilization and representation. * Production and dissemination of health information. * Training workshops, conferences, seminars, webinars.

Eligibility: women, women's organizations

Coverage area: Province of Québec

Hours: Monday to Thursday 9h30 to 16h30

Fees: annual subscription

Financing: membership fees

Legal status: non-profit organization

WOMEN'S CENTRE OF MONTRÉAL - FRONT LINE SERVICES

3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6

514 842-4780 Fax: 514 842-5613

Website: centredesfemmesdemtl.org/en

Email: cfmwcm@centredesfemmesdemtl.org

Services: * Support, listening, information and referral. * Crisis intervention. * Individual meetings. * Group activities. * Psychosocial intervention. * Collective kitchen. * Food and clothing assistance. * Christmas baskets. * Francization, French and English classes. * Computer classes. * Arts and crafts, knitting, dance and choir workshops. * Coffee-meetings. * Legal information. * Accompaniment to court for domestic violence victims. * Support group for women victims of sexual abuse in childhood. * La Cigognerie group encouraging women to break their isolation, create a network for exchanges and services and to improve self-confidence and parenting skills. * Distribution of baby diapers. * Mother and Child program with daycare: living conditions improvement of mothers and their pre-school children. * Immigration: installation and integration assistance, Francization, general information and group activities. * Native women: listening, information and accompaniment based on respect for the values and rhythm of Native women.

Eligibility: women aged 18 years and over, from Québec, newcomers and native women

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, food bank: Thursday 9h00 to 12h00 and 13h00 to 17h00, support groups, workshops and courses: Tuesday 9h00 to 21h00

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

Legal status: non-profit organization

Sports, Recreation and Culture

ARTS AND CULTURE

CLUBS AND SOCIAL EVENTS

COMMUNITY RECREATION CENTRES

HOBBIES

LIBRARIES

SPORT

SPORTS AND RECREATION FOR PEOPLE WITH A DISABILITY

Arts and culture

ASSOCIATION QUÉBÉCOISE DES PERSONNES APHASIQUES

4450 Saint-Hubert Street, Suite 510, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 277-5678

Website: aphasie.ca/wpaqpa/en

Email: aqpa@aphasie.ca

Services: * Information, support and referral. * Discussion, reading and writing workshops. * Accompaniment for daily communication needs. * Photography workshops. * Computer workshops. * Advocacy of rights and interests of people with aphasia. * Awareness. * Choir. * Friendly visits. * SAPPA program: assistance for caregivers, visits of social workers and speech language therapists.

Eligibility: adults with aphasia, close ones, people interested in aphasia

Capacity: discussion workshops: 10 to 12 persons

Coverage area: Montréal Island

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

Fees: annual membership: \$25, workshops: \$20 per semester

Financing: provincial, donations, membership fees

Legal status: non-profit organization

ATELIER (L')

3680 Jeanne-Mance Street, Suite 213, Le Plateau-Mont-Royal, Montréal, QC, H2X 2K5

514 844-6458 Fax: 514 288-3848

Website: www.atelierdartisanat.org

Email: direction@atelierdartisanat.org

Services: Employability and arts and crafts training program. * Regart program: social insertion through arts and crafts training. * Action program: employability development for people who participated to the Regart program. * Transart vers l'emploi program: labour market reintegration. * Boutique and exhibitions.

Eligibility: adults living with mental health issues

Capacity: 150 people per week

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization

DES PAROLES DANS LE VENT

5550 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2V 4H1

514 288-8201 ext. 4868

Website: theatreaphasique.org

Email: theatreaphasique@hotmail.com

Services: Visual arts and dancing workshops. * Shows and exhibitions. * Awareness and information on aphasia.

Eligibility: people with aphasia interested in arts

Coverage area: Montréal Island

Hours: variable

Financing: donations

Legal status: non-profit organization

LAND INSIGHTS

5445 de Gaspé Avenue, Suite 508, Le Plateau-Mont-Royal, Montréal, QC, H2T 3B2

514 278-4040 Fax: 514 278-4224

Website: www.nativelynx.qc.ca/en

Email: tev@nativelynx.qc.ca

Services: Organisation for the diffusion of Indigenous culture. * Montréal First Peoples Festival. * Organisation of cultural events.

Coverage area: Montréal Island

Financing: grants

Legal status: non-profit organization

MONTRÉAL PUBLIC LIBRARIES NETWORK - MORDECAI-RICHLER LIBRARY

5434 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2V 4G7

514 872-2141

Website: www.bibliomontreal.com

Services: * Loan and consultation of books and audiovisual documents. * Computers, Internet access and printing devices. * Language learning stations. * Toys and educative games. * Story time. * Book club for children. * Book club for adults. * Home loan for people with reduced mobility. * Workshops, conferences and exhibitions. * Les mots partagés: intercultural coffee-meeting. * Loan of glasses for on-site consultation. * Rental of music instruments.

Eligibility: general public

Coverage area: Montréal

Hours: Monday and Thursday 10h00 to 18h00, Tuesday and Wednesday 10h00 to 20h00, Friday 12h00 to 18h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00

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

Financing: municipal, provincial

Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - PLATEAU-MONT-ROYAL LIBRARY

465 Mont-Royal Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1W3

514 872-2270

Website: www.bibliomontreal.com

Services: * Loan and consultation of books and audiovisual documents. * Computers, Internet access and printing devices. * Toys and educative games. * Story time. * Book club for children. * Home loan for people with reduced mobility. * Workshops, conferences and exhibitions. * Rental of music instruments. * Loan of reading glasses for on-site consultation.

Eligibility: general public

Coverage area: Montréal

Hours: Monday and Friday 12h00 to 18h00, Tuesday and Wednesday 10h00 to 20h00, Thursday 12h00 to 20h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00

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

Financing: municipal, provincial

Legal status: municipal agency

MUSÉE DES GRANDS QUÉBÉCOIS

4587 Pontiac Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2T2

514 528-0716

Website: www.mdgq.ca

Email: info@mdgq.ca

Services: Promotion of Québec's human heritage. * Permanent portrait exhibition. * Traveling museum. * Educational workshop on historical characters in schools.

Eligibility: general public, educational workshop: primary and high school students

Capacity: 30

Coverage area: Montréal Island

Hours: 10h00 to 17h00

Fees: educational workshop: \$200 per group

Financing: grants, donations, self-financing

Legal status: non-profit organization

THÉÂTRE APHASIQUE

225 Sherbrooke Street East, Le Plateau-Mont-Royal, Montréal, QC, H2X 1C9

514 288-8201 ext. 4868 Fax: 514 288-7076

Website: theatreaphasique.org

Email: theatreaphasique@hotmail.com

Services: * Theatre workshops. * Video workshop. * Online language stimulation workshop. * Online reading workshop. * Theatre presentations. * Awareness through plays for the general public.

Eligibility: people with aphasia

Capacity: 125 people

Coverage area: Greater Montréal

Hours: Monday to Friday 8h00 to 16h00

Fees: free

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

Legal status: non-profit organization

VIDÉOGRAPHE

4550 Garnier Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 3S7

514 521-2116 ext. 221

Website: www.videographe.org/en

Email: info@videographe.org

Services: Artists centre. * Technical and material support related to video production and training. * Video equipment rental. * Creation support. * Distribution and broadcasting. * Development. * Vithèque: video broadcasting platform.

Eligibility: schools and colleges, arts centres, community groups and centres, artists, curators, researchers, students

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Financing: grants, membership fees, self-financing

Legal status: non-profit organization

VUES ET VOIX

1001 Sherbrooke Street East, Suite 510, Le Plateau-Mont-Royal, Montréal, QC, H2L 1L3

514 282-1999 Fax: 514 282-1676

Website: www.vuesetvoix.com

Email: info@vuesetvoix.com

Services: Producer of audio books and broadcaster for people with visual or motor limitations, or who have severe learning disabilities. * Radio Canal M: programming focused on health, accessibility and social inclusion of people with disabilities.

Eligibility: people living with a visual, physical, intellectual or learning disability visual, their families, disability rights organizations, general public

Coverage area: Canada

Hours: Monday to Friday 9h00 to 17h00

Fees: free

Financing: fundraising campaigns, donations, self-financing

Legal status: non-profit organization

WOMEN'S CENTRE OF MONTRÉAL - FRONT LINE SERVICES

3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6

514 842-4780 Fax: 514 842-5613

Website: centredesfemmesdemtl.org/en

Email: cfmwcm@centredesfemmesdemtl.org

Services: * Support, listening, information and referral. * Crisis intervention. * Individual meetings. * Group activities. * Psychosocial intervention. * Collective kitchen. * Food and clothing assistance. * Christmas baskets. * Francization, French and English classes. * Computer classes. * Arts and crafts, knitting, dance and choir workshops. * Coffee-meetings. * Legal information. * Accompaniment to court for domestic violence victims. * Support group for women victims of sexual abuse in childhood. * La Cigognerie group encouraging women to break their isolation, create a network for exchanges and services and to improve self-confidence and parenting skills. * Distribution of baby diapers. * Mother and Child program with daycare: living conditions improvement of mothers and their pre-school children. * Immigration: installation and integration assistance, Francization, general information and group activities. * Native women: listening, information and accompaniment based on respect for the values and rhythm of Native women.

Eligibility: women aged 18 years and over, from Québec, newcomers and native women

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, food bank: Thursday 9h00 to 12h00 and 13h00 to 17h00, support groups, workshops and courses: Tuesday 9h00 to 21h00

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

Legal status: non-profit organization

Clubs and social events

AU JARDIN DES AÎNÉS ET AÎNÉES

1115 Laurier Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1G8

514 524-2178

Email: centrelaurier13@gmail.com

Services: Recreational activities for seniors. * Bridge, free games, painting, scrabble.

Eligibility: seniors

Capacity: 80

Coverage area: Plateau-Mont-Royal

Hours: bridge: Monday, Thursday and Saturday 12h30 to 16h00, bridge classes and other activities: variable, scrabble: Tuesday 13h00

Fees: membership: \$10 per year, bridge: \$5, scrabble \$3

Financing: self-financing

Legal status: non-profit organization

CARREFOUR MARGUERITE-BOURGEOYS

1855 Rachel Street East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1P5

514 527-1871

Website: www.carrefourmargueritebourgeois.org

Email: info@carrefourmargueritebourgeois.org

Services: * Physical, artistic, recreational and crafts activities. * Events and outings. * Language classes: French, English, Spanish. * Computer classes. * Workshops and conferences. * Intervention, psychosocial support and helping relationship. * Information and referral. * Accompaniment and assistance walking outside. * Friendly phone calls and visits.

Eligibility: seniors 50 years old and over

Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 16h00

Fees: membership: \$10, classes: \$15 to \$40, activities: variable

Financing: provincial, donations

Legal status: non-profit organization

CENTRE D'ACTION SOCIO-COMMUNAUTAIRE DE MONTRÉAL

32 Saint-Joseph Boulevard West, Le Plateau-Mont-Royal, Montréal, QC, H2T 2P3

514 842-8045 Fax: 514 842-2356

Website: www.cascmontreal.ca

Email: accueil@cascmontreal.ca

Services: Reception, information, social guidance and advocacy. * Social and cultural activities for seniors. * Information sessions and training workshops. * Social and educational support for children 6 to 12 years old with learning difficulties or mild behavior disorders. * Parenting skills development. * Settlement and integration of newcomers.

Eligibility: newcomers and immigrants

Coverage area: Greater Montréal

Hours: Monday 13h30 to 17h00, Tuesday to Friday 9h00 to 12h30 and 13h30 to 17h00

Financing: grants, self-financing

Legal status: non-profit organization

CENTRE DES FEMMES DU PLATEAU MONT-ROYAL

1022 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1L1

514 527-2295

Website: www.cfemmesplateau.org

Email: info@cfemmesplateau.org

Services: * Reception, listening and referral. * Training workshops. * Information meetings. * Special activities. * Socioprofessional integration and guidance.

Eligibility: women of all ages and backgrounds

Coverage area: Greater Montréal

Hours: Tuesday to Thursday 9h00 to 17h00

Financing: provincial, municipal

Legal status: non-profit organization

COMITÉ INTERNATIONAL POUR LA PROMOTION DU CRÉOLE ET DE L'ALPHABÉTISATION

2000 Saint-Joseph Boulevard East, Door B, Le Plateau-Mont-Royal, Montréal, QC, H2H 1E4

514 750-8800 Fax: 514 303-1558

Website: www.kepkaa.com

Email: librairie.kepkaa@videotron.ca

Services: Promotion of Creole and of Afro-Caribbean and African-American cultures. * Creole language classes in person and online. * Translation of Creole to and from French, English and Spanish. * Kepkaa library: sale of books, edition and literary events. * Mois du créole à Montréal festival. * Painting and music initiation courses. * History and culture courses. * Intergenerational activities. * Awareness.

Eligibility: people from Afro-Caribbean, African-American and African-Canadian communities, people of all origins

Coverage area: Canada

Hours: Monday to Friday 10h00 to 17h30, Saturday 10h00 to 15h00, literary meeting: 3rd Sunday of the month, Mois du Créole: October

Fees: membership: \$5 per year

Financing: self-financing

Legal status: non-profit organization

DU PARC YMCA

5550 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2V 4H1

514 271-9622 Fax: 514 277-9102

Website: www.ymcaquebec.org/en/Find-a-Y/Du-Parc-YMCA

Email: contact@ymcaquebec.org

Services: Childhood and family * Parent-child activities. * Activities for children. * Subsidized daycare. * Day and spring break camps. * Homework help for 6 to 12 years old. Youth * Youth Zone for 12 to 17 years old. * Alternative suspension: school dropout prevention program. * CIEC Mile-End and Outremont: youth services cooperative. Sports * Training room. * Group classes. * Sports at the gym. * Public swim for adults and families. * Group or private swimming lessons. * Swimming club and triathlon club. Seniors * Café Rendez-Vous Y: socialization activities for seniors 55 years and over. * Leisure activities. Training * First aid and cardio-pulmonary resuscitation (CPR) courses. * Aquatic certifications. * Fitness certifications. Various * Room rental. * Tax clinic.

Eligibility: children, youth, adults, seniors

Coverage area: Montréal Island

Hours: Monday to Friday 6h30 to 20h30, Saturday and Sunday 8h00 to 17h30

Fees: subscription: variable according to age, activities: variable

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

Legal status: non-profit organization

MAISON D'AURORE (LA)

4816 Garnier Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 4B4

514 527-9075

Website: www.maisonaurore.org

Email: info@maisonaurore.org

Services: * Individualized support: information, referral, listening, follow-up, accompaniment and assistance with filling out forms. * Open to all: community meals and citizenship evenings. * Youth: homework assistance for children referred directly by primary schools across the Plateau. * Activities for seniors 50 years and over: knitting, physical activities, computer classes, outings, intergenerational projects and tax clinic. * Food: collective kitchens, cooking workshops and fruits and vegetables baskets. * Traditional Holidays meal. * Distribution point for the meals of the insertion company Resto Plateau.

Eligibility: people of all ages

Capacity: collective kitchens: 4 groups

Coverage area: Le Plateau-Mont-Royal and surroundings

Hours: Monday, Wednesday and Thursday 9h00 to 12h00 and 13h15 to 17h00, Tuesday 13h15 to 17h00, collective kitchens: depending on the group, community meals: last Thursday of the month at 12h00, fruits and vegetables baskets: delivery every 2 weeks

Fees: collective kitchens: portion fees, community meals: voluntary contribution of \$4, Resto Plateau: \$3 per portion, physical activities: \$20 for 10 weeks, fruits and vegetables baskets: from \$10 to 20, 50% grant for people on a low income

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

PROJET CHANGEMENT - CENTRE COMMUNAUTAIRE POUR LES 50 ANS ET PLUS

4450 Saint-Hubert Street, Suite 130, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 521-5145

Website: www.projetchangement.com

Email: aines@projetchangement.com

Services: * Reception, information, guidance and referral. * Safety phone calls and friendly calls. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Foot care clinic. * Thematic conferences. * Community and social development. * Physical, psychological, intellectual, spiritual and relational health promotion activities. * Summer and holiday outings. * Je m'engage dans ma communauté: volunteer work with vulnerable seniors. * Individual intervention and home environment group animation. * Low-cost meals five times a week at lunchtime. * Tax clinic for people already benefiting from another service offered by the organization.

Eligibility: seniors 50 years and over

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30

Fees: membership: \$15 per year

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

Legal status: non-profit organization

Community recreation centres

AMICALE DES DIABÉTIQUES DU CHUM

3840 Saint-Urbain Street, Suite 7-547, Le Plateau-Mont-Royal, Montréal, QC, H2W 1T8

514 890-8000 ext. 25358

Website: www.amicaledesdiabetiques.ca

Email: amicale.diabetique.chum@ssss.gouv.qc.ca

Services: Education, information and support for people living with diabetes. * Recreational and sports activities: aquafitness, fitness, swimming, and bowling. * Support group on demand. * Cooking classes. * Grocery store support with a professional. * Nutritional education. * Foot care. * Diabetes screening. * Annual events: Christmas event and conferences.

Eligibility: people with diabetes

Coverage area: Greater Montréal

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

Fees: membership: \$10 per year, including subscription to Diabète Québec, first year is free

Financing: fundraising campaigns, grants

Legal status: non-profit organization

CARREFOUR MARGUERITE-BOURGEOYS

1855 Rachel Street East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1P5

514 527-1871

Website: www.carrefourmargueritebourgeois.org

Email: info@carrefourmargueritebourgeois.org

Services: * Physical, artistic, recreational and crafts activities. * Events and outings. * Language classes: French, English, Spanish. * Computer classes. * Workshops and conferences. * Intervention, psychosocial support and helping relationship. * Information and referral. * Accompaniment and assistance walking outside. * Friendly phone calls and visits.

Eligibility: seniors 50 years old and over

Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 16h00

Fees: membership: \$10, classes: \$15 to \$40, activities: variable

Financing: provincial, donations

Legal status: non-profit organization

CENTRE DU PLATEAU (LE)

2275 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1G4

514 872-6830

Website: www.centreduplateau.qc.ca

Email: directioncentreduplateau@gmail.com

Services: Community centre. * Community, sporting, cultural, recreational and educational activities. * Enfants à défis program: recreational accompaniment for children with a physical or intellectual disability or a precarious financial situation.

Eligibility: residents and families, special programs for children with physical or intellectual disabilities

Coverage area: Le Plateau-Mont-Royal, Centre-Sud, Ville-Marie

Hours: Monday to Friday 7h00 to 22h00, Saturday and Sunday 7h30 to 17h00

Financing: federal, provincial, municipal, donations

Legal status: non-profit organization

CENTRE LE BEAU VOYAGE INC. - CENTRE DE JEUNES

4540 Garnier Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 3S7

514 523-5852 ext. 2 Fax: 514 523-8223

Email: direction@centrelebeauvoyage.org

Services: Place for socialization. * Reception. * Support and accompaniment. * Activities and special projects. * Events.

Eligibility: children, teenagers, young adults

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 19h00, variable depending on activities

Fees: free (except for special activities)

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

Legal status: non-profit organization

CENTRE SABLON

4265 Papineau Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 1T3

514 527-1256 Fax: 514 527-3220

Website: www.centresablon.com

Email: info@centresablon.com

Services: * Activities for the whole family: gymnastics, boxing, soccer, taekwondo, swimming, triathlon, etc. * Fitness room and group classes. * Day camps for 3 to 17 year olds. * Le P'tit Bonheur camps: nature class school trips, vacation camp for 5 to 17 year olds.

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 20h30, Saturday and Sunday 8h30 to 17h00

Fees: variable, financial assistance available

Financing: foundations, fundraising campaigns, self-financing

Legal status: non-profit organization

CORPUSCULE DANSE

4848 de la Roche Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 3J7

514 759-5316

Website: www.corpusculedanse.com

Email: infos@corpusculedanse.com

Services: Research, creation and production of professional and student dance shows. * Integrated dance sessions for people with reduced mobility or a disability and people without disabilities.

Eligibility: children, teenagers and adults with reduced mobility or a mild to moderate intellectual disability, people without disabilities

Coverage area: Montréal Island

Hours: variable

Fees: variable

Financing: donations, self-financing

Legal status: non-profit organization

DU PARC YMCA

5550 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2V 4H1

514 271-9622 Fax: 514 277-9102

Website: www.ymcaquebec.org/en/Find-a-Y/Du-Parc-YMCA

Email: contact@ymcaquebec.org

Services: Childhood and family * Parent-child activities. * Activities for children. * Subsidized daycare. * Day and spring break camps. * Homework help for 6 to 12 years old. Youth * Youth Zone for 12 to 17 years old. * Alternative suspension: school dropout prevention program. * CIEC Mile-End and Outremont: youth services cooperative. Sports * Training room. * Group classes. * Sports at the gym. * Public swim for adults and families. * Group or private swimming lessons. * Swimming club and triathlon club. Seniors * Café Rendez-Vous Y: socialization activities for seniors 55 years and over. * Leisure activities. Training * First aid and cardio-pulmonary resuscitation (CPR) courses. * Aquatic certifications. * Fitness certifications. Various * Room rental. * Tax clinic.

Eligibility: children, youth, adults, seniors

Coverage area: Montréal Island

Hours: Monday to Friday 6h30 to 20h30, Saturday and Sunday 8h00 to 17h30

Fees: subscription: variable according to age, activities: variable

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

Legal status: non-profit organization

MAISON D'AURORE (LA)

4816 Garnier Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 4B4

514 527-9075

Website: www.maisonaurore.org

Email: info@maisonaurore.org

Services: * Individualized support: information, referral, listening, follow-up, accompaniment and assistance with filling out forms. * Open to all: community meals and citizenship evenings. * Youth: homework assistance for children referred directly by primary schools across the Plateau. * Activities for seniors 50 years and over: knitting, physical activities, computer classes, outings, intergenerational projects and tax clinic. * Food: collective kitchens, cooking workshops and fruits and vegetables baskets. * Traditional Holidays meal. * Distribution point for the meals of the insertion company Resto Plateau.

Eligibility: people of all ages

Capacity: collective kitchens: 4 groups

Coverage area: Le Plateau-Mont-Royal and surroundings

Hours: Monday, Wednesday and Thursday 9h00 to 12h00 and 13h15 to 17h00, Tuesday 13h15 to 17h00, collective kitchens: depending on the group, community meals: last Thursday of the month at 12h00, fruits and vegetables baskets: delivery every 2 weeks

Fees: collective kitchens: portion fees, community meals: voluntary contribution of \$4, Resto Plateau: \$3 per portion, physical activities: \$20 for 10 weeks, fruits and vegetables baskets: from \$10 to 20, 50% grant for people on a low income

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

MILTON-PARK RECREATION ASSOCIATION

3555 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6

514 872-0566 ext. 0

Website: www.miltonpark.org

Email: info@miltonpark.org

Services: * Intercultural outdoor activity program. * Recreational activities for all ages. * Beach volleyball at Jeanne-Mance park. * Summer and spring-break day camps. * Outings and special events. * Room and gym rental. * Tax clinic.

Eligibility: children, teenagers, adults, seniors

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 18h00

Fees: annual membership: \$10

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

Legal status: non-profit organization

PIROUETTE HALTE-GARDERIE (LA)

1901 Gilford Street, Apartment 2, Le Plateau-Mont-Royal, Montréal, QC, H2H 1G8

514 527-4828

Website: www.lapirouette.org

Email: info@lapirouette.org

Services: Family services. * Daycare: half day for children 6 months to 5 years old and full days for children 18 months to 5 years old. * Open house. * Parent-child workshops. * Adult workshops: cooking, physical activity, creation, etc. * Family activities.

Eligibility: families

Coverage area: Le Plateau-Mont-Royal

Hours: Monday to Friday, open house: Wednesday 9h30 to 11h30

Fees: variable

Financing: self-financing, grants

Legal status: non-profit organization

PIROUETTE HALTE-GARDERIE (LA) - ANNEXE

2414 Mont-Royal Street East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1C1

514 527-4828

Website: www.lapirouette.org

Email: info@lapirouette.org

Services: Family services. * Daycare: full day for children 18 months to 5 years old. * Pause Parents Plateau: coffee-chats. * Parent-child workshops. * Adult workshops: cooking, physical activity, creation, etc. * Family activities.

Eligibility: families

Coverage area: Le Plateau-Mont-Royal

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

Fees: variable

Financing: self-financing, grants

Legal status: non-profit organization

SCOUTS DU MONTRÉAL MÉTROPOLITAIN (LES)

1215 Saint-Joseph Boulevard East, Suite 101, Le Plateau-Mont-Royal, Montréal, QC, H2J 1L7

514 849-9208 Fax: 514 849-4273

Website: www.scoutsmm.qc.ca

Email: info@scoutsmm.qc.ca

Services: Sports, cultural and educational activities, aimed at developing values, abilities and life skills. * Dropout and physical inactivity prevention. * Integration of youth from cultural communities. * Promotion of volunteering in the local community.

Eligibility: youth 7 to 25 years old

Coverage area: Montréal Island, Laval, Repentigny

Hours: Monday, Tuesday, Thursday and Friday 9h00 to 17h00, Wednesday 9h00 to 21h00

Fees: variable according to the group

Financing: provincial, foundations, federal, self-financing

Legal status: non-profit organization

WOMEN'S CENTRE OF MONTRÉAL - FRONT LINE SERVICES

3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6

514 842-4780 Fax: 514 842-5613

Website: centredesfemmesdemtl.org/en

Email: cfmwcm@centredesfemmesdemtl.org

Services: * Support, listening, information and referral. * Crisis intervention. * Individual meetings. * Group activities. * Psychosocial intervention. * Collective kitchen. * Food and clothing assistance. * Christmas baskets. * Francization, French and English classes. * Computer classes. * Arts and crafts, knitting, dance and choir workshops. * Coffee-meetings. * Legal information. * Accompaniment to court for domestic violence victims. * Support group for women victims of sexual abuse in childhood. * La Cigognerie group encouraging women to break their isolation, create a network for exchanges and services and to improve self-confidence and parenting skills. * Distribution of baby diapers. * Mother and Child program with daycare: living conditions improvement of mothers and their pre-school children. * Immigration: installation and integration assistance, Francization, general information and group activities. * Native women: listening, information and accompaniment based on respect for the values and rhythm of Native women.

Eligibility: women aged 18 years and over, from Québec, newcomers and native women

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, food bank: Thursday 9h00 to 12h00 and 13h00 to 17h00, support groups, workshops and courses: Tuesday 9h00 to 21h00

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

Legal status: non-profit organization

Hobbies

AMICALE DES DIABÉTIQUES DU CHUM

3840 Saint-Urbain Street, Suite 7-547, Le Plateau-Mont-Royal, Montréal, QC, H2W 1T8

514 890-8000 ext. 25358

Website: www.amicaledesdiabetiques.ca

Email: amicale.diabetique.chum@ssss.gouv.qc.ca

Services: Education, information and support for people living with diabetes. * Recreational and sports activities: aquafitness, fitness, swimming, and bowling. * Support group on demand. * Cooking classes. * Grocery store support with a professional. * Nutritional education. * Foot care. * Diabetes screening. * Annual events: Christmas event and conferences.

Eligibility: people with diabetes

Coverage area: Greater Montréal

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

Fees: membership: \$10 per year, including subscription to Diabète Québec, first year is free

Financing: fundraising campaigns, grants

Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DES PERSONNES APHASIQUES

4450 Saint-Hubert Street, Suite 510, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 277-5678

Website: aphasie.ca/wpaqpa/en

Email: aqpa@aphasie.ca

Services: * Information, support and referral. * Discussion, reading and writing workshops. * Accompaniment for daily communication needs. * Photography workshops. * Computer workshops. * Advocacy of rights and interests of people with aphasia. * Awareness. * Choir. * Friendly visits. * SAPPA program: assistance for caregivers, visits of social workers and speech language therapists.

Eligibility: adults with aphasia, close ones, people interested in aphasia

Capacity: discussion workshops: 10 to 12 persons

Coverage area: Montréal Island

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

Fees: annual membership: \$25, workshops: \$20 per semester

Financing: provincial, donations, membership fees

Legal status: non-profit organization

ATELIERS D'ÉDUCATION POPULAIRE DU PLATEAU

4273 Drolet Street, Le Plateau-Mont-Royal, Montréal, QC, H2W 2L7

514 350-8881 ext. 202

Website: www.aepp.ca

Email: adjointedir@aepp.ca

Services: Community action * Popular education workshops: artistic, language, digital, botanical, etc. * Social involvement. * Citizen mobilization. * Community garden. * Tax clinic. * Computer room with internet. Food * Food autonomy: collective kitchens and cooking workshops.

Eligibility: general public

Coverage area: Le Plateau-Mont-Royal and surroundings

Hours: Monday to Friday 9h00 to 17h00

Fees: free

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

Legal status: non-profit organization

AU JARDIN DES AÎNÉS ET AÎNÉES

1115 Laurier Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1G8

514 524-2178

Email: centrelaurier13@gmail.com

Services: Recreational activities for seniors. * Bridge, free games, painting, scrabble.

Eligibility: seniors

Capacity: 80

Coverage area: Plateau-Mont-Royal

Hours: bridge: Monday, Thursday and Saturday 12h30 to 16h00, bridge classes and other activities: variable, scrabble: Tuesday 13h00

Fees: membership: \$10 per year, bridge: \$5, scrabble \$3

Financing: self-financing

Legal status: non-profit organization

CARREFOUR MARGUERITE-BOURGEOYS

1855 Rachel Street East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1P5

514 527-1871

Website: www.carrefourmargueritebourgeois.org

Email: info@carrefourmargueritebourgeois.org

Services: * Physical, artistic, recreational and crafts activities. * Events and outings. * Language classes: French, English, Spanish. * Computer classes. * Workshops and conferences. * Intervention, psychosocial support and helping relationship. * Information and referral. * Accompaniment and assistance walking outside. * Friendly phone calls and visits.

Eligibility: seniors 50 years old and over

Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 16h00

Fees: membership: \$10, classes: \$15 to \$40, activities: variable

Financing: provincial, donations

Legal status: non-profit organization

CENTRE DE LECTURE ET D'ÉCRITURE (LE)

4450 Saint-Hubert Street, Suite 217, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 849-5473

Website: www.clemontreal.org

Email: ecriture@clemontreal.org

Services: * Popular literacy workshops. * Learning with the computer. * Thematic reading and writing workshops. * Listening, support and referral. * Assistance filling forms. * Collective activities.

Eligibility: people who have difficulty reading and writing French

Coverage area: Le Plateau Mont-Royal

Hours: Monday to Thursday by appointment

Fees: free

Financing: provincial, grants, donations

Legal status: non-profit organization

COMITÉ INTERNATIONAL POUR LA PROMOTION DU CRÉOLE ET DE L'ALPHABÉTISATION

2000 Saint-Joseph Boulevard East, Door B, Le Plateau-Mont-Royal, Montréal, QC, H2H 1E4

514 750-8800 Fax: 514 303-1558

Website: www.kepkaa.com

Email: librairie.kepkaa@videotron.ca

Services: Promotion of Creole and of Afro-Caribbean and African-American cultures. * Creole language classes in person and online. * Translation of Creole to and from French, English and Spanish. * Kepkaa library: sale of books, edition and literary events. * Mois du créole à Montréal festival. * Painting and music initiation courses. * History and culture courses. * Intergenerational activities. * Awareness.

Eligibility: people from Afro-Caribbean, African-American and African-Canadian communities, people of all origins

Coverage area: Canada

Hours: Monday to Friday 10h00 to 17h30, Saturday 10h00 to 15h00, literary meeting: 3rd Sunday of the month, Mois du Créole: October

Fees: membership: \$5 per year

Financing: self-financing

Legal status: non-profit organization

CUISINES COLLECTIVES DU GRAND PLATEAU

4095 Saint-André Street, Le Plateau-Mont-Royal, Montréal, QC, H2L 3W4

514 523-1752 Fax: 514 523-0755

Website: www.ccgp-montreal.org

Email: direction@ccgp-montreal.org

Services: * Collective kitchens. * Assistance for starting collective kitchens. * Information, training and awareness on healthy nutrition. * Cooking workshops for youth living in low-rent housing. * Culinary discovery workshops for seniors living food insecurity situations. * Nutrition workshops for people with diabetes. * Coordination on food security.

Eligibility: people on a low income, groups willing to start collective kitchens, children and youth 6 to 12 years old

Coverage area: Le Plateau-Mont-Royal

Hours: Monday to Friday 9h00 to 16h00

Fees: membership: \$30 per year

Financing: provincial, donations

Legal status: non-profit organization

DU PARC YMCA

5550 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2V 4H1

514 271-9622 Fax: 514 277-9102

Website: www.ymcaquebec.org/en/Find-a-Y/Du-Parc-YMCA

Email: contact@ymcaquebec.org

Services: Childhood and family * Parent-child activities. * Activities for children. * Subsidized daycare. * Day and spring break camps. * Homework help for 6 to 12 years old. Youth * Youth Zone for 12 to 17 years old. * Alternative suspension: school dropout prevention program. * CIEC Mile-End and Outremont: youth services cooperative. Sports * Training room. * Group classes. * Sports at the gym. * Public swim for adults and families. * Group or private swimming lessons. * Swimming club and triathlon club. Seniors * Café Rendez-Vous Y: socialization activities for seniors 55 years and over. * Leisure activities. Training * First aid and cardio-pulmonary resuscitation (CPR) courses. * Aquatic certifications. * Fitness certifications. Various * Room rental. * Tax clinic.

Eligibility: children, youth, adults, seniors

Coverage area: Montréal Island

Hours: Monday to Friday 6h30 to 20h30, Saturday and Sunday 8h00 to 17h30

Fees: subscription: variable according to age, activities: variable

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

Legal status: non-profit organization

HERITAGE MONTREAL

100 Sherbrooke Street East, Suite 0500, Le Plateau-Mont-Royal, Montréal, QC, H2X 1C3

514 286-2662 Fax: 514 286-1661

Website: www.heritagemontreal.org/en

Email: contact@heritagemontreal.org

Services: Promotion and protection of the architectural, historic, natural and cultural heritage of Greater Montréal. * Permanent, seasonal and thematic sightseeing tours. * Home renovation lessons. * Educational activities in high schools. * H-MTL platform: geolocation website to identify heritage places. * City Talks: conferences.

Eligibility: general public

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: members: \$50 per year or \$25 for seniors and students, renovation lessons: \$75 per lesson, permanent sightseeing tours: \$250 for an NPO and \$500 for a company

Financing: membership fees

Legal status: non-profit organization

MAISON D'AUORE (LA)

4816 Garnier Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 4B4

514 527-9075

Website: www.maisonauore.org

Email: info@maisonauore.org

Services: * Individualized support: information, referral, listening, follow-up, accompaniment and assistance with filling out forms. * Open to all: community meals and citizenship evenings. * Youth: homework assistance for children referred directly by primary schools across the Plateau. * Activities for seniors 50 years and over: knitting, physical activities, computer classes, outings, intergenerational projects and tax clinic. * Food: collective kitchens, cooking workshops and fruits and vegetables baskets. * Traditional Holidays meal. * Distribution point for the meals of the insertion company Resto Plateau.

Eligibility: people of all ages

Capacity: collective kitchens: 4 groups

Coverage area: Le Plateau-Mont-Royal and surroundings

Hours: Monday, Wednesday and Thursday 9h00 to 12h00 and 13h15 to 17h00, Tuesday 13h15 to 17h00, collective kitchens: depending on the group, community meals: last Thursday of the month at 12h00, fruits and vegetables baskets: delivery every 2 weeks

Fees: collective kitchens: portion fees, community meals: voluntary contribution of \$4, Resto Plateau: \$3 per portion, physical activities: \$20 for 10 weeks, fruits and vegetables baskets: from \$10 to 20, 50% grant for people on a low income

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

MAISON DE L'AMITIÉ DE MONTRÉAL

120 Duluth Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2W 1H1

514 843-4356

Website: www.maisondelamitie.ca

Email: info@maisondelamitie.ca

Services: * French, English, Spanish and Mohawk classes. * Farmers market. * Cabane de l'amitié: donation of toys, household utensils, small electronics, etc. * Community student residence from September to April. * Rooms available per night during the summer. * Hall rental. * Tool library. * Loan of a pressure machine to clean graffiti. * Events.

Eligibility: language classes: open to all, student residence: priority to students from 18 to 30 years old

Capacity: 150 people

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 20h30, Cabane de l'amitié: Monday to Friday 9h00 to 20h00

Fees: English classes: \$125 for 42 hours, Spanish classes: \$125 for 48 hours, French classes: \$165 for 60 hours, Mohawk classes: \$120 for 20 hours, student residence: from \$470 to 560 per month, rooms in the summer: from \$45 to 75 per night, \$10 per additional person in the room

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

Legal status: non-profit organization

MAISON DES JEUNES DU PLATEAU

5046 Cartier Street, Le Plateau-Mont-Royal, Montréal, QC, H2H 1X5

514 525-7402 Fax: 514 525-7402

Email: mdjplateau@gmail.com

Services: Supervised meeting place for youth. * Animation and preventive intervention. * Social, cultural and recreational activities. * Cooking workshops. * Improv team and music room. * Youth committee. * Organized outings. * Youth service cooperative.

Eligibility: youth 12 to 18 years old

Capacity: 35

Coverage area: Montréal Island

Hours: Tuesday to Friday 15h00 to 21h00, administration: Tuesday to Friday 12h00 to 15h00

Fees: free

Financing: provincial, donations, municipal

Legal status: non-profit organization

MONTRÉAL PUBLIC LIBRARIES NETWORK - MORDECAI-RICHLER LIBRARY

5434 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2V 4G7

514 872-2141

Website: www.bibliomontreal.com

Services: * Loan and consultation of books and audiovisual documents. * Computers, Internet access and printing devices. * Language learning stations. * Toys and educative games. * Story time. * Book club for children. * Book club for adults. * Home loan for people with reduced mobility. * Workshops, conferences and exhibitions. * Les mots partagés: intercultural coffee-meeting. * Loan of glasses for on-site consultation. * Rental of music instruments.

Eligibility: general public

Coverage area: Montréal

Hours: Monday and Thursday 10h00 to 18h00, Tuesday and Wednesday 10h00 to 20h00, Friday 12h00 to 18h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00

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

Financing: municipal, provincial

Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - PLATEAU-MONT-ROYAL LIBRARY

465 Mont-Royal Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1W3

514 872-2270

Website: www.bibliomontreal.com

Services: * Loan and consultation of books and audiovisual documents. * Computers, Internet access and printing devices. * Toys and educative games. * Story time. * Book club for children. * Home loan for people with reduced mobility. * Workshops, conferences and exhibitions. * Rental of music instruments. * Loan of reading glasses for on-site consultation.

Eligibility: general public

Coverage area: Montréal

Hours: Monday and Friday 12h00 to 18h00, Tuesday and Wednesday 10h00 to 20h00, Thursday 12h00 to 20h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00

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

Financing: municipal, provincial

Legal status: municipal agency

PARRAINAGE CIVIQUE MONTRÉAL

4450 Saint-Hubert Street, Suite 336, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 843-8813 ext. 1

Website: www.parrainagemontreal.org

Email: info@parrainagemontreal.org

Services: Pairing of people with intellectual disabilities with volunteers. * Social skills development. * Adapted collective kitchens. * Advocacy of rights. * Super rigolos: theatre workshops. * Improvisation workshop. * Arts, adapted dance and music workshops. * Vivre heureux et en santé: nutritional workshops. * Computer literacy. * Brin de jasette: support and discussion group. * Personnes filleules: social participation promotion. * Saveurs du monde: discovery of cultures in Montréal.

Eligibility: people 18 years and over with an intellectual disability or an autism spectrum disorder, art workshops: general public

Coverage area: Montréal Island

Hours: administration: Monday to Friday 9h00 to 17h00, activities: evenings and weekends

Fees: \$12 per year

Financing: provincial

Legal status: non-profit organization

PIROUETTE HALTE-GARDERIE (LA)

1901 Gilford Street, Apartment 2, Le Plateau-Mont-Royal, Montréal, QC, H2H 1G8

514 527-4828

Website: www.lapirouette.org

Email: info@lapirouette.org

Services: Family services. * Daycare: half day for children 6 months to 5 years old and full days for children 18 months to 5 years old. * Open house. * Parent-child workshops. * Adult workshops: cooking, physical activity, creation, etc. * Family activities.

Eligibility: families

Coverage area: Le Plateau-Mont-Royal

Hours: Monday to Friday, open house: Wednesday 9h30 to 11h30

Fees: variable

Financing: self-financing, grants

Legal status: non-profit organization

PIROUETTE HALTE-GARDERIE (LA) - ANNEXE

2414 Mont-Royal Street East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1C1

514 527-4828

Website: www.lapirouette.org

Email: info@lapirouette.org

Services: Family services. * Daycare: full day for children 18 months to 5 years old. * Pause Parents Plateau: coffee-chats. * Parent-child workshops. * Adult workshops: cooking, physical activity, creation, etc. * Family activities.

Eligibility: families

Coverage area: Le Plateau-Mont-Royal

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

Fees: variable

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

PUCE RESSOURCE INFORMATIQUE (LA)

4689 Papineau Avenue, 2nd floor, Le Plateau-Mont-Royal, Montréal, QC, H2H 1V4

514 259-3126 Fax: 514 259-0482

Website: lapuce.org

Email: info@puce.qc.ca

Services: * IT software classes. * Introductory computer classes in French, English and Spanish. * Workshops to get familiar with new technologies. * Subsidized programs for men and women to help them reintegrate the job market. * Technical services, computer maintenance and problem solving for organizations. * Citoyens et Citoyennes Branchés project: individual computer literacy workshop. * Room rental.

Coverage area: Greater Montréal

Hours: Monday, Tuesday, Thursday and Friday 9h00 to 17h00, Wednesday 9h00 to 20h30

Fees: variable

Financing: grants, self-financing

Legal status: non-profit organization

RACINE CROISÉE

120 Duluth Street East, Le Plateau-Mont-Royal, Montréal, QC, H2W 1H1

514 225-3448

Website: www.racinecroisee.ca

Email: info@racinecroisee.com

Services: * Food bank. * Cultural and socioprofessional integration for people from ethnocultural minorities. * Information, housing search assistance and settling assistance for newcomers. * Thrift store: furniture, clothing, household items, appliances, toys and sporting items, musical instruments, mattresses, etc. * On-site and home pick-up of used items. * Volunteer driver with truck for moving without loading and unloading of the vehicle. * Delivery of furniture purchased on site. * Yoga and dance classes. * Sewing workshops. * Christmas party and basket distribution.

Eligibility: people of all origins in precarious situations, housing search assistance and settling assistance: newcomers, immigrants or refugees

Capacity: food aid: 100 to 120 families per distribution

Coverage area: Montréal Island

Hours: office: Monday to Friday 9h00 to 17h00, food distribution: Friday 16h00 to 18h00, moving service: everyday during the intensive period, Saturday and Sunday during the rest of the year

Fees: food assistance: \$7, moving service: variable

Financing: donations

Legal status: non-profit organization

SANTROPOL ROULANT

111 Roy Street East, Le Plateau-Mont-Royal, Montréal, QC, H2W 1M1

514 284-9335

Website: www.santropolroulant.org

Email: info@santropolroulant.org

Services: * Meals on wheels: delivery of nutritious meals. * Frozen meals. * Cooking and canning workshops. * Bicycle tuning workshops. * Other ecological activities and projects: rooftop gardens, worm composting, apiculture, mycology, urban fruit picking. * Community supported vegetable baskets. * Public market selling organic vegetables. * Farm. * Room rental and community events. * Sale of seeds and cans.

Eligibility: meals on wheels: people with a loss of autonomy, other services: for the general public

Coverage area: meals on wheels: call for details or visit the website for a map of the areas served, other services: Montréal Island

Hours: Monday to Wednesday, Friday and Saturday 9h30 to 17h30

Fees: meals on wheels: \$6.50 per meal, frozen meals: \$6.50

Financing: self-financing, grants, donations

Legal status: non-profit organization

VÉLO QUÉBEC ASSOCIATION

1251 Rachel Street East, Le Plateau-Mont-Royal, Montréal, QC, H2J 2J9

1 800 567-8356 Fax: 514 521-5711

Website: www.velo.qc.ca

Services: Cyclists' association. * Accidents and civil insurance. * Training for cyclists, businesses and professionals in municipal and regional agencies. * Research and expertise on bicycle and road design and safety. * Map of community bicycle repair workshops and self-service kiosks: www.velo.qc.ca/transport-actif/ABC-du-transport-actif-/Ateliers-communautaires

Coverage area: Province of Québec

Hours: Monday to Friday 10h00 to 17h00

Fees: variable for membership and trainings

Financing: provincial, self-financing, fundraising campaigns

Legal status: non-profit organization

WOMEN'S CENTRE OF MONTRÉAL - FRONT LINE SERVICES

3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6

514 842-4780 Fax: 514 842-5613

Website: centredesfemmesdemtl.org/en

Email: cfmwcm@centredesfemmesdemtl.org

Services: * Support, listening, information and referral. * Crisis intervention. * Individual meetings. * Group activities. * Psychosocial intervention. * Collective kitchen. * Food and clothing assistance. * Christmas baskets. * Francization, French and English classes. * Computer classes. * Arts and crafts, knitting, dance and choir workshops. * Coffee-meetings. * Legal information. * Accompaniment to court for domestic violence victims. * Support group for women victims of sexual abuse in childhood. * La Cigognerie group encouraging women to break their isolation, create a network for exchanges and services and to improve self-confidence and parenting skills. * Distribution of baby diapers. * Mother and Child program with daycare: living conditions improvement of mothers and their pre-school children. * Immigration: installation and integration assistance, Francization, general information and group activities. * Native women: listening, information and accompaniment based on respect for the values and rhythm of Native women.

Eligibility: women aged 18 years and over, from Québec, newcomers and native women

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, food bank: Thursday 9h00 to 12h00 and 13h00 to 17h00, support groups, workshops and courses: Tuesday 9h00 to 21h00

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

Legal status: non-profit organization

Libraries

MONTRÉAL PUBLIC LIBRARIES NETWORK - MORDECAI-RICHLER LIBRARY

5434 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2V 4G7

514 872-2141

Website: www.bibliomontreal.com

Services: * Loan and consultation of books and audiovisual documents. * Computers, Internet access and printing devices. * Language learning stations. * Toys and educative games. * Story time. * Book club for children. * Book club for adults. * Home loan for people with reduced mobility. * Workshops, conferences and exhibitions. * Les mots partagés: intercultural coffee-meeting. * Loan of glasses for on-site consultation. * Rental of music instruments.

Eligibility: general public

Coverage area: Montréal

Hours: Monday and Thursday 10h00 to 18h00, Tuesday and Wednesday 10h00 to 20h00, Friday 12h00 to 18h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00

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

Financing: municipal, provincial

Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - PLATEAU-MONT-ROYAL LIBRARY

465 Mont-Royal Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1W3

514 872-2270

Website: www.bibliomontreal.com

Services: * Loan and consultation of books and audiovisual documents. * Computers, Internet access and printing devices. * Toys and educative games. * Story time. * Book club for children. * Home loan for people with reduced mobility. * Workshops, conferences and exhibitions. * Rental of music instruments. * Loan of reading glasses for on-site consultation.

Eligibility: general public

Coverage area: Montréal

Hours: Monday and Friday 12h00 to 18h00, Tuesday and Wednesday 10h00 to 20h00, Thursday 12h00 to 20h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00

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

Financing: municipal, provincial

Legal status: municipal agency

Sport

AMICALE DES DIABÉTIQUES DU CHUM

3840 Saint-Urbain Street, Suite 7-547, Le Plateau-Mont-Royal, Montréal, QC, H2W 1T8

514 890-8000 ext. 25358

Website: www.amicaledesdiabetiques.ca

Email: amicale.diabetique.chum@ssss.gouv.qc.ca

Services: Education, information and support for people living with diabetes. * Recreational and sports activities: aquafitness, fitness, swimming, and bowling. * Support group on demand. * Cooking classes. * Grocery store support with a professional. * Nutritional education. * Foot care. * Diabetes screening. * Annual events: Christmas event and conferences.

Eligibility: people with diabetes

Coverage area: Greater Montréal

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

Fees: membership: \$10 per year, including subscription to Diabète Québec, first year is free

Financing: fundraising campaigns, grants

Legal status: non-profit organization

FONDATION DEVACARE (LA)

Confidential Address

Website: www.devacare.org

Email: info@devacare.org

Services: Support services available in person, at home or online, and offered by professional volunteers with the intention of easing the effects caused by the pandemic situation. * Tutoring for elementary and secondary school students who have difficulty studying in the current context. * Therapeutic support: individual consultations in osteopathy or therapeutic yoga with an osteopathic approach. * Home support services: shopping, domestic help, meal preparation, snow removal, animal walks, respite for caregivers, assistance to break isolation, etc. * The service request can be completed online by filling out this form: www.devacare.org/#contact

Eligibility: general population, vulnerable people, caregivers, tutoring: youth in primary and secondary school

Coverage area: mostly in the Plateau-Mont-Royal and Mile-End neighbourhoods, for the other neighbourhoods of Montréal Island, fill out the service request form and the organization will contact you if they can meet your needs

Hours: by appointment, Monday to Saturday 11h00 to 19h00

Fees: voluntary contribution

Financing: self-financing, donations

Legal status: non-profit organization

RACINE CROISÉE

120 Duluth Street East, Le Plateau-Mont-Royal, Montréal, QC, H2W 1H1

514 225-3448

Website: www.racinecroisee.ca

Email: info@racinecroisee.com

Services: * Food bank. * Cultural and socioprofessional integration for people from ethnocultural minorities. * Information, housing search assistance and settling assistance for newcomers. * Thrift store: furniture, clothing, household items, appliances, toys and sporting items, musical instruments, mattresses, etc. * On-site and home pick-up of used items. * Volunteer driver with truck for moving without loading and unloading of the vehicle. * Delivery of furniture purchased on site. * Yoga and dance classes. * Sewing workshops. * Christmas party and basket distribution.

Eligibility: people of all origins in precarious situations, housing search assistance and settling assistance: newcomers, immigrants or refugees

Capacity: food aid: 100 to 120 families per distribution

Coverage area: Montréal Island

Hours: office: Monday to Friday 9h00 to 17h00, food distribution: Friday 16h00 to 18h00, moving service: everyday during the intensive period, Saturday and Sunday during the rest of the year

Fees: food assistance: \$7, moving service: variable

Financing: donations

Legal status: non-profit organization

Sports and recreation for people with a disability

ASSOCIATION DES SPORTS POUR AVEUGLES DU MONTRÉAL MÉTROPOLITAIN

4450 Saint-Hubert Street, Suite 428, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 524-4715

Website: asamm.ca

Email: info@asamm.ca

Services: * Development and organization of sports for people with visual disabilities. * Recruitment and training of volunteers for assistance. * Public awareness through information sessions, conferences and sports demonstrations.

Eligibility: people living with a visual disability

Coverage area: Greater Montréal

Hours: Monday and Thursday 10h00 to 17h00

Fees: membership: \$25, renewal: \$20

Financing: donations, membership fees

Legal status: non-profit organization

AUDITION QUÉBEC

5455 de Gaspé Avenue, Suite 710, Le Plateau-Mont-Royal, Montréal, QC, H2T 3B3

438 806-9011

Website: www.auditionquebec.org

Email: info@auditionquebec.org

Services: * Information and referral services to adults who are hard of hearing or deafened, as well as to those around them including their family, friends, as well as all those with whom they interact. * Raising awareness and informing the population and public authorities about the situation of people who are hard of hearing or who have become deaf in Quebec. * Development of tools to help people who are hard of hearing or deafened to remain active and integrated into society. * Help to people who are hard of hearing or deafened to increase their autonomy and skills in communication so as to remain integrated into society. * Contributions to scientific and sociological research on hearing health.

Eligibility: deaf, deafened and hard-of-hearing people aged 18 years old and over

Coverage area: Province of Québec

Hours: variable

Fees: annual membership: \$30 per person

Financing: contributions, provincial, donations

Legal status: non-profit organization

CORPUSCULE DANSE

4848 de la Roche Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 3J7

514 759-5316

Website: www.corpusculedanse.com

Email: infos@corpusculedanse.com

Services: Research, creation and production of professional and student dance shows. * Integrated dance sessions for people with reduced mobility or a disability and people without disabilities.

Eligibility: children, teenagers and adults with reduced mobility or a mild to moderate intellectual disability, people without disabilities

Coverage area: Montréal Island

Hours: variable

Fees: variable

Financing: donations, self-financing

Legal status: non-profit organization

DEAF MEN'S CENTRE

5425 de Bordeaux Street, Suite 229, Le Plateau-Mont-Royal, Montréal, QC, H2H 2P9

438 408-3530

Website: www.mhsourds.org

Email: mhsourds@outlook.com

Services: * Information, accompaniment et referral. * Social and recreational activities. * Support and mutual aid groups. * Prevention and educational workshop for fathers and their children. * Prevention, educational and awareness workshops for young teenagers. * Awareness programs involvement. * Conferences, trainings et events.

Eligibility: deaf or hearing-impaired men 14 years old and over

Coverage area: Greater Montréal

Hours: variable

Fees: free

Financing: provincial, grants, donations

Legal status: non-profit organization

DES PAROLES DANS LE VENT

5550 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2V 4H1

514 288-8201 ext. 4868

Website: theatreaphasique.org

Email: theatreaphasique@hotmail.com

Services: Visual arts and dancing workshops. * Shows and exhibitions. * Awareness and information on aphasia.

Eligibility: people with aphasia interested in arts

Coverage area: Montréal Island

Hours: variable

Financing: donations

Legal status: non-profit organization

MAISON DES FEMMES SOURDES DE MONTRÉAL (LA)

4855 Boyer Street, Suite 105, Le Plateau-Mont-Royal, Montréal, QC, H2J 3E6

514 255-5680 Fax: 514 255-3770 **TTY:** 514 255-6376

Website: www.mfsm.info

Email: femmessourdes@mfsm.ca

Services: Help for deaf or hearing impaired women living difficulties. * Welcoming, intervention, communication and community life. * Individual meetings. * Help, support and referrals. * Information. * Guidance and support (lawyer, court, police station, follow-up during and after housing, etc.) * Awareness and information in the deaf and hard of hearing community (conferences, trainings). * Popular education workshops for deaf and hearing impaired women. * Special events (Christmas, International Women's Day, etc.) * Participation in mobilization activities.

Eligibility: deaf and hearing impaired women

Coverage area: Greater Montréal, North Shore, South Shore

Hours: Monday to Friday 9h00 to 16h30

Fees: free

Financing: provincial, donations

Legal status: non-profit organization

PARRAINAGE CIVIQUE MONTRÉAL

4450 Saint-Hubert Street, Suite 336, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 843-8813 ext. 1

Website: www.parrainagemontreal.org

Email: info@parrainagemontreal.org

Services: Pairing of people with intellectual disabilities with volunteers. * Social skills development. * Adapted collective kitchens. * Advocacy of rights. * Super rigolos: theatre workshops. * Improvisation workshop. * Arts, adapted dance and music workshops. * Vivre heureux et en santé: nutritional workshops. * Computer literacy. * Brin de jasette: support and discussion group. * Personnes filleules: social participation promotion. * Saveurs du monde: discovery of cultures in Montréal.

Eligibility: people 18 years and over with an intellectual disability or an autism spectrum disorder, art workshops: general public

Coverage area: Montréal Island

Hours: administration: Monday to Friday 9h00 to 17h00, activities: evenings and weekends

Fees: \$12 per year

Financing: provincial

Legal status: non-profit organization

PRACOM

1995 Marie-Anne Street East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1M3

514 527-6766 Fax: 514 598-9167

Website: www.pracom.ca

Email: info@pracom.ca

Services: Mental health day and evening centre. * Social, recreational, sports and cultural activities. * Development of autonomy. * Bike workshop: repair and sale of low-cost reconditioned bicycles.

Eligibility: adults with mental health problems, bike workshop: general public

Coverage area: Montréal and surroundings

Hours: Monday to Thursday 9h00 to 18h00, Friday 9h00 to 15h30

Fees: member: \$12 per year

Financing: provincial

Legal status: non-profit organization

REGROUPEMENT DES AVEUGLES ET AMBLYOPES DU MONTRÉAL MÉTROPOLITAIN

5225 Berri Street, Suite 101, Le Plateau-Mont-Royal, Montréal, QC, H2J 2S4

514 277-4401 Fax: 514 277-8961

Website: raamm.org

Email: info@raamm.org

Services: * Promotion and advocacy of rights and interests. * Guiding and reading services for members. * Community centre. * Publiphone: information access system. * Recruitment and training of volunteers for accompaniment.

Eligibility: people living with a visual impairment

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30

Fees: regular member: 10\$ per year

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

THÉÂTRE APHASIQUE

225 Sherbrooke Street East, Le Plateau-Mont-Royal, Montréal, QC, H2X 1C9

514 288-8201 ext. 4868 Fax: 514 288-7076

Website: theatreaphasique.org

Email: theatreaphasique@hotmail.com

Services: * Theatre workshops. * Video workshop. * Online language stimulation workshop. * Online reading workshop. * Theatre presentations. * Awareness through plays for the general public.

Eligibility: people with aphasia

Capacity: 125 people

Coverage area: Greater Montréal

Hours: Monday to Friday 8h00 to 16h00

Fees: free

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

Legal status: non-profit organization

VIOMAX

2275 Laurier Avenue East, Suite 153.1, Le Plateau-Mont-Royal, Montréal, QC, H2H 2N8

514 527-4527 ext. 2329 Fax: 514 527-0979

Website: www.viomax.org

Email: viomax.viomax@ssss.gouv.qc.ca

Services: Adapted physical activities for children, adolescents and adults with a physical disability. * Pool with hot water bath. * Adapted training room. * Gymnasium and outdoors group classes. * Private training in the pool or training room. * Form authorizing the practice of physical activity: http://viomax.ca/media/formulaires/Certificat_medical_anglais.pdf

Eligibility: people with a physical disability

Capacity: minimum of 8 people is required for the group activities in the gym and pool

Coverage area: Montréal Island

Hours: secretariat: Monday to Wednesday 11h00 to 17h00, Thursday to Friday 11h00 to 16h00

Fees: membership card: \$46 per year, variable depending on the activity

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

Legal status: non-profit organization

Thrift store and material aid

CLOTHING

DONATION PICK-UPS

SCHOOL SUPPLIES

THRIFT STORES

USED ITEM DONATION RECOVERY PROGRAMS

Clothing

FOYER DU MONDE

2300 Mercure Terrasse, Le Plateau-Mont-Royal, Montréal, QC, H2H 1P1

514 903-9739

Website: www.foyerdumonde.ca

Email: foyerdumonde@gmail.com

Services: 3 to 12 months temporary accommodation, with referral. * Assistance with procedures and individual and group support. * Help with integration at work or at school, help with finding accommodation. * Recreational and social activities, events. * Referral. * Clothes and furniture donations for residents.

Eligibility: families, single mothers with children, single women and couples who are asylum seekers or refugees

Capacity: accomodation: 18 people

Coverage area: Greater Montréal

Hours: office: Monday to Friday 9h00 to 17h00, donations: by appointment

Fees: accomodation: depending on the income

Financing: donations

Legal status: non-profit organization

MAISON DES AMIS DU PLATEAU MONT-ROYAL (LA)

1360 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1M3

514 527-1344 Fax: 514 527-3769

Website: www.maisondesamis.org

Email: info@maisondesamis.org

Services: * Reception, listening and referral. * Access to phonelines, Internet and the documentation centre on community resources in Montréal. * Community meals. * Collective kitchen. * Recreational and informational activities. * Thrift store and annual bazaars. * Donation of clothing and furniture upon referral. * Holiday meals on December 25th and January 1st.

Eligibility: people 18 years and over, with or without children, in need and living with psychosocial difficulties

Capacity: community meals: 150

Coverage area: Le Plateau-Mont-Royal, Rosemont-La Petite-Patrie, Centre-Sud, Hochelaga-Maisonneuve

Hours: Monday to Friday 12h30 to 14h00

Fees: meals and access to phonelines and Internet: free, community kitchen: \$5 for 3 to 5 meals

Financing: provincial, federal, self-financing, donations

Legal status: non-profit organization

OPEN DOOR (THE)

3535 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2X 2H8

514 939-1970

Website: www.opendoortoday.org

Email: caleb@opendoortoday.org

Services: * Breakfast, lunch, dinner, snacks. * Clothing bank and laundry room. * Showers. * Distribution of menstrual hygiene products. * Telephone, computers and Internet access. * Listening, evaluation, referral, guidance and accompaniment. * Medical, psychosocial and legal services on site. * Facilitated access to the Accès Montréal card. * PAAS-Action program. * Possibility of compensatory work. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.

Eligibility: homeless people, people at risk of homelessness, with or without pets

Coverage area: downtown

Hours: Monday to Friday 7h45 to 13h00 and 15h00 to 18h00, breakfast: 7h30, lunch: 11h30, dinner: 16h30

Financing: donations

Legal status: non-profit organization

RACINE CROISÉE

120 Duluth Street East, Le Plateau-Mont-Royal, Montréal, QC, H2W 1H1

514 225-3448

Website: www.racinecroisee.ca

Email: info@racinecroisee.com

Services: * Food bank. * Cultural and socioprofessional integration for people from ethnocultural minorities. * Information, housing search assistance and settling assistance for newcomers. * Thrift store: furniture, clothing, household items, appliances, toys and sporting items, musical instruments, mattresses, etc. * On-site and home pick-up of used items. * Volunteer driver with truck for moving without loading and unloading of the vehicle. * Delivery of furniture purchased on site. * Yoga and dance classes. * Sewing workshops. * Christmas party and basket distribution.

Eligibility: people of all origins in precarious situations, housing search assistance and settling assistance: newcomers, immigrants or refugees

Capacity: food aid: 100 to 120 families per distribution

Coverage area: Montréal Island

Hours: office: Monday to Friday 9h00 to 17h00, food distribution: Friday 16h00 to 18h00, moving service: everyday during the intensive period, Saturday and Sunday during the rest of the year

Fees: food assistance: \$7, moving service: variable

Financing: donations

Legal status: non-profit organization

WOMEN'S CENTRE OF MONTRÉAL - FRONT LINE SERVICES

3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6

514 842-4780 Fax: 514 842-5613

Website: centredesfemmesdemtl.org/en

Email: cfmwcm@centredesfemmesdemtl.org

Services: * Support, listening, information and referral. * Crisis intervention. * Individual meetings. * Group activities. * Psychosocial intervention. * Collective kitchen. * Food and clothing assistance. * Christmas baskets. * Francization, French and English classes. * Computer classes. * Arts and crafts, knitting, dance and choir workshops. * Coffee-meetings. * Legal information. * Accompaniment to court for domestic violence victims. * Support group for women victims of sexual abuse in childhood. * La Cigognerie group encouraging women to break their isolation, create a network for exchanges and services and to improve self-confidence and parenting skills. * Distribution of baby diapers. * Mother and Child program with daycare: living conditions improvement of mothers and their pre-school children. * Immigration: installation and integration assistance, Francization, general information and group activities. * Native women: listening, information and accompaniment based on respect for the values and rhythm of Native women.

Eligibility: women aged 18 years and over, from Québec, newcomers and native women

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, food bank: Thursday 9h00 to 12h00 and 13h00 to 17h00, support groups, workshops and courses: Tuesday 9h00 to 21h00

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

Legal status: non-profit organization

Donation pick-ups**ASSOCIATION D'ENTRAIDE LE CHAÎNON - MAGASIN DU CHAÎNON (LE)**

4375 Saint-Laurent Boulevard, Le Plateau-Mont-Royal, Montréal, QC, H2W 1Z8

514 843-4354

Website: www.lechainon.org/en/store

Email: secretariat@lechainon.org

Services: Sale of clothing, furniture and home accessories received from community donations to fund the organization. * On-site recovery of donations. * At-home pick-up of furniture.

Coverage area: Montréal Island, at-home pick-up: centre of Montréal Island

Hours: Monday to Wednesday 10h00 to 18h00, Thursday and Friday 10h00 to 20h00, Saturday 10h00 to 17h00, Sunday 11h00 to 17h00

Financing: donations, self-financing

Legal status: non-profit organization

MAISON DES AMIS DU PLATEAU MONT-ROYAL (LA) - USED ITEMS RECOVERY

1360 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1M3

514 527-2150

Website: www.maisondesamis.org

Email: fripdesamis@maisondesamis.org

Services: Recovery of donations: furniture, appliances, clothing, books. * Home pick-up.

Capacity: 7

Coverage area: Le Plateau-Mont-Royal

Hours: Monday to Friday 12h30 to 14h00

Fees: affordable prices, delivery not included

Financing: provincial, federal, self-financing, donations

Legal status: non-profit organization

RACINE CROISÉE - USED ITEMS RECOVERY

120 Duluth Street East, Le Plateau-Mont-Royal, Montréal, QC, H2W 1H1

514 710-7278

Website: www.racinecroisee.ca

Email: info@racinecroisee.com

Services: * Recovery of clothing, furniture, appliances, mattresses, household items, toys, books, musical instruments and school supplies. * Home pick-up.

Eligibility: general public

Coverage area: Island of Montréal

Hours: Monday to Friday

Fees: variable

Financing: donations, self-financing

Legal status: non-profit organization

School supplies

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CENTRE D'AIDE SAINT-JEAN-BAPTISTE

4240 Drolet Street, Le Plateau-Mont-Royal, Montréal, QC, H2W 2L6

514 849-2008

Services: * Monthly community meal followed by a distribution of food baskets. * Distribution of Christmas baskets. * Vouchers for school supplies. * On-site recovery of non-perishable food donations.

Eligibility: people on a low income

Coverage area: Saint-Jean-Baptiste Parish and Saint-Louis-de-France merged Parish

Hours: monthly meal: one Saturday per month at 12h00 followed by a distribution of food baskets at 14h00, by appointment

Financing: donations

Legal status: non-profit organization

Thrift Stores

ASSOCIATION D'ENTRAIDE LE CHAÎNON - MAGASIN DU CHAÎNON (LE)

4375 Saint-Laurent Boulevard, Le Plateau-Mont-Royal, Montréal, QC, H2W 1Z8

514 843-4354

Website: www.lechainon.org/en/store

Email: secretariat@lechainon.org

Services: Sale of clothing, furniture and home accessories received from community donations to fund the organization. * On-site recovery of donations. * At-home pick-up of furniture.

Coverage area: Montréal Island, at-home pick-up: centre of Montréal Island

Hours: Monday to Wednesday 10h00 to 18h00, Thursday and Friday 10h00 to 20h00, Saturday 10h00 to 17h00, Sunday 11h00 to 17h00

Financing: donations, self-financing

Legal status: non-profit organization

BOUTIQUE LES PETITS FRÈRES

1380 Gilford Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 1R7

514 527-8653 ext. 301

Website: www.petitsfreres.ca/en/la-boutique

Email: boutique@petitsfreres.ca

Services: Sale of used household items and clothes.

Eligibility: families on a low income, general public

Coverage area: Montréal Island

Hours: Monday to Sunday 13h00 to 18h00

Financing: self-financing

Legal status: non-profit organization

EXEKO

5445 de Gaspé Avenue, Suite 405, Le Plateau-Mont-Royal, Montréal, QC, H2T 3B2

514 528-9706

Website: www.exeko.org/en

Email: info@exeko.org

Services: Creation of egalitarian spaces for collective reflection and social inclusion through intellectual and cultural mediation. * Creative workshops: intellectual self defense, social analysis, citizen participation in shelters, day centres, specialized schools and public space. * Cultural outings. * Citizen consultation. * Inclusive library with readings and writing workshops. * IdAction Mobile caravan for people experiencing homelessness: donation of books, art and writing kits, reading glasses and micro workshops.

Eligibility: people in a situation of exclusion or at risk of exclusion

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 18h00

Financing: provincial, municipal, donations, foundations

Legal status: non-profit organization

FOYER DU MONDE

2300 Mercure Terrasse, Le Plateau-Mont-Royal, Montréal, QC, H2H 1P1

514 903-9739

Website: www.foyerdumonde.ca

Email: foyerdumonde@gmail.com

Services: 3 to 12 months temporary accommodation, with referral. * Assistance with procedures and individual and group support. * Help with integration at work or at school, help with finding accommodation. * Recreational and social activities, events. * Referral. * Clothes and furniture donations for residents.

Eligibility: families, single mothers with children, single women and couples who are asylum seekers or refugees

Capacity: accomodation: 18 people

Coverage area: Greater Montréal

Hours: office: Monday to Friday 9h00 to 17h00, donations: by appointment

Fees: accomodation: depending on the income

Financing: donations

Legal status: non-profit organization

MAISON DE L'AMITIÉ DE MONTRÉAL

120 Duluth Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2W 1H1

514 843-4356

Website: www.maisondelamitie.ca

Email: info@maisondelamitie.ca

Services: * French, English, Spanish and Mohawk classes. * Farmers market. * Cabane de l'amitié: donation of toys, household utensils, small electronics, etc. * Community student residence from September to April. * Rooms available per night during the summer. * Hall rental. * Tool library. * Loan of a pressure machine to clean graffitis. * Events.

Eligibility: language classe: open to all, student residence: priority to students from 18 to 30 years old

Capacity: 150 people

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 20h30, Cabane de l'amitié: Monday to Friday 9h00 to 20h00

Fees: English classes: \$125 for 42 hours, Spanish classes: \$125 for 48 hours, French classes: \$165 for 60 hours, Mohawk classes: \$120 for 20 hours, student residence: from \$470 to 560 per month, rooms in the summer: from \$45 to 75 per night, \$10 per additional person in the room

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

Legal status: non-profit organization

MAISON DES AMIS DU PLATEAU MONT-ROYAL (LA)

1360 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1M3

514 527-1344 Fax: 514 527-3769

Website: www.maisondesamis.org

Email: info@maisondesamis.org

Services: * Reception, listening and referral. * Access to phonelines, Internet and the documentation centre on community resources in Montréal. * Community meals. * Collective kitchen. * Recreational and informational activities. * Thrift store and annual bazaars. * Donation of clothing and furniture upon referral. * Holiday meals on December 25th and January 1st.

Eligibility: people 18 years and over, with or without children, in need and living with psychosocial difficulties

Capacity: community meals: 150

Coverage area: Le Plateau-Mont-Royal, Rosemont-La Petite-Patrie, Centre-Sud, Hochelaga-Maisonneuve

Hours: Monday to Friday 12h30 to 14h00

Fees: meals and access to phonelines and Internet: free, community kitchen: \$5 for 3 to 5 meals

Financing: provincial, federal, self-financing, donations

Legal status: non-profit organization

MILE END COMMUNITY MISSION

99 Bernard Street West, Le Plateau-Mont-Royal, Montréal, QC, H2T 2J9

514 274-3401

Website: mileendmission.org

Email: general@mileendmission.org

Services: * Weekly food bank for Mile-End residents. * Free community meals. * Information and referral. * Free legal clinic. * Computer, Internet and public phone access. * Thrift shop. * Bi-annual dental clinic for people on a low income who don't have dental coverage. * Community activities. * Christmas lunch and Christmas baskets for members.

Thrift store and material aid

Eligibility: people and family on a low income, vulnerable, homeless or seniors

Coverage area: Mile-End residents

Hours: Tuesday to Friday 10h00 to 15h00, free lunches: Tuesday, Wednesday and Thursday 12h00, free breakfasts: Thursday 8h00 and Friday 10h00, dental clinic: in Autumn and Winter by appointment, legal clinic: Wednesday 16h00 to 19h00

Fees: annual membership: \$2 per member of the family, food bank: \$1.50 per week, community meals: free

Financing: self-financing

Legal status: non-profit organization

PRACOM

1995 Marie-Anne Street East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1M3

514 527-6766 Fax: 514 598-9167

Website: www.pracom.ca

Email: info@pracom.ca

Services: Mental health day and evening centre. * Social, recreational, sports and cultural activities. *

Development of autonomy. * Bike workshop: repair and sale of low-cost reconditioned bicycles.

Eligibility: adults with mental health problems, bike workshop: general public

Coverage area: Montréal and surroundings

Hours: Monday to Thursday 9h00 to 18h00, Friday 9h00 to 15h30

Fees: member: \$12 per year

Financing: provincial

Legal status: non-profit organization

RACINE CROISÉE

120 Duluth Street East, Le Plateau-Mont-Royal, Montréal, QC, H2W 1H1

514 225-3448

Website: www.racinecroisee.ca

Email: info@racinecroisee.com

Services: * Food bank. * Cultural and socioprofessional integration for people from ethnocultural minorities. * Information, housing search assistance and settling assistance for newcomers. * Thrift store: furniture, clothing, household items, appliances, toys and sporting items, musical instruments, mattresses, etc. * On-site and home pick-up of used items. * Volunteer driver with truck for moving without loading and unloading of the vehicle. * Delivery of furniture purchased on site. * Yoga and dance classes. * Sewing workshops. * Christmas party and basket distribution.

Eligibility: people of all origins in precarious situations, housing search assistance and settling assistance: newcomers, immigrants or refugees

Capacity: food aid: 100 to 120 families per distribution

Coverage area: Montréal Island

Hours: office: Monday to Friday 9h00 to 17h00, food distribution: Friday 16h00 to 18h00, moving service: everyday during the intensive period, Saturday and Sunday during the rest of the year

Fees: food assistance: \$7, moving service: variable

Financing: donations

Legal status: non-profit organization

RENAISSANCE - PLATEAU THRIFT STORE

1330 du Mont-Royal Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1Y5

514 528-9909

Website: www.renaissancequebec.ca

Email: information@renaissancequebec.ca

Services: Recovery and sale of clothing, housewares, sporting equipment, school supplies, small appliances, computer equipment, books and bicycles.

Coverage area: Le Plateau-Mont-Royal

Hours: Monday to Friday 9h00 to 21h00, Saturday 9h00 to 19h00, Sunday 10h00 to 19h00

Financing: self-financing

Legal status: non-profit organization

SANCTUAIRE DU SAINT-SACREMENT FRATERNITÉ MONASTIQUE - BAZAR

4460 Saint-Hubert Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 1W5

514 524-1131

Website: www.fraternites-jerusalem.ca

Email: info.montreal@fraternites-jerusalem.ca

Services: Thrift store: sale of household items, clothing, small furniture, computer equipment, books at affordable prices. * On-site recovery of donations.

Eligibility: people and families on a low income, homeless people

Coverage area: Montréal Island

Hours: Thursday 11h00 to 18h00, Saturday 11h00 to 17h00

Financing: donations

Legal status: non-profit organization

Used item donation recovery programs

ASSOCIATION D'ENTRAIDE LE CHAÎNON - MAGASIN DU CHAÎNON (LE)

4375 Saint-Laurent Boulevard, Le Plateau-Mont-Royal, Montréal, QC, H2W 1Z8

514 843-4354

Website: www.lechainon.org/en/store

Email: secretariat@lechainon.org

Services: Sale of clothing, furniture and home accessories received from community donations to fund the organization. * On-site recovery of donations. * At-home pick-up of furniture.

Coverage area: Montréal Island, at-home pick-up: centre of Montréal Island

Hours: Monday to Wednesday 10h00 to 18h00, Thursday and Friday 10h00 to 20h00, Saturday 10h00 to 17h00, Sunday 11h00 to 17h00

Financing: donations, self-financing

Legal status: non-profit organization

BOUTIQUE LES PETITS FRÈRES

1380 Gilford Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 1R7

514 527-8653 ext. 301

Website: www.petitsfreres.ca/en/la-boutique

Email: boutique@petitsfreres.ca

Services: Sale of used household items and clothes.

Eligibility: families on a low income, general public

Coverage area: Montréal Island

Hours: Monday to Sunday 13h00 to 18h00

Financing: self-financing

Legal status: non-profit organization

DRESS FOR SUCCESS MONTRÉAL

3945 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2W 2M4

514 282-1222

Website: dressforsuccessmontreal.org

Email: info@dressforsuccessmontreal.org

Services: Professional integration assistance for women. * Ready-to-wear program: professional outfits selection and donations and interview preparation. * Réseau femmes action: networking and conferences. * Recovery of professional clothing.

Eligibility: women in the process of integrating the job market with very limited financial resources or none

Coverage area: Montréal Island
Hours: by appointment only
Fees: none
Financing: donations
Legal status: non-profit organization

EXEKO

5445 de Gaspé Avenue, Suite 405, Le Plateau-Mont-Royal, Montréal, QC, H2T 3B2
514 528-9706
Website: www.exeko.org/en
Email: info@exeko.org

Services: Creation of egalitarian spaces for collective reflection and social inclusion through intellectual and cultural mediation. * Creative workshops: intellectual self defense, social analysis, citizen participation in shelters, day centres, specialized schools and public space. * Cultural outings. * Citizen consultation. * Inclusive library with readings and writing workshops. * IdAction Mobile caravan for people experiencing homelessness: donation of books, art and writing kits, reading glasses and micro workshops.

Eligibility: people in a situation of exclusion or at risk of exclusion

Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 18h00
Financing: provincial, municipal, donations, foundations
Legal status: non-profit organization

MAISON DE L'AMITIÉ DE MONTRÉAL

120 Duluth Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2W 1H1
514 843-4356
Website: www.maisondelamitie.ca
Email: info@maisondelamitie.ca

Services: * French, English, Spanish and Mohawk classes. * Farmers market. * Cabane de l'amitié: donation of toys, household utensils, small electronics, etc. * Community student residence from September to April. * Rooms available per night during the summer. * Hall rental. * Tool library. * Loan of a pressure machine to clean graffiti. * Events.

Eligibility: language classe: open to all, student residence: priority to students from 18 to 30 years old

Capacity: 150 people

Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 20h30, Cabane de l'amitié: Monday to Friday 9h00 to 20h00
Fees: English classes: \$125 for 42 hours, Spanish classes: \$125 for 48 hours, French classes: \$165 for 60 hours, Mohawk classes: \$120 for 20 hours, student residence: from \$470 to 560 per month, rooms in the summer: from \$45 to 75 per night, \$10 per additional person in the room
Financing: donations, self-financing, federal, provincial, municipal
Legal status: non-profit organization

MAISON DES AMIS DU PLATEAU MONT-ROYAL (LA) - USED ITEMS RECOVERY

1360 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1M3
514 527-2150
Website: www.maisondesamis.org
Email: fripdesamis@maisondesamis.org

Services: Recovery of donations: furniture, appliances, clothing, books. * Home pick-up.

Capacity: 7

Coverage area: Le Plateau-Mont-Royal
Hours: Monday to Friday 12h30 to 14h00
Fees: affordable prices, delivery not included
Financing: provincial, federal, self-financing, donations
Legal status: non-profit organization

OPEN DOOR (THE)

3535 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2X 2H8

514 939-1970

Website: www.opendoortoday.org

Email: caleb@opendoortoday.org

Services: * Breakfast, lunch, dinner, snacks. * Clothing bank and laundry room. * Showers. * Distribution of menstrual hygiene products. * Telephone, computers and Internet access. * Listening, evaluation, referral, guidance and accompaniment. * Medical, psychosocial and legal services on site. * Facilitated access to the Accès Montréal card. * PAAS-Action program. * Possibility of compensatory work. * Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.

Eligibility: homeless people, people at risk of homelessness, with or without pets

Coverage area: downtown

Hours: Monday to Friday 7h45 to 13h00 and 15h00 to 18h00, breakfast: 7h30, lunch: 11h30, dinner: 16h30

Financing: donations

Legal status: non-profit organization

PRACOM

1995 Marie-Anne Street East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1M3

514 527-6766 Fax: 514 598-9167

Website: www.pracom.ca

Email: info@pracom.ca

Services: Mental health day and evening centre. * Social, recreational, sports and cultural activities. * Development of autonomy. * Bike workshop: repair and sale of low-cost reconditioned bicycles.

Eligibility: adults with mental health problems, bike workshop: general public

Coverage area: Montréal and surroundings

Hours: Monday to Thursday 9h00 to 18h00, Friday 9h00 to 15h30

Fees: member: \$12 per year

Financing: provincial

Legal status: non-profit organization

RACINE CROISÉE - USED ITEMS RECOVERY

120 Duluth Street East, Le Plateau-Mont-Royal, Montréal, QC, H2W 1H1

514 710-7278

Website: www.racinecroisee.ca

Email: info@racinecroisee.com

Services: * Recovery of clothing, furniture, appliances, mattresses, household items, toys, books, musical instruments and school supplies. * Home pick-up.

Eligibility: general public

Coverage area: Island of Montréal

Hours: Monday to Friday

Fees: variable

Financing: donations, self-financing

Legal status: non-profit organization

RENAISSANCE - PLATEAU THRIFT STORE

1330 du Mont-Royal Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1Y5

514 528-9909

Website: www.renaissancequebec.ca

Email: information@renaissancequebec.ca

Services: Recovery and sale of clothing, housewares, sporting equipment, school supplies, small appliances, computer equipment, books and bicycles.

Coverage area: Le Plateau-Mont-Royal

Hours: Monday to Friday 9h00 to 21h00, Saturday 9h00 to 19h00, Sunday 10h00 to 19h00

Financing: self-financing

Legal status: non-profit organization

SANCTUAIRE DU SAINT-SACREMENT FRATERNITÉ MONASTIQUE - BAZAR

4460 Saint-Hubert Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 1W5

514 524-1131

Website: www.fraternites-jerusalem.ca

Email: info.montreal@fraternites-jerusalem.ca

Services: Thrift store: sale of household items, clothing, small furniture, computer equipment, books at affordable prices. * On-site recovery of donations.

Eligibility: people and families on a low income, homeless people

Coverage area: Montréal Island

Hours: Thursday 11h00 to 18h00, Saturday 11h00 to 17h00

Financing: donations

Legal status: non-profit organization

SANTROPOL ROULANT

111 Roy Street East, Le Plateau-Mont-Royal, Montréal, QC, H2W 1M1

514 284-9335

Website: www.santropolroulant.org

Email: info@santropolroulant.org

Services: * Meals on wheels: delivery of nutritious meals. * Frozen meals. * Cooking and canning workshops. * Bicycle tuning workshops. * Other ecological activities and projects: rooftop gardens, worm composting, apiculture, mycology, urban fruit picking. * Community supported vegetable baskets. * Public market selling organic vegetables. * Farm. * Room rental and community events. * Sale of seeds and cans.

Eligibility: meals on wheels: people with a loss of autonomy, other services: for the general public

Coverage area: meals on wheels: call for details or visit the website for a map of the areas served, other services: Montréal Island

Hours: Monday to Wednesday, Friday and Saturday 9h30 to 17h30

Fees: meals on wheels: \$6.50 per meal, frozen meals: \$6.50

Financing: self-financing, grants, donations

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE DU PLATEAU - USED ITEMS RECOVERY

1801 Rachel Street East, basement, Le Plateau-Mont-Royal, Montréal, QC, H2H 1T3

514 521-4876

Email: denis.decourval@videotron.ca

Services: * On-site used items recovery: clothes, small house items, toys and recreational equipment, books and school supplies.

Coverage area: Immaculée-Conception, Saint-Pierre-Claver and Saint-Louis-de-Gonzague parishes

Hours: Tuesday 9h30 to 15h00, Saturday 10h00 to 15h00

Fees: free

Financing: self-financing, donations, fundraising campaigns

Legal status: non-profit organization

WOMEN'S CENTRE OF MONTRÉAL - FRONT LINE SERVICES

3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6

514 842-4780 Fax: 514 842-5613

Website: centredesfemmesdemtl.org/en

Email: cfmwcm@centredesfemmesdemtl.org

Transportation

Services: * Support, listening, information and referral. * Crisis intervention. * Individual meetings. * Group activities. * Psychosocial intervention. * Collective kitchen. * Food and clothing assistance. * Christmas baskets. * Francization, French and English classes. * Computer classes. * Arts and crafts, knitting, dance and choir workshops. * Coffee-meetings. * Legal information. * Accompaniment to court for domestic violence victims. * Support group for women victims of sexual abuse in childhood. * La Cigognerie group encouraging women to break their isolation, create a network for exchanges and services and to improve self-confidence and parenting skills. * Distribution of baby diapers. * Mother and Child program with daycare: living conditions improvement of mothers and their pre-school children. * Immigration: installation and integration assistance, Francization, general information and group activities. * Native women: listening, information and accompaniment based on respect for the values and rhythm of Native women.

Eligibility: women aged 18 years and over, from Québec, newcomers and native women

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, food bank: Thursday 9h00 to 12h00 and 13h00 to 17h00, support groups, workshops and courses: Tuesday 9h00 to 21h00

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

Legal status: non-profit organization

Transportation

ACCOMPANIED TRANSPORT

Accompanied transport

ACCORDAILLES (LES) - ACCOMPANIMENT-TRANSPORTATION

465 Gilford Street, Suite 101, Le Plateau-Mont-Royal, Montréal, QC, H2J 1N5

514 282-1553 ext. 202 Fax: 514 282-1429

Website: accordailles.org

Email: info@accordailles.org

Services: * Accompaniment to medical appointments by volunteers. * Groceries project: transportation groups and accompaniment for groceries.

Eligibility: seniors 50 years old and over referred by a health professional

Coverage area: CLSC Plateau-Mont-Royal and CLSC Saint-Louis-du-Parc, appointment location: CLSC Saint-Louis-du-Parc and Plateau-Mont-Royal, Le Plateau-Mont-Royal

Hours: office: Monday to Friday 8h00 to 16h00, transport and accompaniment: Monday to Sunday 6h00 to 22h00

Fees: transport fees (taxi, bus) or gas

Financing: provincial

Legal status: non-profit organization

Violence and abuse**CHILD ABUSE****DOMESTIC VIOLENCE: SHELTERS AND SUPPORT****ELDER ABUSE****PREVENTION OF VIOLENCE AND CRIME****SEXUAL ASSAULT AND INCEST****SUPPORT FOR PERPETRATORS OF VIOLENCE AND THEIR FAMILIES****SUPPORT FOR VICTIMS AND THEIR FAMILIES****THERAPY AND COUNSELLING**

Child abuse

MARIE-VINCENT FOUNDATION

4689 Papineau Avenue, 3rd floor, Le Plateau-Mont-Royal, Montréal, QC, H2H 1V4

514 285-0505

Website: www.marie-vincent.org

Email: info@marie-vincent.org

Services: Prevention of sexual violence against children and adolescents. * Awareness among children, parents and counsellors in community, school or health sectors. * Support to children and adolescents who are victims of sexual violence and their parents: police interview, medical examination, needs assessment and psychosocial treatment. * Training for counsellors: conferences and webinars. * Funding of research and grants to programs aimed at the prevention of sexual violence. * Psychotherapy services for children 0 to 12 years old with problematic sexual behaviors.

Eligibility: children, female genital mutilation victims, adolescents, parents and counsellors

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 18h00, phone services: Monday to Friday 8h30 to 18h00

Financing: self-financing, donations

Legal status: non-profit organization

MONTRÉAL ASSAULT PREVENTION CENTRE

4617 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2L4

514 284-1212

Website: www.cpamapc.org

Email: centre@cpamapc.org

Services: Prevention of abuse. * Information and referral workshops. * Self-defense courses for teenage girls and women. * Assault prevention program for children (CAP/ESPACE) and people living with an intellectual disability.

Eligibility: children 3½ to 12 years old, teenagers, women, people living with an intellectual disability, women living with a physical disability, organizations

Coverage area: Greater Montréal

Hours: Monday to Thursday 9h30 to 16h30

Fees: variable

Financing: membership fees, foundations, provincial

Legal status: non-profit organization

Domestic violence: shelters and support

CENTRE D'AIDE À LA FAMILLE

Confidential Address

514 982-0804

Website: www.centreaidefamille.com

Email: centreaidefamille@centreaidefamille.com

Services: * Psychosocial intervention, active listening. * Information, accompaniment, awareness. * Support in case of violence. * Court accompaniment for victims of violence. * Self-help and support groups for immigrants. * Support groups for victims of violence. * Senior abuse prevention. * Art-therapy and meditation workshops. * Food bank. * Christmas baskets. * Collective kitchen. * Trainings. * Recreational outings. * Conferences. * French classes.

Eligibility: men, women and families, particularly immigrants, some services are dedicated to victims of violence

Coverage area: Le Plateau-Mont-Royal, no limits for Portuguese-speakers

Hours: Monday, Tuesday, Thursday and Friday 9h00 to 12h00 and 13h00 to 17h00, food bank: Wednesday 13h30 to 15h00

Financing: provincial, donations, self-financing

Legal status: non-profit organization

CENTRE DE FORMATION SOCIALE MARIE-GÉRIN-LAJOIE

5070 Berri Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2R9

514 276-4853

Website: www.formationnonviolence.org

Email: coordo@formationnonviolence.org

Services: Violence prevention in living and work environments. * Non-violent communication and conflict management training. * Conflict resolution and mediation assistance. * Creation of meeting spaces to encourage dialogue.

Eligibility: citizens, community, cooperative and institutional organizations

Coverage area: Greater Montréal

Hours: Monday to Thursday 9h00 to 17h00

Fees: variable

Financing: provincial, donations

Legal status: non-profit organization

CENTRE DE SOLIDARITÉ LESBIENNE

4126 Saint-Denis Street, Suite 301, Le Plateau-Mont-Royal, Montréal, QC, H2W 2M5

514 526-2452 Fax: 514 526-3570

Website: www.solidaritelesbienne.qc.ca

Email: info@solidaritelesbienne.qc.ca

Services: * Intervention and follow-up for various issues: break-ups, mourning, coming out, etc. * Intervention and follow-up for victims and perpetrators of domestic violence. * Discussion groups. * Workshops on sexuality. * Training and research.

Eligibility: lesbians, bisexuals or translesbians

Coverage area: Montréal Island

Hours: office: Monday to Thursday 9h00 to 16h00, activities: Monday to Thursday 19h00 to 21h00

Fees: annual membership: \$10

Financing: provincial, membership fees

Legal status: non-profit organization

MAISON DES FEMMES SOURDES DE MONTRÉAL (LA)

4855 Boyer Street, Suite 105, Le Plateau-Mont-Royal, Montréal, QC, H2J 3E6

514 255-5680 Fax: 514 255-3770 TTY: 514 255-6376

Website: www.mfsm.info

Email: femmessourdes@mfsm.ca

Services: Help for deaf or hearing impaired women living difficulties. * Welcoming, intervention, communication and community life. * Individual meetings. * Help, support and referrals. * Information. * Guidance and support (lawyer, court, police station, follow-up during and after housing, etc.) * Awareness and information in the deaf and hard of hearing community (conferences, trainings). * Popular education workshops for deaf and hearing impaired women. * Special events (Christmas, International Women's Day, etc.) * Participation in mobilization activities.

Eligibility: deaf and hearing impaired women

Coverage area: Greater Montréal, North Shore, South Shore

Hours: Monday to Friday 9h00 to 16h30

Fees: free

Financing: provincial, donations

Legal status: non-profit organization

OPTION - UNE ALTERNATIVE À LA VIOLENCE CONJUGALE ET FAMILIALE

1150 Saint-Joseph Boulevard East, Suite 104, Le Plateau-Mont-Royal, Montréal, QC, H2J 1L5

514 527-1657 Fax: 514 527-2088

Website: www.optionalternative.ca

Email: option@cooptel.qc.ca

Services: * Welcoming, evaluation and referral. * Group psychotherapy for adults with violent behaviour in their couple and family. * Possibility of individual, couple and family therapy. * Custom-built training, clinical supervision, conferences and workshops for professionals and institutions. * Observation internship.

Eligibility: spouses with violent behaviours, their families, counsellors

Capacity: 6 groups per week, 2 groups for women, 4 groups for men

Coverage area: Province of Québec

Hours: Monday to Friday 8h00 to 17h00

Fees: according to income, minimum \$5 per meeting

Financing: provincial, self-financing

Legal status: non-profit organization

WOMEN'S CENTRE OF MONTRÉAL - FRONT LINE SERVICES

3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6

514 842-4780 Fax: 514 842-5613

Website: centredesfemmesdemtl.org/en

Email: cfmwcm@centredesfemmesdemtl.org

Services: * Support, listening, information and referral. * Crisis intervention. * Individual meetings. * Group activities. * Psychosocial intervention. * Collective kitchen. * Food and clothing assistance. * Christmas baskets. * Francization, French and English classes. * Computer classes. * Arts and crafts, knitting, dance and choir workshops. * Coffee-meetings. * Legal information. * Accompaniment to court for domestic violence victims. * Support group for women victims of sexual abuse in childhood. * La Cigognerie group encouraging women to break their isolation, create a network for exchanges and services and to improve self-confidence and parenting skills. * Distribution of baby diapers. * Mother and Child program with daycare: living conditions improvement of mothers and their pre-school children. * Immigration: installation and integration assistance, Francization, general information and group activities. * Native women: listening, information and accompaniment based on respect for the values and rhythm of Native women.

Eligibility: women aged 18 years and over, from Québec, newcomers and native women

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, food bank: Thursday 9h00 to 12h00 and 13h00 to 17h00, support groups, workshops and courses: Tuesday 9h00 to 21h00

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

Legal status: non-profit organization

Elder abuse**CENTRE D'AIDE À LA FAMILLE**

Confidential Address

514 982-0804

Website: www.centreaidefamille.com

Email: centreaidefamille@centreaidefamille.com

Services: * Psychosocial intervention, active listening. * Information, accompaniment, awareness. * Support in case of violence. * Court accompaniment for victims of violence. * Self-help and support groups for immigrants. * Support groups for victims of violence. * Senior abuse prevention. * Art-therapy and meditation workshops. * Food bank. * Christmas baskets. * Collective kitchen. * Trainings. * Recreational outings. * Conferences. * French classes.

Eligibility: men, women and families, particularly immigrants, some services are dedicated to victims of violence

Coverage area: Le Plateau-Mont-Royal, no limits for Portuguese-speakers

Hours: Monday, Tuesday, Thursday and Friday 9h00 to 12h00 and 13h00 to 17h00, food bank: Wednesday 13h30 to 15h00

Financing: provincial, donations, self-financing

Legal status: non-profit organization

Prevention of violence and crime

ASSOCIATION DES SERVICES DE RÉHABILITATION SOCIALE DU QUÉBEC

1340 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1M3

514 521-3733 Fax: 514 521-3753

Website: www.asrsq.ca

Email: info@asrsq.ca

Services: Group of organizations providing services to people who have or have had issues with justice. * Research programs. * Public awareness. * Crime prevention. * Training. * Information on the impacts of a criminal record and on pardon application: www.casierjudiciaire.ca

Eligibility: private, community and parapublic organizations, people seeking information about criminal records application

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Financing: federal, provincial

Legal status: non-profit organization

CENTRE D'AIDE À LA FAMILLE

Confidential Address

514 982-0804

Website: www.centreaidefamille.com

Email: centreaidefamille@centreaidefamille.com

Services: * Psychosocial intervention, active listening. * Information, accompaniment, awareness. * Support in case of violence. * Court accompaniment for victims of violence. * Self-help and support groups for immigrants. * Support groups for victims of violence. * Senior abuse prevention. * Art-therapy and meditation workshops. * Food bank. * Christmas baskets. * Collective kitchen. * Trainings. * Recreational outings. * Conferences. * French classes.

Eligibility: men, women and families, particularly immigrants, some services are dedicated to victims of violence

Coverage area: Le Plateau-Mont-Royal, no limits for Portuguese-speakers

Hours: Monday, Tuesday, Thursday and Friday 9h00 to 12h00 and 13h00 to 17h00, food bank: Wednesday 13h30 to 15h00

Financing: provincial, donations, self-financing

Legal status: non-profit organization

CENTRE DE FORMATION SOCIALE MARIE-GÉRIN-LAJOIE

5070 Berri Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2R9

514 276-4853

Website: www.formationnonviolence.org

Email: coordo@formationnonviolence.org

Services: Violence prevention in living and work environments. * Non-violent communication and conflict management training. * Conflict resolution and mediation assistance. * Creation of meeting spaces to encourage dialogue.

Eligibility: citizens, community, cooperative and institutional organizations

Coverage area: Greater Montréal

Hours: Monday to Thursday 9h00 to 17h00

Fees: variable

Financing: provincial, donations

Legal status: non-profit organization

CENTRE DE SOLIDARITÉ LESBIENNE

4126 Saint-Denis Street, Suite 301, Le Plateau-Mont-Royal, Montréal, QC, H2W 2M5

514 526-2452 Fax: 514 526-3570

Website: www.solidaritelesbienne.qc.ca

Email: info@solidaritelesbienne.qc.ca

Services: * Intervention and follow-up for various issues: break-ups, mourning, coming out, etc. * Intervention and follow-up for victims and perpetrators of domestic violence. * Discussion groups. * Workshops on sexuality. * Training and research.

Eligibility: lesbians, bisexuals or translesbians

Coverage area: Montréal Island

Hours: office: Monday to Thursday 9h00 to 16h00, activities: Monday to Thursday 19h00 to 21h00

Fees: annual membership: \$10

Financing: provincial, membership fees

Legal status: non-profit organization

OPTION - UNE ALTERNATIVE À LA VIOLENCE CONJUGALE ET FAMILIALE

1150 Saint-Joseph Boulevard East, Suite 104, Le Plateau-Mont-Royal, Montréal, QC, H2J 1L5

514 527-1657 Fax: 514 527-2088

Website: www.optionalternative.ca

Email: option@cooptel.qc.ca

Services: * Welcoming, evaluation and referral. * Group psychotherapy for adults with violent behaviour in their couple and family. * Possibility of individual, couple and family therapy. * Custom-built training, clinical supervision, conferences and workshops for professionals and institutions. * Observation internship.

Eligibility: spouses with violent behaviours, their families, counsellors

Capacity: 6 groups per week, 2 groups for women, 4 groups for men

Coverage area: Province of Québec

Hours: Monday to Friday 8h00 to 17h00

Fees: according to income, minimum \$5 per meeting

Financing: provincial, self-financing

Legal status: non-profit organization

Sexual assault and incest

Confidential Address

Legal status: Select Legal Status

MONTREAL ASSAULT PREVENTION CENTRE

4617 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2L4

514 284-1212

Website: www.cpamapc.org

Email: centre@cpamapc.org

Services: Prevention of abuse. * Information and referral workshops. * Self-defense courses for teenage girls and women. * Assault prevention program for children (CAP/ESPACE) and people living with an intellectual disability.

Eligibility: children 3½ to 12 years old, teenagers, women, people living with an intellectual disability, women living with a physical disability, organizations

Coverage area: Greater Montréal

Hours: Monday to Thursday 9h30 to 16h30

Fees: variable

Financing: membership fees, foundations, provincial

Legal status: non-profit organization

WOMEN'S CENTRE OF MONTRÉAL - FRONT LINE SERVICES

3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6

514 842-4780 Fax: 514 842-5613

Website: centredesfemmesdemtl.org/en

Email: cfmwcm@centredesfemmesdemtl.org

Services: * Support, listening, information and referral. * Crisis intervention. * Individual meetings. * Group activities. * Psychosocial intervention. * Collective kitchen. * Food and clothing assistance. * Christmas baskets. * Francization, French and English classes. * Computer classes. * Arts and crafts, knitting, dance and choir workshops. * Coffee-meetings. * Legal information. * Accompaniment to court for domestic violence victims. * Support group for women victims of sexual abuse in childhood. * La Cigognerie group encouraging women to break their isolation, create a network for exchanges and services and to improve self-confidence and parenting skills. * Distribution of baby diapers. * Mother and Child program with daycare: living conditions improvement of mothers and their pre-school children. * Immigration: installation and integration assistance, Francization, general information and group activities. * Native women: listening, information and accompaniment based on respect for the values and rhythm of Native women.

Eligibility: women aged 18 years and over, from Québec, newcomers and native women

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, food bank: Thursday 9h00 to 12h00 and 13h00 to 17h00, support groups, workshops and courses: Tuesday 9h00 to 21h00

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

Legal status: non-profit organization

Support for perpetrators of violence and their families

CENTRE DE RESSOURCES POUR HOMMES DE MONTRÉAL

4245 Laval Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2W 2J6

514 355-8300

Website: www.crhmontreal.ca

Email: info@crhmontreal.ca

Services: * Psychosocial intervention: active listening, phone and in-person reception, referral and accompaniment. * Support groups (only in French). * Workshop-conferences. * Coffee-meeting to break the isolation. * Bereavement support group. * Individual follow-up and support groups for anger management (excluding domestic violence).

Eligibility: men living relationship and emotional difficulties

Coverage area: Greater Montréal

Hours: Monday to Friday 10h00 to 20h00

Fees: low cost adapted to income

Financing: provincial, donations

Legal status: non-profit organization

CENTRE DE SOLIDARITÉ LESBIENNE

4126 Saint-Denis Street, Suite 301, Le Plateau-Mont-Royal, Montréal, QC, H2W 2M5

514 526-2452 Fax: 514 526-3570

Website: www.solidaritelesbienne.qc.ca

Email: info@solidaritelesbienne.qc.ca

Services: * Intervention and follow-up for various issues: break-ups, mourning, coming out, etc. * Intervention and follow-up for victims and perpetrators of domestic violence. * Discussion groups. * Workshops on sexuality. * Training and research.

Eligibility: lesbians, bisexuals or translesbians

Coverage area: Montréal Island

Hours: office: Monday to Thursday 9h00 to 16h00, activities: Monday to Thursday 19h00 to 21h00

Fees: annual membership: \$10

Financing: provincial, membership fees

Legal status: non-profit organization

OPTION - UNE ALTERNATIVE À LA VIOLENCE CONJUGALE ET FAMILIALE

1150 Saint-Joseph Boulevard East, Suite 104, Le Plateau-Mont-Royal, Montréal, QC, H2J 1L5

514 527-1657 Fax: 514 527-2088

Website: www.optionalternative.ca

Email: option@cooptel.qc.ca

Services: * Welcoming, evaluation and referral. * Group psychotherapy for adults with violent behaviour in their couple and family. * Possibility of individual, couple and family therapy. * Custom-built training, clinical supervision, conferences and workshops for professionals and institutions. * Observation internship.

Eligibility: spouses with violent behaviours, their families, counsellors

Capacity: 6 groups per week, 2 groups for women, 4 groups for men

Coverage area: Province of Québec

Hours: Monday to Friday 8h00 to 17h00

Fees: according to income, minimum \$5 per meeting

Financing: provincial, self-financing

Legal status: non-profit organization

Support for victims and their families

CENTRE D'AIDE À LA FAMILLE

Confidential Address

514 982-0804

Website: www.centreaidefamille.com

Email: centreaidefamille@centreaidefamille.com

Services: * Psychosocial intervention, active listening. * Information, accompaniment, awareness. * Support in case of violence. * Court accompaniment for victims of violence. * Self-help and support groups for immigrants. * Support groups for victims of violence. * Senior abuse prevention. * Art-therapy and meditation workshops. * Food bank. * Christmas baskets. * Collective kitchen. * Trainings. * Recreational outings. * Conferences. * French classes.

Eligibility: men, women and families, particularly immigrants, some services are dedicated to victims of violence

Coverage area: Le Plateau-Mont-Royal, no limits for Portuguese-speakers

Hours: Monday, Tuesday, Thursday and Friday 9h00 to 12h00 and 13h00 to 17h00, food bank: Wednesday 13h30 to 15h00

Financing: provincial, donations, self-financing

Legal status: non-profit organization

MAISON DES FEMMES SOURDES DE MONTRÉAL (LA)

4855 Boyer Street, Suite 105, Le Plateau-Mont-Royal, Montréal, QC, H2J 3E6

514 255-5680 Fax: 514 255-3770 **TTY:** 514 255-6376

Website: www.mfsm.info

Email: femmessourdes@mfsm.ca

Services: Help for deaf or hearing impaired women living difficulties. * Welcoming, intervention, communication and community life. * Individual meetings. * Help, support and referrals. * Information. * Guidance and support (lawyer, court, police station, follow-up during and after housing, etc.) * Awareness and information in the deaf and hard of hearing community (conferences, trainings). * Popular education workshops for deaf and hearing impaired women. * Special events (Christmas, International Women's Day, etc.) * Participation in mobilization activities.

Eligibility: deaf and hearing impaired women

Coverage area: Greater Montréal, North Shore, South Shore

Hours: Monday to Friday 9h00 to 16h30

Fees: free

Financing: provincial, donations

Legal status: non-profit organization

MARIE-VINCENT FOUNDATION

4689 Papineau Avenue, 3rd floor, Le Plateau-Mont-Royal, Montréal, QC, H2H 1V4

514 285-0505

Website: www.marie-vincent.org

Email: info@marie-vincent.org

Services: Prevention of sexual violence against children and adolescents. * Awareness among children, parents and counsellors in community, school or health sectors. * Support to children and adolescents who are victims of sexual violence and their parents: police interview, medical examination, needs assessment and psychosocial treatment. * Training for counsellors: conferences and webinars. * Funding of research and grants to programs aimed at the prevention of sexual violence. * Psychotherapy services for children 0 to 12 years old with problematic sexual behaviors.

Eligibility: children, female genital mutilation victims, adolescents, parents and counsellors

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 18h00, phone services: Monday to Friday 8h30 to 18h00

Financing: self-financing, donations

Legal status: non-profit organization

WOMEN'S CENTRE OF MONTRÉAL - FRONT LINE SERVICES

3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6

514 842-4780 Fax: 514 842-5613

Website: centredesfemmesdemtl.org/en

Email: cfmwcm@centredesfemmesdemtl.org

Services: * Support, listening, information and referral. * Crisis intervention. * Individual meetings. * Group activities. * Psychosocial intervention. * Collective kitchen. * Food and clothing assistance. * Christmas baskets. * Francization, French and English classes. * Computer classes. * Arts and crafts, knitting, dance and choir workshops. * Coffee-meetings. * Legal information. * Accompaniment to court for domestic violence victims. * Support group for women victims of sexual abuse in childhood. * La Cigognerie group encouraging women to break their isolation, create a network for exchanges and services and to improve self-confidence and parenting skills. * Distribution of baby diapers. * Mother and Child program with daycare: living conditions improvement of mothers and their pre-school children. * Immigration: installation and integration assistance, Francization, general information and group activities. * Native women: listening, information and accompaniment based on respect for the values and rhythm of Native women.

Eligibility: women aged 18 years and over, from Québec, newcomers and native women

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, food bank: Thursday 9h00 to 12h00 and 13h00 to 17h00, support groups, workshops and courses: Tuesday 9h00 to 21h00

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

Legal status: non-profit organization

Therapy and counselling

ASSOCIATION QUÉBÉCOISE DES PERSONNES APHASIQUES

4450 Saint-Hubert Street, Suite 510, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 277-5678

Website: aphasie.ca/wpaqpa/en

Email: aqpa@aphasie.ca

Services: * Information, support and referral. * Discussion, reading and writing workshops. * Accompaniment for daily communication needs. * Photography workshops. * Computer workshops. * Advocacy of rights and interests of people with aphasia. * Awareness. * Choir. * Friendly visits. * SAPPA program: assistance for caregivers, visits of social workers and speech language therapists.

Eligibility: adults with aphasia, close ones, people interested in aphasia

Capacity: discussion workshops: 10 to 12 persons

Coverage area: Montréal Island

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

Fees: annual membership: \$25, workshops: \$20 per semester

Financing: provincial, donations, membership fees

Legal status: non-profit organization

ATELIER (L')

3680 Jeanne-Mance Street, Suite 213, Le Plateau-Mont-Royal, Montréal, QC, H2X 2K5

514 844-6458 Fax: 514 288-3848

Website: www.atelierartisanat.org

Email: direction@atelierartisanat.org

Services: Employability and arts and crafts training program. * Regart program: social insertion through arts and crafts training. * Action program: employability development for people who participated to the Regart program. * Transart vers l'emploi program: labour market reintegration. * Boutique and exhibitions.

Eligibility: adults living with mental health issues

Capacity: 150 people per week

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization

CARREFOUR MARGUERITE-BOURGEOYS

1855 Rachel Street East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1P5

514 527-1871

Website: www.carrefourmargueritebourgeois.org

Email: info@carrefourmargueritebourgeois.org

Services: * Physical, artistic, recreational and crafts activities. * Events and outings. * Language classes: French, English, Spanish. * Computer classes. * Workshops and conferences. * Intervention, psychosocial support and helping relationship. * Information and referral. * Accompaniment and assistance walking outside. * Friendly phone calls and visits.

Eligibility: seniors 50 years old and over

Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 16h00

Fees: membership: \$10, classes: \$15 to \$40, activities: variable

Financing: provincial, donations

Legal status: non-profit organization

CENTRE D'AIDE À LA FAMILLE

Confidential Address

514 982-0804

Website: www.centraidefamille.com

Email: centraidefamille@centraidefamille.com

Services: * Psychosocial intervention, active listening. * Information, accompaniment, awareness. * Support in case of violence. * Court accompaniment for victims of violence. * Self-help and support groups for immigrants. * Support groups for victims of violence. * Senior abuse prevention. * Art-therapy and meditation workshops. * Food bank. * Christmas baskets. * Collective kitchen. * Trainings. * Recreational outings. * Conferences. * French classes.

Eligibility: men, women and families, particularly immigrants, some services are dedicated to victims of violence

Coverage area: Le Plateau-Mont-Royal, no limits for Portuguese-speakers

Hours: Monday, Tuesday, Thursday and Friday 9h00 to 12h00 and 13h00 to 17h00, food bank: Wednesday 13h30 to 15h00

Financing: provincial, donations, self-financing

Legal status: non-profit organization

CENTRE D'APPRENTISSAGE PARALLÈLE DE MONTRÉAL

4865 Saint-Laurent Boulevard, Le Plateau-Mont-Royal, Montréal, QC, H2T 1R6

514 843-5658 Fax: 514 843-3508

Website: www.ateliersducap.org

Email: info@ateliersducap.org

Services: Learning centre for people living with a mental health issue. * 6 months job preparation program: acquiring personal and vocational skills to integrate the job market, job search and retention assistance. * Atelier Projet: 20 hours a week, 12 months, social and vocational integration through artistic learning. * Workshops on expression through visual arts: 2 hours a week, therapeutic workshops to foster mental fluidity and reduce anxiety.

Eligibility: people living with a mental health issue

Capacity: 60 persons per day

Coverage area: Montréal Island

Hours: Monday to Thursday 9h30 to 16h30

Fees: expression workshops: \$45 for people receiving social assistance, general rate: \$75, job preparation program: free

Financing: provincial

Legal status: non-profit organization

CENTRE DE CRISE LE TRANSIT

Confidential Address

514 282-7753 Fax: 514 282-9163

Website: cictransit.com

Services: Crisis intervention and assessment, crisis monitoring and follow-up after the crisis. * Intervention on crisis site. * Support to organizations and counsellors. * 24-hour crisis line. * No referral needed. * Short-term accommodation centre. * Psychosocial assessment. * Follow-up in the community and in the centre.

Eligibility: adults 18 years old and over in a crisis situation

Coverage area: areas covered by the following CLSCs: Plateau Mont-Royal, Villeray, Saint-Louis du Parc, Saint-Michel, Petite Patrie and Les Faubourgs

Hours: 24 hours / 7 days

Fees: free

Financing: provincial

Legal status: non-profit organization

CENTRE DE RESSOURCES POUR HOMMES DE MONTRÉAL

4245 Laval Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2W 2J6

514 355-8300

Website: www.crhmontreal.ca

Email: info@crhmontreal.ca

Services: * Psychosocial intervention: active listening, phone and in-person reception, referral and accompaniment. * Support groups (only in French). * Workshop-conferences. * Coffee-meeting to break the isolation. * Bereavement support group. * Individual follow-up and support groups for anger management (excluding domestic violence).

Eligibility: men living relationship and emotional difficulties

Coverage area: Greater Montréal

Hours: Monday to Friday 10h00 to 20h00

Fees: low cost adapted to income
Financing: provincial, donations
Legal status: non-profit organization

CENTRE DE SOLIDARITÉ LESBIENNE

4126 Saint-Denis Street, Suite 301, Le Plateau-Mont-Royal, Montréal, QC, H2W 2M5

514 526-2452 Fax: 514 526-3570

Website: www.solidaritelesbienne.qc.ca

Email: info@solidaritelesbienne.qc.ca

Services: * Intervention and follow-up for various issues: break-ups, mourning, coming out, etc. * Intervention and follow-up for victims and perpetrators of domestic violence. * Discussion groups. * Workshops on sexuality. * Training and research.

Eligibility: lesbians, bisexuals or translesbians

Coverage area: Montréal Island

Hours: office: Monday to Thursday 9h00 to 16h00, activities: Monday to Thursday 19h00 to 21h00

Fees: annual membership: \$10

Financing: provincial, membership fees

Legal status: non-profit organization

CLSC DU PLATEAU MONT-ROYAL

4625 de Lorimier Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 2B4

514 521-7663

Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/clsc-du-plateau-mont-royal

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

Coverage area: Le Plateau-Mont-Royal

Hours: Monday to Friday 8h00 to 18h00

Financing: provincial

Legal status: parapublic organization

CLSC SAINT-LOUIS DU PARC

15 du Mont-Royal Avenue West, Suite 100, Le Plateau-Mont-Royal, Montréal, QC, H2T 2R9

514 286-9657

Website: ciusss-centresudmtl.gouv.qc.ca/etablissement/clsc-de-saint-louis-du-parc

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

Coverage area: Le Plateau-Mont-Royal, Ville-Marie

Hours: Monday to Friday 8h00 to 17h00, Saturday, Sunday and holidays 8h00 to 12h00

Financing: provincial

Legal status: parapublic organization

DES PAROLES DANS LE VENT

5550 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2V 4H1

514 288-8201 ext. 4868

Website: theatreaphasique.org

Email: theatreaphasique@hotmail.com

Services: Visual arts and dancing workshops. * Shows and exhibitions. * Awareness and information on aphasia.

Eligibility: people with aphasia interested in arts

Coverage area: Montréal Island

Hours: variable

Financing: donations

Legal status: non-profit organization

FAMILLE NOUVELLE

4450 St-Hubert Street, Room 435, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 525-0063

Website: www.famillennouvelle.org

Email: info@famillennouvelle.org

Services: Helping relationship centre. * Individual, couple and family therapy, psychotherapy and psychosocial support. * Meetings for caregivers.

Eligibility: people living with mental health problems, individuals, couples and families on a restricted budget, caregivers

Coverage area: Greater Montréal

Hours: Tuesday to Thursday 9h00 to 21h00, Friday 9h00 to 17h00, 2 Saturdays per month by appointment only

Fees: according to income

Financing: self-financing, donations, fundraising campaigns

Legal status: non-profit organization

FONDATION DEVACARE (LA)

Confidential Address

Website: www.devacare.org

Email: info@devacare.org

Services: Support services available in person, at home or online, and offered by professional volunteers with the intention of easing the effects caused by the pandemic situation. * Tutoring for elementary and secondary school students who have difficulty studying in the current context. * Therapeutic support: individual consultations in osteopathy or therapeutic yoga with an osteopathic approach. * Home support services: shopping, domestic help, meal preparation, snow removal, animal walks, respite for caregivers, assistance to break isolation, etc. * The service request can be completed online by filling out this form: www.devacare.org/#contact

Eligibility: general population, vulnerable people, caregivers, tutoring: youth in primary and secondary school

Coverage area: mostly in the Plateau-Mont-Royal and Mile-End neighbourhoods, for the other neighbourhoods of Montréal Island, fill out the service request form and the organization will contact you if they can meet your needs

Hours: by appointment, Monday to Saturday 11h00 to 19h00

Fees: voluntary contribution

Financing: self-financing, donations

Legal status: non-profit organization

PARRAINAGE CIVIQUE MONTRÉAL

4450 Saint-Hubert Street, Suite 336, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 843-8813 ext. 1

Website: www.parrainagemontreal.org

Email: info@parrainagemontreal.org

Services: Pairing of people with intellectual disabilities with volunteers. * Social skills development. * Adapted collective kitchens. * Advocacy of rights. * Super rigolos: theatre workshops. * Improvisation workshop. * Arts, adapted dance and music workshops. * Vivre heureux et en santé: nutritional workshops. * Computer literacy. * Brin de jasette: support and discussion group. * Personnes filleules: social participation promotion. * Saveurs du monde: discovery of cultures in Montréal.

Eligibility: people 18 years and over with an intellectual disability or an autism spectrum disorder, art workshops: general public

Coverage area: Montréal Island

Hours: administration: Monday to Friday 9h00 to 17h00, activities: evenings and weekends

Fees: \$12 per year

Financing: provincial

Legal status: non-profit organization

SERVICE ANDC-AIDE

1030 Cherrier Street East, Suite 205, Le Plateau-Mont-Royal, Montréal, QC, H2L 1H9

514 598-7000 Fax: 514 598-8788

Website: www.cramformation.com

Email: andc-aide@cramformation.com

Services: Relational or individual helping relationship by students ending training at Centre de relation d'aide de Montréal. * 10 weekly sessions. * Creative non-directive approach.

Eligibility: individuals, couples, children, teenagers

Coverage area: Greater Montréal

Hours: Monday 8h30 to 12h00 and 13h00 to 16h30, Friday 10h00 to 12h00 and 13h00 to 17h15

Fees: non-refundable registration: \$50, services: none

Financing: self-financing

Legal status: commercial enterprise

SOUTH ASIAN WOMEN'S COMMUNITY CENTRE

1035 Rachel Street East, 3rd floor, Le Plateau-Mont-Royal, Montréal, QC, H2J 2J5

514 528-8812 Fax: 514 528-0896

Website: www.sawcc-ccfsa.ca

Email: sawcc@sawcc-ccfsa.ca

Services: * Counselling and accompaniment. * Information and referral. * Translation and interpreting. * English and French classes.

Eligibility: women from Pakistani, Indian, Bangladeshi, Sri Lankan, Nepalese, Afghan and Iranian communities

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: free

Financing: provincial, municipal

Legal status: non-profit organization

THÉÂTRE APHASIQUE

225 Sherbrooke Street East, Le Plateau-Mont-Royal, Montréal, QC, H2X 1C9

514 288-8201 ext. 4868 Fax: 514 288-7076

Website: theatreaphasique.org

Email: theatreaphasique@hotmail.com

Services: * Theatre workshops. * Video workshop. * Online language stimulation workshop. * Online reading workshop. * Theatre presentations. * Awareness through plays for the general public.

Eligibility: people with aphasia

Capacity: 125 people

Coverage area: Greater Montréal

Hours: Monday to Friday 8h00 to 16h00

Fees: free

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

Legal status: non-profit organization

WOMEN'S CENTRE OF MONTRÉAL - FRONT LINE SERVICES

3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6

514 842-4780 Fax: 514 842-5613

Website: centredesfemmesdemtl.org/en

Email: cfmwcm@centredesfemmesdemtl.org

Services: * Support, listening, information and referral. * Crisis intervention. * Individual meetings. * Group activities. * Psychosocial intervention. * Collective kitchen. * Food and clothing assistance. * Christmas baskets. * Francization, French and English classes. * Computer classes. * Arts and crafts, knitting, dance and choir workshops. * Coffee-meetings. * Legal information. * Accompaniment to court for domestic violence victims. * Support group for women victims of sexual abuse in childhood. * La Cigognerie group encouraging women to break their isolation, create a network for exchanges and services and to improve self-confidence and parenting skills. * Distribution of baby diapers. * Mother and Child program with daycare: living conditions improvement of mothers and their pre-school children. * Immigration: installation and integration assistance, Francization, general information and group activities. * Native women: listening, information and accompaniment based on respect for the values and rhythm of Native women.

Eligibility: women aged 18 years and over, from Québec, newcomers and native women

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, food bank: Thursday 9h00 to 12h00 and 13h00 to 17h00, support groups, workshops and courses: Tuesday 9h00 to 21h00

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

Legal status: non-profit organization

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