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Child, Youth and Family

RECREATIONAL ACTIVITIES

YOUTH CENTRES AND SUPPORT

Recreational Activities

SOCIÉTÉ RESSOURCES-LOISIRS DE POINTE-AUX-TREMBLES - CENTRE RÉCRÉATIF ÉDOUARD-RIVET

11111 Notre-Dame Street, Montréal-Est, Montréal, QC, H1B 2V7

514 905-2105 Fax: 514 905-2130

Website: www.crer.me

Email: info@crer.me

Services: * Water activities, private swimming lessons and Aquafête party package. * Sports and cultural activities for all. * Day camp. * Restaurant. * Room rental. * Arena.

Eligibility: children, adults, seniors

Capacity: 600 people

Coverage area: Montréal-Est and surroundings

Hours: administration: Monday to Friday 7h00 to 21h00

Fees: variable

Financing: municipal, self-financing, federal, provincial

Legal status: non-profit organization

Youth Centres and Support

SOCIÉTÉ RESSOURCES-LOISIRS DE POINTE-AUX-TREMBLES - CENTRE RÉCRÉATIF ÉDOUARD-RIVET

11111 Notre-Dame Street, Montréal-Est, Montréal, QC, H1B 2V7

514 905-2105 Fax: 514 905-2130

Website: www.crer.me

Email: info@crer.me

Services: * Water activities, private swimming lessons and Aquafête party package. * Sports and cultural activities for all. * Day camp. * Restaurant. * Room rental. * Arena.

Eligibility: children, adults, seniors

Capacity: 600 people

Coverage area: Montréal-Est and surroundings

Hours: administration: Monday to Friday 7h00 to 21h00

Fees: variable

Financing: municipal, self-financing, federal, provincial

Legal status: non-profit organization

Community Action

ADVISORY AND CITIZEN ACTION ORGANIZATIONS

COMMUNITY CENTRES

Advisory and citizen action organizations

MWALI

Confidential Address

514 757-3582

Website: www.mwali.ca

Email: info@mwali.ca

Services: Platform for women. * Accompaniment, management and targeted research on inequalities experienced by women. * Assistance to single mothers and single mothers with children with disabilities. * Exchange space. * Submission of a research report on the current situation of women facing the different forms of social inequalities. * Yearly gala and 5 to 7 on injustices experienced by women and young girls.

Eligibility: women who are single, living with disabilities or with children living with disabilities, victims of domestic violence or single mothers

Capacity: 250

Coverage area: Montréal Island

Hours: by appointment

Fees: none

Financing: self-financing

Legal status: non-profit organization

Community centres

SOCIÉTÉ RESSOURCES-LOISIRS DE POINTE-AUX-TREMBLES - CENTRE RÉCRÉATIF ÉDOUARD-RIVET

11111 Notre-Dame Street, Montréal-Est, Montréal, QC, H1B 2V7

514 905-2105 Fax: 514 905-2130

Website: www.crer.me

Email: info@crer.me

Services: * Water activities, private swimming lessons and Aquafête party package. * Sports and cultural activities for all. * Day camp. * Restaurant. * Room rental. * Arena.

Eligibility: children, adults, seniors

Capacity: 600 people

Coverage area: Montréal-Est and surroundings

Hours: administration: Monday to Friday 7h00 to 21h00

Fees: variable

Financing: municipal, self-financing, federal, provincial

Legal status: non-profit organization

Disability

SUPPORT ASSOCIATIONS

Support Associations

CENTRE DE JOUR L'ÉCHELON

516 Georges-V Avenue East, Montréal-Est, Montréal, QC, H1L 3T6

514 351-0836 Fax: 514 351-5375

Website: www.maisonechelon.ca

Email: cdj@maisonechelon.ca

Services: * Computer lab and workshop. * Weekly community meal. * Collective kitchen. * Personal growth workshop, relaxation and yoga. * Support group for voice hearers. * Coffee-meetings. * Art workshops. * Group and individual sports. * Pool league. * Room rental.

Eligibility: adults living with mental health problems

Coverage area: Montréal Island

Hours: Monday to Friday 10h00 to 21h00

Fees: membership: \$5 per semester, other activities: variable

Financing: grants, donations, contributions, provincial

Legal status: non-profit organization

Education and Literacy

COMPUTER WORKSHOPS

Computer workshops

CENTRE DE JOUR L'ÉCHELON

516 Georges-V Avenue East, Montréal-Est, Montréal, QC, H1L 3T6

514 351-0836 Fax: 514 351-5375

Website: www.maisonechelon.ca

Email: cdj@maisonechelon.ca

Services: * Computer lab and workshop. * Weekly community meal. * Collective kitchen. * Personal growth workshop, relaxation and yoga. * Support group for voice hearers. * Coffee-meetings. * Art workshops. * Group and individual sports. * Pool league. * Room rental.

Eligibility: adults living with mental health problems

Coverage area: Montréal Island

Hours: Monday to Friday 10h00 to 21h00

Fees: membership: \$5 per semester, other activities: variable

Financing: grants, donations, contributions, provincial

Legal status: non-profit organization

Food

CHRISTMAS BASKET

COLLECTIVE KITCHENS AND COOKING WORKSHOPS

FOOD ASSISTANCE

FOOD ASSISTANCE IN SCHOOLS

LOW COST OR FREE MEALS

Christmas basket

ACTION SECOURS VIE D'ESPOIR

35 Marien Avenue, Montréal-Est, Montréal, QC, H1B 4T8

514 564-5295 Fax: 514 645-4184

Website: www.actionsecours.ca

Email: serviceclientele@viedespoir.com

Services: * Food bank. * Breakfast served in 7 schools. * Back-to-school sharing store: school supplies. * Christmas sharing store. * Christmas baskets. * Emergency winter food aid.

Eligibility: people on a low income

Capacity: 175 families

Coverage area: Montréal-Est, Pointe-aux-Trembles

Hours: food distribution: Thursday 13h00 to 16h30

Fees: sharing store: 10% of the actual cost of groceries

Financing: provincial, donations, municipal, foundations

Legal status: non-profit organization

Collective kitchens and cooking workshops

CENTRE DE JOUR L'ÉCHELON

516 Georges-V Avenue East, Montréal-Est, Montréal, QC, H1L 3T6

514 351-0836 Fax: 514 351-5375

Website: www.maisonechelon.ca

Email: cdj@maisonechelon.ca

Services: * Computer lab and workshop. * Weekly community meal. * Collective kitchen. * Personal growth workshop, relaxation and yoga. * Support group for voice hearers. * Coffee-meetings. * Art workshops. * Group and individual sports. * Pool league. * Room rental.

Eligibility: adults living with mental health problems

Coverage area: Montréal Island

Hours: Monday to Friday 10h00 to 21h00

Fees: membership: \$5 per semester, other activities: variable

Financing: grants, donations, contributions, provincial

Legal status: non-profit organization

Food Assistance

ACTION SECOURS VIE D'ESPOIR

35 Marien Avenue, Montréal-Est, Montréal, QC, H1B 4T8

514 564-5295 Fax: 514 645-4184

Website: www.actionsecours.ca

Email: serviceclientele@viedespoir.com

Services: * Food bank. * Breakfast served in 7 schools. * Back-to-school sharing store: school supplies. * Christmas sharing store. * Christmas baskets. * Emergency winter food aid.

Eligibility: people on a low income

Capacity: 175 families

Coverage area: Montréal-Est, Pointe-aux-Trembles

Hours: food distribution: Thursday 13h00 to 16h30

Fees: sharing store: 10% of the actual cost of groceries

Financing: provincial, donations, municipal, foundations

Legal status: non-profit organization

Food assistance in schools

ACTION SECOURS VIE D'ESPOIR

35 Marien Avenue, Montréal-Est, Montréal, QC, H1B 4T8

514 564-5295 Fax: 514 645-4184

Website: www.actionsecours.ca

Email: serviceclientele@viedespoir.com

Services: * Food bank. * Breakfast served in 7 schools. * Back-to-school sharing store: school supplies. * Christmas sharing store. * Christmas baskets. * Emergency winter food aid.

Eligibility: people on a low income

Capacity: 175 families

Coverage area: Montréal-Est, Pointe-aux-Trembles

Hours: food distribution: Thursday 13h00 to 16h30

Fees: sharing store: 10% of the actual cost of groceries

Financing: provincial, donations, municipal, foundations

Legal status: non-profit organization

Low cost or free meals

CENTRE DE JOUR L'ÉCHELON

516 Georges-V Avenue East, Montréal-Est, Montréal, QC, H1L 3T6

514 351-0836 Fax: 514 351-5375

Website: www.maisonechelon.ca

Email: cdj@maisonechelon.ca

Services: * Computer lab and workshop. * Weekly community meal. * Collective kitchen. * Personal growth workshop, relaxation and yoga. * Support group for voice hearers. * Coffee-meetings. * Art workshops. * Group and individual sports. * Pool league. * Room rental.

Eligibility: adults living with mental health problems

Coverage area: Montréal Island

Hours: Monday to Friday 10h00 to 21h00

Fees: membership: \$5 per semester, other activities: variable

Financing: grants, donations, contributions, provincial

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR DE MONTRÉAL-EST

11111 Notre-Dame Street East, Montréal-Est, Montréal, QC, H1B 2V7

514 640-4946

Email: cadieux.c@videotron.ca

Services: Social and recreational activities for elders. * Bowling. * Thematic meals. * Outings. * Trips.

Eligibility: people 50 years and over

Coverage area: Montréal-Est

Hours: Monday to Friday 10h00 to 18h00

Fees: membership: \$8 per year

Financing: membership fees

Legal status: non-profit organization

Government services

MUNICIPAL SERVICES

Municipal services

MONTRÉAL-EST - CITY

11370 Notre-Dame Street East, 5th floor, Montréal-Est, Montréal, QC, H1B 2W6

514 905-2000

Website: ville.montreal-est.qc.ca

Email: servicescitoyens@montreal-est.ca

Services: Municipal service management. * Municipal tax payment. * Garbage collection. * Construction permits.

Coverage area: Montréal-Est

Hours: Monday to Thursday 8h00 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00, summer: Monday to Thursday 7h30 to 12h00 and 12h45 to 16h30

Financing: municipal

Legal status: municipal agency

MONTRÉAL-EST - LOISIRS ET CULTURE

11111 Notre-Dame Street East, Montréal-Est, Montréal, QC, H1B 2V7

514 905-2105 Fax: 514 905-2130

Website: ville.montreal-est.qc.ca

Email: loisirs@montreal-est.ca

Services: * Community, sociocultural and sporting activities. * Recreational centre, arena, swimming pools, parks, sports fields. * Coordination with community organizations. * Day camp. * Hall rental. * Events.

Coverage area: Montréal-Est

Hours: reception: Monday to Friday 8h30 to 22h00, Saturday 9h00 to 14h30, summer: Monday to Thursday 8h00 to 22h00, Friday 8h00 to 18h00

Fees: variable

Financing: municipal

Legal status: municipal agency

Justice and Advocacy

ADVOCACY GROUPS

SUPPORT FOR OFFENDERS

Advocacy groups

MWALI

Confidential Address

514 757-3582

Website: www.mwali.ca

Email: info@mwali.ca

Services: Platform for women. * Accompaniment, management and targeted research on inequalities experienced by women. * Assistance to single mothers and single mothers with children with disabilities. * Exchange space. * Submission of a research report on the current situation of women facing the different forms of social inequalities. * Yearly gala and 5 to 7 on injustices experienced by women and young girls.

Eligibility: women who are single, living with disabilities or with children living with disabilities, victims of domestic violence or single mothers

Capacity: 250

Coverage area: Montréal Island

Hours: by appointment

Fees: none

Financing: self-financing

Legal status: non-profit organization

Support for offenders

PAVILLON EMMANUEL-GRÉGOIRE

11430 Notre-Dame Street East, Montréal-Est, Montréal, QC, H1B 5T5

514 640-5361 Fax: 514 645-5101

Website: www.s-e-g.ca

Email: peg@s-e-g.ca

Services: Residential community centre, housing services and social rehabilitation program.

Eligibility: ex-inmates under federal jurisdiction

Capacity: 28 people

Coverage area: Greater Montréal

Hours: 24 hours / 7 days

Financing: federal

Legal status: non-profit organization

Mental Health and addictions

COMMUNITY SUPPORT IN MENTAL HEALTH

SELF-HELP GROUPS FOR MENTAL HEALTH ISSUES

Community support in mental health

CENTRE DE JOUR L'ÉCHELON

516 Georges-V Avenue East, Montréal-Est, Montréal, QC, H1L 3T6

514 351-0836 Fax: 514 351-5375

Website: www.maisonechelon.ca

Email: cdj@maisonechelon.ca

Services: * Computer lab and workshop. * Weekly community meal. * Collective kitchen. * Personal growth workshop, relaxation and yoga. * Support group for voice hearers. * Coffee-meetings. * Art workshops. * Group and individual sports. * Pool league. * Room rental.

Eligibility: adults living with mental health problems

Coverage area: Montréal Island

Hours: Monday to Friday 10h00 to 21h00

Fees: membership: \$5 per semester, other activities: variable

Financing: grants, donations, contributions, provincial

Legal status: non-profit organization

Self-help groups for mental health issues

CENTRE DE JOUR L'ÉCHELON

516 Georges-V Avenue East, Montréal-Est, Montréal, QC, H1L 3T6

514 351-0836 Fax: 514 351-5375

Website: www.maisonechelon.ca

Email: cdj@maisonechelon.ca

Services: * Computer lab and workshop. * Weekly community meal. * Collective kitchen. * Personal growth workshop, relaxation and yoga. * Support group for voice hearers. * Coffee-meetings. * Art workshops. * Group and individual sports. * Pool league. * Room rental.

Eligibility: adults living with mental health problems

Coverage area: Montréal Island

Hours: Monday to Friday 10h00 to 21h00

Fees: membership: \$5 per semester, other activities: variable

Financing: grants, donations, contributions, provincial

Legal status: non-profit organization

Seniors

COMMUNITY AND RECREATION CENTRES

Community and Recreation Centres

CLUB DE L'ÂGE D'OR DE MONTRÉAL-EST

11111 Notre-Dame Street East, Montréal-Est, Montréal, QC, H1B 2V7

514 640-4946

Email: cadieux.c@videotron.ca

Services: Social and recreational activities for elders. * Bowling. * Thematic meals. * Outings. * Trips.

Eligibility: people 50 years and over

Coverage area: Montréal-Est

Hours: Monday to Friday 10h00 to 18h00

Fees: membership: \$8 per year

Financing: membership fees

Legal status: non-profit organization

SOCIÉTÉ RESSOURCES-LOISIRS DE POINTE-AUX-TREMBLES - CENTRE RÉCRÉATIF ÉDOUARD-RIVET

11111 Notre-Dame Street, Montréal-Est, Montréal, QC, H1B 2V7

514 905-2105 Fax: 514 905-2130

Website: www.crer.me

Email: info@crer.me

Services: * Water activities, private swimming lessons and Aquafête party package. * Sports and cultural activities for all. * Day camp. * Restaurant. * Room rental. * Arena.

Eligibility: children, adults, seniors

Capacity: 600 people

Coverage area: Montréal-Est and surroundings

Hours: administration: Monday to Friday 7h00 to 21h00

Fees: variable

Financing: municipal, self-financing, federal, provincial

Legal status: non-profit organization

Sex and gender

WOMEN'S ASSOCIATIONS

Women's associations

MWALI

Confidential Address

514 757-3582

Website: www.mwali.ca

Email: info@mwali.ca

Services: Platform for women. * Accompaniment, management and targeted research on inequalities experienced by women. * Assistance to single mothers and single mothers with children with disabilities. * Exchange space. * Submission of a research report on the current situation of women facing the different forms of social inequalities. * Yearly gala and 5 to 7 on injustices experienced by women and young girls.

Eligibility: women who are single, living with disabilities or with children living with disabilities, victims of domestic violence or single mothers

Capacity: 250

Coverage area: Montréal Island

Hours: by appointment

Fees: none

Financing: self-financing

Legal status: non-profit organization

Sports, Recreation and Culture

CLUBS AND SOCIAL EVENTS

COMMUNITY RECREATION CENTRES

HOBBIES

LIBRARIES

MUNICIPAL SPORTS AND RECREATION SERVICES

SPORT

SPORTS AND RECREATION FOR PEOPLE WITH A DISABILITY

Clubs and social events

CLUB DE L'ÂGE D'OR DE MONTRÉAL-EST

11111 Notre-Dame Street East, Montréal-Est, Montréal, QC, H1B 2V7

514 640-4946

Email: cadieux.c@videotron.ca

Services: Social and recreational activities for elders. * Bowling. * Thematic meals. * Outings. * Trips.

Eligibility: people 50 years and over

Coverage area: Montréal-Est

Hours: Monday to Friday 10h00 to 18h00

Fees: membership: \$8 per year

Financing: membership fees

Legal status: non-profit organization

Community recreation centres

CLUB DE L'ÂGE D'OR DE MONTRÉAL-EST

11111 Notre-Dame Street East, Montréal-Est, Montréal, QC, H1B 2V7

514 640-4946

Email: cadieux.c@videotron.ca

Services: Social and recreational activities for elders. * Bowling. * Thematic meals. * Outings. * Trips.

Eligibility: people 50 years and over

Coverage area: Montréal-Est

Hours: Monday to Friday 10h00 to 18h00

Fees: membership: \$8 per year

Financing: membership fees

Legal status: non-profit organization

SOCIÉTÉ RESSOURCES-LOISIRS DE POINTE-AUX-TREMBLES - CENTRE RÉCRÉATIF ÉDOUARD-RIVET

11111 Notre-Dame Street, Montréal-Est, Montréal, QC, H1B 2V7

514 905-2105 Fax: 514 905-2130

Website: www.crer.me

Email: info@crer.me

Services: * Water activities, private swimming lessons and Aquafête party package. * Sports and cultural activities for all. * Day camp. * Restaurant. * Room rental. * Arena.

Eligibility: children, adults, seniors

Capacity: 600 people

Coverage area: Montréal-Est and surroundings

Hours: administration: Monday to Friday 7h00 to 21h00

Fees: variable

Financing: municipal, self-financing, federal, provincial

Legal status: non-profit organization

Hobbies

CENTRE DE JOUR L'ÉCHELON

516 Georges-V Avenue East, Montréal-Est, Montréal, QC, H1L 3T6

514 351-0836 Fax: 514 351-5375

Website: www.maisonechelon.ca

Email: cdj@maisonechelon.ca

Services: * Computer lab and workshop. * Weekly community meal. * Collective kitchen. * Personal growth workshop, relaxation and yoga. * Support group for voice hearers. * Coffee-meetings. * Art workshops. * Group and individual sports. * Pool league. * Room rental.

Eligibility: adults living with mental health problems

Coverage area: Montréal Island

Hours: Monday to Friday 10h00 to 21h00

Fees: membership: \$5 per semester, other activities: variable

Financing: grants, donations, contributions, provincial

Legal status: non-profit organization

Libraries

MONTRÉAL-EST PUBLIC LIBRARY

11370 Notre-Dame Street East, 3rd floor, Montréal-Est, Montréal, QC, H1B 2W6

514 905-2145

Website: montreal-est.bibliomondo.com

Email: bibliotheque.montreal-est@montreal-est.ca

Services: Loan and consultation of books and audiovisual documents. * Computers and Internet access.

Coverage area: Montréal-Est

Hours: Monday to Friday 10h00 to 19h00, Saturday and Sunday 9h00 to 17h00, summer: Monday to Wednesday 9h00 to 19h00, Thursday and Friday 9h00 to 17h00

Fees: free

Financing: municipal

Legal status: municipal agency

Municipal sports and recreation services

MONTRÉAL-EST - LOISIRS ET CULTURE

11111 Notre-Dame Street East, Montréal-Est, Montréal, QC, H1B 2V7

514 905-2105 Fax: 514 905-2130

Website: ville.montreal-est.qc.ca

Email: loisirs@montreal-est.ca

Services: * Community, sociocultural and sporting activities. * Recreational centre, arena, swimming pools, parks, sports fields. * Coordination with community organizations. * Day camp. * Hall rental. * Events.

Coverage area: Montréal-Est

Hours: reception: Monday to Friday 8h30 to 22h00, Saturday 9h00 to 14h30, summer: Monday to Thursday 8h00 to 22h00, Friday 8h00 to 18h00

Fees: variable

Financing: municipal

Legal status: municipal agency

Sport

CENTRE DE JOUR L'ÉCHELON

516 Georges-V Avenue East, Montréal-Est, Montréal, QC, H1L 3T6

514 351-0836 Fax: 514 351-5375

Website: www.maisonechelon.ca

Email: cdj@maisonechelon.ca

Services: * Computer lab and workshop. * Weekly community meal. * Collective kitchen. * Personal growth workshop, relaxation and yoga. * Support group for voice hearers. * Coffee-meetings. * Art workshops. * Group and individual sports. * Pool league. * Room rental.

Eligibility: adults living with mental health problems

Coverage area: Montréal Island

Hours: Monday to Friday 10h00 to 21h00

Fees: membership: \$5 per semester, other activities: variable

Financing: grants, donations, contributions, provincial

Legal status: non-profit organization

Sports and recreation for people with a disability

CENTRE DE JOUR L'ÉCHELON

516 Georges-V Avenue East, Montréal-Est, Montréal, QC, H1L 3T6

514 351-0836 Fax: 514 351-5375

Website: www.maisonechelon.ca

Email: cdj@maisonechelon.ca

Services: * Computer lab and workshop. * Weekly community meal. * Collective kitchen. * Personal growth workshop, relaxation and yoga. * Support group for voice hearers. * Coffee-meetings. * Art workshops. * Group and individual sports. * Pool league. * Room rental.

Eligibility: adults living with mental health problems

Coverage area: Montréal Island

Hours: Monday to Friday 10h00 to 21h00

Fees: membership: \$5 per semester, other activities: variable

Financing: grants, donations, contributions, provincial

Legal status: non-profit organization

Thrift store and material aid

SCHOOL SUPPLIES

School supplies

ACTION SECOURS VIE D'ESPOIR

35 Marien Avenue, Montréal-Est, Montréal, QC, H1B 4T8

514 564-5295 Fax: 514 645-4184

Website: www.actionsecours.ca

Email: serviceclientele@viedespoir.com

Services: * Food bank. * Breakfast served in 7 schools. * Back-to-school sharing store: school supplies. * Christmas sharing store. * Christmas baskets. * Emergency winter food aid.

Eligibility: people on a low income

Capacity: 175 families

Coverage area: Montréal-Est, Pointe-aux-Trembles

Hours: food distribution: Thursday 13h00 to 16h30

Fees: sharing store: 10% of the actual cost of groceries

Financing: provincial, donations, municipal, foundations

Legal status: non-profit organization

Violence and abuse

DOMESTIC VIOLENCE: SHELTERS AND SUPPORT

PREVENTION OF VIOLENCE AND CRIME

THERAPY AND COUNSELLING

Domestic violence: shelters and support

MWALI

Confidential Address

514 757-3582

Website: www.mwali.ca

Email: info@mwali.ca

Services: Platform for women. * Accompaniment, management and targeted research on inequalities experienced by women. * Assistance to single mothers and single mothers with children with disabilities. * Exchange space. * Submission of a research report on the current situation of women facing the different forms of social inequalities. * Yearly gala and 5 to 7 on injustices experienced by women and young girls.

Eligibility: women who are single, living with disabilities or with children living with disabilities, victims of domestic violence or single mothers

Capacity: 250

Coverage area: Montréal Island

Hours: by appointment

Fees: none

Financing: self-financing

Legal status: non-profit organization

Prevention of violence and crime

MWALI

Confidential Address

514 757-3582

Website: www.mwali.ca

Email: info@mwali.ca

Services: Platform for women. * Accompaniment, management and targeted research on inequalities experienced by women. * Assistance to single mothers and single mothers with children with disabilities. * Exchange space. * Submission of a research report on the current situation of women facing the different forms of social inequalities. * Yearly gala and 5 to 7 on injustices experienced by women and young girls.

Eligibility: women who are single, living with disabilities or with children living with disabilities, victims of domestic violence or single mothers

Capacity: 250

Coverage area: Montréal Island

Hours: by appointment

Fees: none

Financing: self-financing

Legal status: non-profit organization

Therapy and counselling

CENTRE DE JOUR L'ÉCHELON

516 Georges-V Avenue East, Montréal-Est, Montréal, QC, H1L 3T6

514 351-0836 Fax: 514 351-5375

Website: www.maisonechelon.ca

Email: cdj@maisonechelon.ca

Services: * Computer lab and workshop. * Weekly community meal. * Collective kitchen. * Personal growth workshop, relaxation and yoga. * Support group for voice hearers. * Coffee-meetings. * Art workshops. * Group and individual sports. * Pool league. * Room rental.

Eligibility: adults living with mental health problems

Coverage area: Montréal Island

Hours: Monday to Friday 10h00 to 21h00

Fees: membership: \$5 per semester, other activities: variable

Financing: grants, donations, contributions, provincial

Legal status: non-profit organization

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