



DIRECTORY OF SOCIAL AND COMMUNITY RESOURCES

MONTRÉAL / MONTRÉAL / SAINT-LÉONARD



2-1-1



WWW.211.QC.CA

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Summary

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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

CHILDREN NOW

5167 Jean-Talon Street East, Suite 260, Saint-Léonard, Montréal, QC, H1S 1K8

1 800 361-8453 Fax: 514 593-4659

Website: www.childrennow.ca

Email: info@childrennow.ca

Services: Protection and advocacy for children and teenagers. * Assistance to children and teenagers experiencing problems resulting from the break-up of the family, abuse, school drop-out, delinquency, etc. * International conferences. * Presentation of briefs to the government. * Events for underprivileged children: summer camps, etc. * Helpline: legal advice on family law and referral.

Eligibility: children, teenagers, parents, grandparents

Coverage area: Canada

Hours: Monday to Friday 9h00 to 17h00

Financing: donations

Legal status: non-profit organization

Daycare and respite

ACCUEIL AUX IMMIGRANTS DE L'EST DE MONTRÉAL

5960 Jean-Talon Street East, Suite 209, Saint-Léonard, Montréal, QC, H1S 1M2

514 723-4939 Fax: 514 723-3619

Website: www.aiemont.com

Email: info@aiemont.com

Services: * Réussir l'intégration: program offering individual meetings, needs assessment, referral services, interpretation and translation services and information sessions on life in Québec. * Professional integration: 6-weeks paid training program to develop employability. * Family: personalized support and accompaniment, coffee-meetings where parents can discuss and daycare. * Assistance with children school registration. * Seniors: recreational, sports and cultural activities for seniors. * Senior abuse prevention. * Business start-up training. * Francization. * Courses: English and computer. * Tax clinic.

Eligibility: immigrant people, members of visible minorities

Capacity: 40 places

Coverage area: East of Montréal Island

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h00, daycare: Monday to Friday 8h30 to 12h15 and 12h45 to 16h30

Fees: daycare: \$4 for 3 hours

Financing: provincial, federal, municipal

Legal status: non-profit organization

MAISON DE LA FAMILLE DE SAINT-LÉONARD

8180 Collerette Street, Saint-Léonard, Montréal, QC, H1P 2V5

514 852-6161 Fax: 514 852-0322

Website: www.mdfstleonard.org

Email: direction@mdfstleonard.org

Services: * Information and referrals. * Support workshops for parents. * MDFSL après l'école: homework assistance. * Workshops promoting child development, parent-child stimulation program and recreational activities. * Childcare. * Discussion groups for parents. * Coffee-chat. * Bambineries: entertainment in parks. * Summer camps for children. * Development of projects with local partners. * Contribution to consultation spaces.

Eligibility: families, homework assistance: children 6 to 12 years old

Coverage area: Saint-Léonard

Hours: Monday to Friday 8h30 to 16h30

Fees: membership: \$5

Financing: federal, provincial, donations

Legal status: non-profit organization

Family Support

MAISON DE LA FAMILLE DE SAINT-LÉONARD

8180 Collerette Street, Saint-Léonard, Montréal, QC, H1P 2V5

514 852-6161 Fax: 514 852-0322

Website: www.mdfstleonard.org

Email: direction@mdfstleonard.org

Services: * Information and referrals. * Support workshops for parents. * MDFSL après l'école: homework assistance. * Workshops promoting child development, parent-child stimulation program and recreational activities. * Childcare. * Discussion groups for parents. * Coffee-chat. * Bambineries: entertainment in parks. * Summer camps for children. * Development of projects with local partners. * Contribution to consultation spaces.

Eligibility: families, homework assistance: children 6 to 12 years old

Coverage area: Saint-Léonard

Hours: Monday to Friday 8h30 to 16h30

Fees: membership: \$5

Financing: federal, provincial, donations

Legal status: non-profit organization

Juvenile Delinquency

AMIS DU MONDE

6665 Bombardier Street, Saint-Léonard, Montréal, QC, H1P 2W2

438 870-8267

Website: www.amisdumonde.ca

Email: admin@amisdumonde.ca

Services: * Delinquency prevention. * Fight against drug addiction. * Awareness of healthy lifestyle.

Eligibility: youth 9 to 15 years old

Coverage area: Saint-Léonard

Financing: municipal, donations

Legal status: non-profit organization

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 42 - SAINT-LÉONARD

8181 Lacordaire Boulevard, Saint-Léonard, Montréal, QC, H1R 2A3

514 280-0142 Fax: 514 280-0642

Website: spvm.qc.ca/en/PDQ42

Email: pdq42@spvm.qc.ca

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

Eligibility: citizens and residents of the neighbourhood

Coverage area: Saint-Léonard

Hours: Monday to Sunday 9h00 to 19h00

Financing: municipal, provincial

Legal status: municipal agency

Maternity support and adoption

CLSC DE SAINT-LÉONARD

5540 Jarry Street East, Saint-Léonard, Montréal, QC, H1P 1T9

514 722-3000

Website: ciusss-estmtl.gouv.qc.ca/etablissement/clsc-de-saint-leonard

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: Saint-Léonard

Hours: Monday to Friday 8h00 to 20h00, tests centre: Monday to Friday 7h00 to 11h00

Financing: provincial

Legal status: parapublic organization

Parenting Education

ASSOCIATION QUÉBÉCOISE DES TROUBLES D'APPRENTISSAGE - SECTION SAINT-LÉONARD - EST DE MONTRÉAL

6705 Jean-Talon Street East, Suite 207, Saint-Léonard, Montréal, QC, H1S 1N2

514 259-3883

Email: info@aqetaestmontreal.org

Services: * Information and awareness. * Support groups. * Family support programs. * Active listening and referral. * Training workshops. * Learning support groups for children.

Eligibility: person living with learning disabilities, including ADHD, students, parents, professionals and counsellors, learning support groups: children with learning difficulties studying at elementary school

Coverage area: Anjou, Saint-Léonard, Mercier-Hochelaga-Maisonneuve

Hours: Monday to Thursday 9h00 to 16h30, by appointment

Fees: membership card

Financing: membership fees, fundraising campaigns, grants

Legal status: non-profit organization

CLSC DE SAINT-LÉONARD

5540 Jarry Street East, Saint-Léonard, Montréal, QC, H1P 1T9

514 722-3000

Website: ciusss-estmtl.gouv.qc.ca/etablissement/clsc-de-saint-leonard

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: Saint-Léonard

Hours: Monday to Friday 8h00 to 20h00, tests centre: Monday to Friday 7h00 to 11h00

Financing: provincial

Legal status: parapublic organization

MAISON DE LA FAMILLE DE SAINT-LÉONARD

8180 Collerette Street, Saint-Léonard, Montréal, QC, H1P 2V5

514 852-6161 Fax: 514 852-0322

Website: www.mdfstleonard.org

Email: direction@mdfstleonard.org

Services: * Information and referrals. * Support workshops for parents. * MDFSL après l'école: homework assistance. * Workshops promoting child development, parent-child stimulation program and recreational activities. * Childcare. * Discussion groups for parents. * Coffee-chat. * Bambineries: entertainment in parks. * Summer camps for children. * Development of projects with local partners. * Contribution to consultation spaces.

Eligibility: families, homework assistance: children 6 to 12 years old

Coverage area: Saint-Léonard

Hours: Monday to Friday 8h30 to 16h30

Fees: membership: \$5

Financing: federal, provincial, donations

Legal status: non-profit organization

Recreational Activities**BUREAU ASSOCIATIF POUR LA DIVERSITÉ ET LA RÉINSERTION**

8365 Langelier Boulevard, Saint-Léonard, Montréal, QC, H1P 2C3

514 324-5341 Fax: 514 324-7966

Website: www.badr.ca

Email: info@badr.ca

Services: * Physical activities: aerobics, basketball, fitness, soccer, swimming, walking club, taekwondo, judo, boxing. * Recreational activities: crafts, calligraphy, sewing, cooking, chess, singing, story time, robotics, drawing, various workshops. * Socio-community and cultural activities. * Food bank. * Psychosocial support. * Christmas baskets. * Arabic language school. * Academic support and tutoring in French, English, Spanish and mathematics. * Computer workshops. * Parent-child workshops. * Culinary workshops. * Day camp during the holidays and the summer period. * Family outings. * School supplies. * Donation of furniture. * Tax clinic. * Blood collection.

Eligibility: general population

Coverage area: Montréal Island, school supplies and Christmas baskets: Saint-Léonard

Hours: Monday to Saturday 9h00 to 18h00

Fees: variable

Financing: self-financing, membership fees

Legal status: non-profit organization

Youth Centres and Support**ASSOCIATION HAÏTIANO-CANADO-QUÉBÉCOISE D'AIDE AUX DÉMUNIS**

4869 Jarry Street East, Suite 214, Saint-Léonard, Montréal, QC, H1R 1Y1

514 852-1011 Fax: 514 852-1019

Email: fjoseph98@hotmail.com

Services: * Intercultural dialogue. * Assistance with Haitians' integration. * Housekeeping services. * Recreational activities for youth and seniors. * Cultural activities. * Collaboration with the organizations of Saint-Léonard.

Eligibility: people on a low income from all ethnic backgrounds

Coverage area: Saint-Léonard

Hours: Monday to Wednesday 9h00 to 16h00, Friday 9h00 to 16h00

Financing: provincial

Legal status: non-profit organization

BUREAU ASSOCIATIF POUR LA DIVERSITÉ ET LA RÉINSERTION

8365 Langelier Boulevard, Saint-Léonard, Montréal, QC, H1P 2C3

514 324-5341 Fax: 514 324-7966

Website: www.badr.ca

Email: info@badr.ca

Services: * Physical activities: aerobics, basketball, fitness, soccer, swimming, walking club, taekwondo, judo, boxing. * Recreational activities: crafts, calligraphy, sewing, cooking, chess, singing, story time, robotics, drawing, various workshops. * Socio-community and cultural activities. * Food bank. * Psychosocial support. * Christmas baskets. * Arabic language school. * Academic support and tutoring in French, English, Spanish and mathematics. * Computer workshops. * Parent-child workshops. * Culinary workshops. * Day camp during the holidays and the summer period. * Family outings. * School supplies. * Donation of furniture. * Tax clinic. * Blood collection.

Eligibility: general population

Coverage area: Montréal Island, school supplies and Christmas baskets: Saint-Léonard

Hours: Monday to Saturday 9h00 to 18h00

Fees: variable

Financing: self-financing, membership fees

Legal status: non-profit organization

MAISON DE JEUNES DE SAINT-LÉONARD

6185 Jarry Street East, Saint-Léonard, Montréal, QC, H1P 1W1

514 327-0185

Website: www.mdjz.org

Email: contact@mdjz.org

Services: * Activities organized by and for young people. * Social intervention. * Listening, help and referrals.

Eligibility: youth aged 12 to 17 years old

Coverage area: Saint-Léonard

Hours: Tuesday to Friday 15h45 to 21h00

Financing: grants

Legal status: non-profit organization

MONTRÉAL PUBLIC LIBRARIES NETWORK - SAINT-LÉONARD LIBRARY

8420 Lacordaire Boulevard, Saint-Léonard, Montréal, QC, H1R 3G5

514 328-8500 ext. 2

Website: www.bibliomontreal.com

Services: * Loan and consultation of books and audiovisual documents. * Computers, Internet access and printing devices. * Language learning stations. * Music listening stations. * Toys and educative games. * Story time. * Book club for children. * Home loan for people with reduced mobility. * Workshops, conferences and exhibitions. * Computer workshops for youth and for adults. * Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher. * Les mots partagés: intercultural coffee-meeting. * Rental of music instruments.

Eligibility: general public

Coverage area: Montréal

Hours: Monday 13h00 to 20h00, Tuesday and Wednesday 10h00 to 20h00, Thursday and Friday 10h00 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

Youth Employment

HORIZON CARRIÈRE - CARREFOUR JEUNESSE-EMPLOI VIGER/JEANNE-MANCE

5960 Jean-Talon Street East, Suite 308, Saint-Léonard, Montréal, QC, H1S 1M2

514 256-1645 Fax: 514 256-8186

Website: horizoncarriere.ca

Email: info@horizoncarriere.ca

Services: * Job search assistance and counselling. * Career and school guidance, back-to-school support. * Youth projects for 16 to 35 years old. * Specialized services for newcomers. * Pairing between employers and job seekers. * Business pre-start-up counselling.

Eligibility: people of all ages, newcomers

Coverage area: Montréal Island

Hours: Monday to Thursday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

Youth Shelters and Support

CLSC DE SAINT-LÉONARD

5540 Jarry Street East, Saint-Léonard, Montréal, QC, H1P 1T9

514 722-3000

Website: cuss-estmtl.gouv.qc.ca/etablissement/clsc-de-saint-leonard

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: Saint-Léonard

Hours: Monday to Friday 8h00 to 20h00, tests centre: Monday to Friday 7h00 to 11h00

Financing: provincial

Legal status: parapublic organization

MAISON DE JEUNES DE SAINT-LÉONARD

6185 Jarry Street East, Saint-Léonard, Montréal, QC, H1P 1W1

514 327-0185

Website: www.mdjz.org

Email: contact@mdjz.org

Services: * Activities organized by and for young people. * Social intervention. * Listening, help and referrals.

Eligibility: youth aged 12 to 17 years old

Coverage area: Saint-Léonard

Hours: Tuesday to Friday 15h45 to 21h00

Financing: grants

Legal status: non-profit organization

Community Action

ADVISORY AND CITIZEN ACTION ORGANIZATIONS

CHARITY ORGANIZATIONS

COMMUNITY CENTRES

VOLUNTEERING AND VOLUNTEER CENTRES

Advisory and citizen action organizations

CONCERTATION SAINT-LÉONARD

8180 Colletterte Street, Suite 1250, Saint-Léonard, Montréal, QC, H1P 2V5

514 323-1417 Fax: 514 323-8664

Website: www.concertationstleonard.com

Email: info@concertationstleonard.com

Services: Neighbourhood consultation committee aimed at improving the quality of life and living conditions of the population. * Development of various projects: urban security, integrated urban revitalization, citizen mobilization.

Eligibility: residents and organizations interested by the social development of the area

Coverage area: Saint-Léonard

Hours: Monday to Friday 8h30 to 16h30

Financing: Centraide of Greater Montréal, provincial, municipal

Legal status: non-profit organization

ÉCO-QUARTIER SAINT-LÉONARD

7800 de la Salette Street, Saint-Léonard, Montréal, QC, H1P 2J8

514 328-8444

Website: www.ecoquartiersaintleonard.org

Email: ecoquartierstleonard@gmail.com

Services: Awareness, information and citizen action regarding ecology. * 3RV promotion: reduction at source, reuse, recycling and valorization. * Cleaning and embellishment. * Collective composting. * Information on waste collection. * Distribution of recycling and food waste collection bins. * Sale of low-cost trees, domestic composters and water saving kits. * Workshops, information booths. * Support and accompaniment with projects.

Coverage area: Saint-Léonard

Hours: Tuesday 9h00 to 12h00 and 13h00 to 17h00, Wednesday and Friday 13h00 to 17h00, Thursday 13h00 to 19h00

Financing: self-financing, grants

Legal status: non-profit organization

REGROUPEMENT DES AUBERGES DU COEUR DU QUÉBEC (LE)

4246 Jean-Talon Street East, South tower, Suite 16, Saint-Léonard, Montréal, QC, H1S 1J8

514 523-8559 Fax: 514 523-5148

Website: www.aubergesducoeur.org

Email: info@aubergesducoeur.org

Services: Promotion and advocacy for homeless young people and young people in need. * Representation of 30 emergency houses located in 10 regions of the province of Quebec.

Eligibility: young people 12 to 35 years old experiencing difficulties or homeless

Capacity: 30 youth shelters

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: variable depending on houses, a person without income can be accepted

Financing: provincial, membership fees, donations

Legal status: non-profit organization

Charity Organizations

CANADIAN-ITALIAN COMMUNITY FOUNDATION OF QUÉBEC

8370 Lacordaire Street, Suite 301, Saint-Léonard, Montréal, QC, H1R 3Y6

514 274-6725 Fax: 514 274-6353

Website: www.fcciq.com

Email: info@fcciq.com

Services: Financial support to community organizations.

Eligibility: Italian community

Coverage area: Province of Québec

Hours: Monday to Friday, by appointment

Financing: self-financing

Legal status: non-profit organization

FONDATION DES AUBERGES DU COEUR

4246 Jean-Talon Street East, South Tower, Suite 17, Saint-Léonard, Montréal, QC, H1S 1J8

514 523-3659 Fax: 514 523-2109

Website: www.aubergesducoeur.com

Email: info@aubergesducoeur.com

Services: Financially support the mission of the Auberges du coeur. * Promotes Auberges' action. * Raise awareness about homelessness and youth in difficulties.

Coverage area: Province of Québec

Hours: Monday to Friday 8h00 à 16h00

Financing: fundraising campaigns, donations

Legal status: non-profit organization

OPTIMIST INTERNATIONAL

5205 Métropolitain Boulevard East, Suite 200, Saint-Léonard, Montréal, QC, H1R 1Z1

1 800 363-7151 Fax: 514 721-1104

Website: www.optimist.org

Email: service@optimist.org

Services: International organization of volunteers. * Assistance to youth. * Scholarship programs. * Community support. * To find an Optimist Club near you, visit the website: www.optimist.org

Coverage area: Canada

Hours: Monday to Friday 8h30 to 17h00

Fees: variable

Financing: contributions, donations

Legal status: non-profit organization

SUPPORT DE LA SOCIÉTÉ QUÉBÉCOISE DE LA DÉFICIENCE INTELLECTUELLE (LE)

6275 des Grandes-Prairies Boulevard, Saint-Léonard, Montréal, QC, H1P 1A5

514 725-9797 Fax: 514 725-3530

Website: www.lesupport.ca/en

Email: sac@lesupport.ca

Services: Fundraising seeking to help people living with intellectual disabilities. * Sale of used items. * Donation pick-up: clothing, small household items, toys and leisure equipment, books and magazines. * Donation boxes: map available at www.lesupport.ca/en/donation-boxes/find-a-donation-box

Coverage area: Greater Montréal

Hours: Monday to Friday 8h00 to 16h30

Fees: none

Financing: self-financing, donations

Legal status: non-profit organization

Community centres

BUREAU ASSOCIATIF POUR LA DIVERSITÉ ET LA RÉINSERTION

8365 Langelier Boulevard, Saint-Léonard, Montréal, QC, H1P 2C3

514 324-5341 Fax: 514 324-7966

Website: www.badr.ca

Email: info@badr.ca

Services: * Physical activities: aerobics, basketball, fitness, soccer, swimming, walking club, taekwondo, judo, boxing. * Recreational activities: crafts, calligraphy, sewing, cooking, chess, singing, story time, robotics, drawing, various workshops. * Socio-community and cultural activities. * Food bank. * Psychosocial support. * Christmas baskets. * Arabic language school. * Academic support and tutoring in French, English, Spanish and mathematics. * Computer workshops. * Parent-child workshops. * Culinary workshops. * Day camp during the holidays and the summer period. * Family outings. * School supplies. * Donation of furniture. * Tax clinic. * Blood collection.

Eligibility: general population

Coverage area: Montréal Island, school supplies and Christmas baskets: Saint-Léonard

Hours: Monday to Saturday 9h00 to 18h00

Fees: variable

Financing: self-financing, membership fees

Legal status: non-profit organization

Volunteering and volunteer centres

OPTIMIST INTERNATIONAL

5205 Métropolitain Boulevard East, Suite 200, Saint-Léonard, Montréal, QC, H1R 1Z1

1 800 363-7151 Fax: 514 721-1104

Website: www.optimist.org

Email: service@optimist.org

Services: International organization of volunteers. * Assistance to youth. * Scholarship programs. * Community support. * To find an Optimist Club near you, visit the website: www.optimist.org

Coverage area: Canada

Hours: Monday to Friday 8h30 to 17h00

Fees: variable

Financing: contributions, donations

Legal status: non-profit organization

Disability

ADAPTED WORK AND EMPLOYABILITY SUPPORT

ADVOCACY FOR PEOPLE WITH A PHYSICAL DISABILITY

AUTISM, PDD, ADHD

MOBILITY AIDS

RECREATION AND CAMPS

RESPIRE, CHILD CARE AND HOUSING

SUPPORT ASSOCIATIONS

SUPPORT AND INTEGRATION ORGANIZATIONS

Adapted work and employability support

MAINS UTILES

6705 Jean-Talon Street, Saint-Léonard, Montréal, QC, H1S 1N2

514 993-9128

Email: mainsutiles@yahoo.ca

Services: 8-week industrial sewing course. * Socioprofessional integration. * Community shop. * Coffee-chats.
* Open workshops. * Occasional activities.

Eligibility: immigrant women from all cultural communities

Capacity: 8 women per group

Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 16h00, workshops: Monday to Thursday 9h00 to 13h00, free workshops: Friday

Fees: semester: \$25, workshop: free

Financing: municipal, self-financing, donations

Legal status: non-profit organization

MODE D'EMPLOI - SERVICE D'EMPLOYABILITÉ

6020 Jean-Talon Street East, Suite 400, Saint-Léonard, Montréal, QC, H1S 3B1

514 341-7272 Fax: 514 341-8884

Website: www.moelleepiniere.com/en

Email: info@moelleepiniere.com

Services: * Job search assistance, resume writing and interview simulation, job search techniques. * Individual and small group counselling. * Professional and education guidance. * Neuropsychological assessment. * Accessibility and adaptation of the work place. * Information and support for employers.

Eligibility: people living with physical or neurological disabilities, employers

Coverage area: Greater Montréal

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

Fees: none

Financing: provincial

Legal status: non-profit organization

MOELLE ÉPINIÈRE ET MOTRICITÉ QUÉBEC

6020 Jean-Talon Street East, Suite 400, Saint-Léonard, Montréal, QC, H1S 3B1

1 877 341-7272 Fax: 514 341-8884

Website: www.moelleepiniere.com/en

Email: info@moelleepiniere.com

Services: Promotion of the autonomy of people with spinal cord injuries or physical or neurological disabilities. * Reception and referral. * Social integration support. * Advocacy of rights and interests. * Employability and job integration. * Information and awareness.

Eligibility: people with spinal cord injuries, paraplegic or tetraplegic or with physical or neurological disabilities

Coverage area: Province of Québec

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

Fees: none

Financing: grants, donations, self-financing

Legal status: non-profit organization

Advocacy for people with a physical disability

ASSOCIATION QUÉBÉCOISE DES TROUBLES D'APPRENTISSAGE - SECTION SAINT-LÉONARD - EST DE MONTRÉAL

6705 Jean-Talon Street East, Suite 207, Saint-Léonard, Montréal, QC, H1S 1N2

514 259-3883

Email: info@aqetaestmontreal.org

Services: * Information and awareness. * Support groups. * Family support programs. * Active listening and referral. * Training workshops. * Learning support groups for children.

Eligibility: person living with learning disabilities, including ADHD, students, parents, professionals and counsellors, learning support groups: children with learning difficulties studying at elementary school

Coverage area: Anjou, Saint-Léonard, Mercier-Hochelaga-Maisonneuve

Hours: Monday to Thursday 9h00 to 16h30, by appointment

Fees: membership card

Financing: membership fees, fundraising campaigns, grants

Legal status: non-profit organization

MOELLE ÉPINIÈRE ET MOTRICITÉ QUÉBEC

6020 Jean-Talon Street East, Suite 400, Saint-Léonard, Montréal, QC, H1S 3B1

1 877 341-7272 Fax: 514 341-8884

Website: www.moelleepiniere.com/en

Email: info@moelleepiniere.com

Services: Promotion of the autonomy of people with spinal cord injuries or physical or neurological disabilities.

* Reception and referral. * Social integration support. * Advocacy of rights and interests. * Employability and job integration. * Information and awareness.

Eligibility: people with spinal cord injuries, paraplegic or tetraplegic or with physical or neurological disabilities

Coverage area: Province of Québec

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

Fees: none

Financing: grants, donations, self-financing

Legal status: non-profit organization

Autism, PDD, ADHD

ASSOCIATION QUÉBÉCOISE DES TROUBLES D'APPRENTISSAGE - SECTION SAINT-LÉONARD - EST DE MONTRÉAL

6705 Jean-Talon Street East, Suite 207, Saint-Léonard, Montréal, QC, H1S 1N2

514 259-3883

Email: info@aqetaestmontreal.org

Services: * Information and awareness. * Support groups. * Family support programs. * Active listening and referral. * Training workshops. * Learning support groups for children.

Eligibility: person living with learning disabilities, including ADHD, students, parents, professionals and counsellors, learning support groups: children with learning difficulties studying at elementary school

Coverage area: Anjou, Saint-Léonard, Mercier-Hochelaga-Maisonneuve

Hours: Monday to Thursday 9h00 to 16h30, by appointment

Fees: membership card

Financing: membership fees, fundraising campaigns, grants

Legal status: non-profit organization

Mobility aids

CLSC DE SAINT-LÉONARD

5540 Jarry Street East, Saint-Léonard, Montréal, QC, H1P 1T9

514 722-3000

Website: ciusss-estmtl.gouv.qc.ca/etablissement/clsc-de-saint-leonard

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: Saint-Léonard

Hours: Monday to Friday 8h00 to 20h00, tests centre: Monday to Friday 7h00 to 11h00

Financing: provincial

Legal status: parapublic organization

Recreation and camps

CLUB DU BONHEUR DE SAINT-LÉONARD

8180 Collerette Street, Saint-Léonard, Montréal, QC, H1R 2A3

514 329-3178

Services: Meeting place for adults with intellectual limitations. * Recreational activities: bingo, group games, board games, bean bags, crafts, cooking, outings.

Eligibility: adults with mild to medium intellectual limitations with or without physical limitations

Capacity: 30 people

Coverage area: Montréal Island

Hours: September to June, Sunday 13h30 to 17h00

Fees: membership: \$30 per year, activities at the centre: free, outings: about \$25

Financing: municipal, provincial, grants, donations

Legal status: non-profit organization

SICKLE CELL ANEMIA ASSOCIATION OF QUÉBEC

7333 Saint-Denis Street, Suite 3, Saint-Léonard, Montréal, QC, H1R 2E5

514 507-0891

Website: anemie-falciforme.org/en

Email: info@aafq.org

Services: * Monthly open support group, alternating between parents and young adults' groups living with sickle cell anemia. * Family respite camp. * Information workshops and conferences. * Social activities. * Support for research. * Scholarships.

Eligibility: people living with sickle cell anemia, their family

Capacity: 10 to 15 people for each support group

Coverage area: Province of Québec

Hours: support groups: Saturday

Fees: membership fees, support group: free

Financing: self-financing, donations, membership fees

Legal status: non-profit organization

Respite, child care and housing

CENTRE DES AÎNÉS DU RÉSEAU D'ENTRAIDE DE SAINT-LÉONARD

5555 Jean-Talon Street East, Saint-Léonard, Montréal, QC, H1S 1L8

514 326-4116 Fax: 514 326-5884

Email: johanne.pitt@ainesstleonard.com

Services: * Safety phone calls. * Respite days. * Community meal. * Intergenerational activities. * Assistance with filling out forms. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV).

Eligibility: seniors 55 years and over

Coverage area: Saint-Léonard

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

Fees: annual membership, activities: variable

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

Legal status: non-profit organization

CLSC DE SAINT-LÉONARD

5540 Jarry Street East, Saint-Léonard, Montréal, QC, H1P 1T9

514 722-3000

Website: ciusss-estmtl.gouv.qc.ca/etablissement/clsc-de-saint-leonard

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: Saint-Léonard

Hours: Monday to Friday 8h00 to 20h00, tests centre: Monday to Friday 7h00 to 11h00

Financing: provincial

Legal status: parapublic organization

SICKLE CELL ANEMIA ASSOCIATION OF QUÉBEC

7333 Saint-Denis Street, Suite 3, Saint-Léonard, Montréal, QC, H1R 2E5

514 507-0891

Website: anemie-falciforme.org/en

Email: info@aafq.org

Services: * Monthly open support group, alternating between parents and young adults' groups living with sickle cell anemia. * Family respite camp. * Information workshops and conferences. * Social activities. * Support for research. * Scholarships.

Eligibility: people living with sickle cell anemia, their family

Capacity: 10 to 15 people for each support group

Coverage area: Province of Québec

Hours: support groups: Saturday

Fees: membership fees, support group: free

Financing: self-financing, donations, membership fees

Legal status: non-profit organization

Support Associations

ASSOCIATION QUÉBÉCOISE DES TROUBLES D'APPRENTISSAGE - SECTION SAINT-LÉONARD - EST DE MONTRÉAL

6705 Jean-Talon Street East, Suite 207, Saint-Léonard, Montréal, QC, H1S 1N2

514 259-3883

Email: info@aqetaestmontreal.org

Services: * Information and awareness. * Support groups. * Family support programs. * Active listening and referral. * Training workshops. * Learning support groups for children.

Eligibility: person living with learning disabilities, including ADHD, students, parents, professionals and counsellors, learning support groups: children with learning difficulties studying at elementary school

Coverage area: Anjou, Saint-Léonard, Mercier-Hochelaga-Maisonneuve

Hours: Monday to Thursday 9h00 to 16h30, by appointment

Fees: membership card

Financing: membership fees, fundraising campaigns, grants

Legal status: non-profit organization

CLSC DE SAINT-LÉONARD

5540 Jarry Street East, Saint-Léonard, Montréal, QC, H1P 1T9

514 722-3000

Website: ciusss-estmtl.gouv.qc.ca/etablissement/clsc-de-saint-leonard

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: Saint-Léonard

Hours: Monday to Friday 8h00 to 20h00, tests centre: Monday to Friday 7h00 to 11h00

Financing: provincial

Legal status: parapublic organization

ITALIAN-CANADIAN COMMUNITY SERVICES OF QUÉBEC

8370 Lacordaire Boulevard, Suite 303, Saint-Léonard, Montréal, QC, H1R 3Y6

514 274-9461 Fax: 514 274-1325

Website: www.scciq.com

Email: info@scciq.com

Services: * Information, referral. * Counselling. * Translation. * Collaboration with other groups and government agencies. * Social and cultural programs, services for seniors. * Senior abuse prevention. * Health-related conferences. * Flu vaccination clinic. * Tax clinic. * Association Diabète Italo-Canadienne du Québec: information, referral, conferences, awareness and prevention related to diabetes and the treatment of diabetes.

Eligibility: Italian community and others

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00

Financing: grants, donations, fundraising campaigns

Legal status: non-profit organization

MAISON DE LA FAMILLE DE SAINT-LÉONARD

8180 Collerette Street, Saint-Léonard, Montréal, QC, H1P 2V5

514 852-6161 Fax: 514 852-0322

Website: www.mdfstleonard.org

Email: direction@mdfstleonard.org

Services: * Information and referrals. * Support workshops for parents. * MDFSL après l'école: homework assistance. * Workshops promoting child development, parent-child stimulation program and recreational activities. * Childcare. * Discussion groups for parents. * Coffee-chat. * Bambinerie: entertainment in parks. * Summer camps for children. * Development of projects with local partners. * Contribution to consultation spaces.

Eligibility: families, homework assistance: children 6 to 12 years old

Coverage area: Saint-Léonard

Hours: Monday to Friday 8h30 to 16h30

Fees: membership: \$5

Financing: federal, provincial, donations

Legal status: non-profit organization

MOELLE ÉPINIÈRE ET MOTRICITÉ QUÉBEC

6020 Jean-Talon Street East, Suite 400, Saint-Léonard, Montréal, QC, H1S 3B1

1 877 341-7272 Fax: 514 341-8884

Website: www.moelleepiniere.com/en

Email: info@moelleepiniere.com

Services: Promotion of the autonomy of people with spinal cord injuries or physical or neurological disabilities. * Reception and referral. * Social integration support. * Advocacy of rights and interests. * Employability and job integration. * Information and awareness.

Eligibility: people with spinal cord injuries, paraplegic or tetraplegic or with physical or neurological disabilities

Coverage area: Province of Québec

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

Fees: none

Financing: grants, donations, self-financing

Legal status: non-profit organization

SICKLE CELL ANEMIA ASSOCIATION OF QUÉBEC

7333 Saint-Denis Street, Suite 3, Saint-Léonard, Montréal, QC, H1R 2E5

514 507-0891

Website: anemie-falciforme.org/en

Email: info@aafq.org

Services: * Monthly open support group, alternating between parents and young adults' groups living with sickle cell anemia. * Family respite camp. * Information workshops and conferences. * Social activities. * Support for research. * Scholarships.

Eligibility: people living with sickle cell anemia, their family

Capacity: 10 to 15 people for each support group

Coverage area: Province of Québec

Hours: support groups: Saturday

Fees: membership fees, support group: free

Financing: self-financing, donations, membership fees

Legal status: non-profit organization

Support and integration organizations

ASSOCIATION QUÉBÉCOISE DES TROUBLES D'APPRENTISSAGE - SECTION SAINT-LÉONARD - EST DE MONTRÉAL

6705 Jean-Talon Street East, Suite 207, Saint-Léonard, Montréal, QC, H1S 1N2

514 259-3883

Email: info@aqetaestmontreal.org

Services: * Information and awareness. * Support groups. * Family support programs. * Active listening and referral. * Training workshops. * Learning support groups for children.

Eligibility: person living with learning disabilities, including ADHD, students, parents, professionals and counsellors, learning support groups: children with learning difficulties studying at elementary school

Coverage area: Anjou, Saint-Léonard, Mercier-Hochelaga-Maisonneuve

Hours: Monday to Thursday 9h00 to 16h30, by appointment

Fees: membership card

Financing: membership fees, fundraising campaigns, grants

Legal status: non-profit organization

Education and Literacy**ACADEMIC AND VOCATIONAL GUIDANCE****COMPUTER WORKSHOPS****DIFFICULTIES AND LEARNING DISABILITIES****HOMEWORK ASSISTANCE AND TUTORING****LANGUAGE COURSES****PUBLIC EDUCATION****VOCATIONAL TRAINING, CÉGEPs AND UNIVERSITIES**

Academic and vocational guidance

HORIZON CARRIÈRE - CARREFOUR JEUNESSE-EMPLOI VIGER/JEANNE-MANCE

5960 Jean-Talon Street East, Suite 308, Saint-Léonard, Montréal, QC, H1S 1M2

514 256-1645 Fax: 514 256-8186

Website: horizoncarriere.ca

Email: info@horizoncarriere.ca

Services: * Job search assistance and counselling. * Career and school guidance, back-to-school support. * Youth projects for 16 to 35 years old. * Specialized services for newcomers. * Pairing between employers and job seekers. * Business pre-start-up counselling.

Eligibility: people of all ages, newcomers

Coverage area: Montréal Island

Hours: Monday to Thursday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

Computer workshops

ACCUEIL AUX IMMIGRANTS DE L'EST DE MONTRÉAL

5960 Jean-Talon Street East, Suite 209, Saint-Léonard, Montréal, QC, H1S 1M2

514 723-4939 Fax: 514 723-3619

Website: www.aiemont.com

Email: info@aiemont.com

Services: * Réussir l'intégration: program offering individual meetings, needs assessment, referral services, interpretation and translation services and information sessions on life in Québec. * Professional integration: 6-weeks paid training program to develop employability. * Family: personalized support and accompaniment, coffee-meetings where parents can discuss and daycare. * Assistance with children school registration. * Seniors: recreational, sports and cultural activities for seniors. * Senior abuse prevention. * Business start-up training. * Francization. * Courses: English and computer. * Tax clinic.

Eligibility: immigrant people, members of visible minorities

Capacity: 40 places

Coverage area: East of Montréal Island

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h00, daycare: Monday to Friday 8h30 to 12h15 and 12h45 to 16h30

Fees: daycare: \$4 for 3 hours

Financing: provincial, federal, municipal

Legal status: non-profit organization

BUREAU ASSOCIATIF POUR LA DIVERSITÉ ET LA RÉINSERTION

8365 Langelier Boulevard, Saint-Léonard, Montréal, QC, H1P 2C3

514 324-5341 Fax: 514 324-7966

Website: www.badr.ca

Email: info@badr.ca

Services: * Physical activities: aerobics, basketball, fitness, soccer, swimming, walking club, taekwondo, judo, boxing. * Recreational activities: crafts, calligraphy, sewing, cooking, chess, singing, story time, robotics, drawing, various workshops. * Socio-community and cultural activities. * Food bank. * Psychosocial support. * Christmas baskets. * Arabic language school. * Academic support and tutoring in French, English, Spanish and mathematics. * Computer workshops. * Parent-child workshops. * Culinary workshops. * Day camp during the holidays and the summer period. * Family outings. * School supplies. * Donation of furniture. * Tax clinic. * Blood collection.

Eligibility: general population

Coverage area: Montréal Island, school supplies and Christmas baskets: Saint-Léonard

Hours: Monday to Saturday 9h00 to 18h00

Fees: variable

Financing: self-financing, membership fees

Legal status: non-profit organization

CENTRE DES AÎNÉS DU RÉSEAU D'ENTRAIDE DE SAINT-LÉONARD

5555 Jean-Talon Street East, Saint-Léonard, Montréal, QC, H1S 1L8

514 326-4116 Fax: 514 326-5884

Email: johanne.pitt@ainesstleonard.com

Services: * Safety phone calls. * Respite days. * Community meal. * Intergenerational activities. * Assistance with filling out forms. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV).

Eligibility: seniors 55 years and over

Coverage area: Saint-Léonard

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

Fees: annual membership, activities: variable

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

Legal status: non-profit organization

MONTRÉAL PUBLIC LIBRARIES NETWORK - SAINT-LÉONARD LIBRARY

8420 Lacordaire Boulevard, Saint-Léonard, Montréal, QC, H1R 3G5

514 328-8500 ext. 2

Website: www.bibliomontreal.com

Services: * Loan and consultation of books and audiovisual documents. * Computers, Internet access and printing devices. * Language learning stations. * Music listening stations. * Toys and educative games. * Story time. * Book club for children. * Home loan for people with reduced mobility. * Workshops, conferences and exhibitions. * Computer workshops for youth and for adults. * Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher. * Les mots partagés: intercultural coffee-meeting. * Rental of music instruments.

Eligibility: general public

Coverage area: Montréal

Hours: Monday 13h00 to 20h00, Tuesday and Wednesday 10h00 to 20h00, Thursday and Friday 10h00 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

Difficulties and learning disabilities

ASSOCIATION QUÉBÉCOISE DES TROUBLES D'APPRENTISSAGE - SECTION SAINT-LÉONARD - EST DE MONTRÉAL

6705 Jean-Talon Street East, Suite 207, Saint-Léonard, Montréal, QC, H1S 1N2

514 259-3883

Email: info@aqetaestmontreal.org

Services: * Information and awareness. * Support groups. * Family support programs. * Active listening and referral. * Training workshops. * Learning support groups for children.

Eligibility: person living with learning disabilities, including ADHD, students, parents, professionals and counsellors, learning support groups: children with learning difficulties studying at elementary school

Coverage area: Anjou, Saint-Léonard, Mercier-Hochelaga-Maisonneuve

Hours: Monday to Thursday 9h00 to 16h30, by appointment

Fees: membership card

Financing: membership fees, fundraising campaigns, grants

Legal status: non-profit organization

Homework assistance and tutoring

BUREAU ASSOCIATIF POUR LA DIVERSITÉ ET LA RÉINSERTION

8365 Langelier Boulevard, Saint-Léonard, Montréal, QC, H1P 2C3

514 324-5341 Fax: 514 324-7966

Website: www.badr.ca

Email: info@badr.ca

Services: * Physical activities: aerobics, basketball, fitness, soccer, swimming, walking club, taekwondo, judo, boxing. * Recreational activities: crafts, calligraphy, sewing, cooking, chess, singing, story time, robotics, drawing, various workshops. * Socio-community and cultural activities. * Food bank. * Psychosocial support. * Christmas baskets. * Arabic language school. * Academic support and tutoring in French, English, Spanish and mathematics. * Computer workshops. * Parent-child workshops. * Culinary workshops. * Day camp during the holidays and the summer period. * Family outings. * School supplies. * Donation of furniture. * Tax clinic. * Blood collection.

Eligibility: general population

Coverage area: Montréal Island, school supplies and Christmas baskets: Saint-Léonard

Hours: Monday to Saturday 9h00 to 18h00

Fees: variable

Financing: self-financing, membership fees

Legal status: non-profit organization

MAISON DE LA FAMILLE DE SAINT-LÉONARD

8180 Collerette Street, Saint-Léonard, Montréal, QC, H1P 2V5

514 852-6161 Fax: 514 852-0322

Website: www.mdfstleonard.org

Email: direction@mdfstleonard.org

Services: * Information and referrals. * Support workshops for parents. * MDFSL après l'école: homework assistance. * Workshops promoting child development, parent-child stimulation program and recreational activities. * Childcare. * Discussion groups for parents. * Coffee-chat. * Bambineries: entertainment in parks. * Summer camps for children. * Development of projects with local partners. * Contribution to consultation spaces.

Eligibility: families, homework assistance: children 6 to 12 years old

Coverage area: Saint-Léonard

Hours: Monday to Friday 8h30 to 16h30

Fees: membership: \$5

Financing: federal, provincial, donations

Legal status: non-profit organization

Language courses

ACCUEIL AUX IMMIGRANTS DE L'EST DE MONTRÉAL

5960 Jean-Talon Street East, Suite 209, Saint-Léonard, Montréal, QC, H1S 1M2

514 723-4939 Fax: 514 723-3619

Website: www.aiemont.com

Email: info@aiemont.com

Services: * Réussir l'intégration: program offering individual meetings, needs assessment, referral services, interpretation and translation services and information sessions on life in Québec. * Professional integration: 6-weeks paid training program to develop employability. * Family: personalized support and accompaniment, coffee-meetings where parents can discuss and daycare. * Assistance with children school registration. * Seniors: recreational, sports and cultural activities for seniors. * Senior abuse prevention. * Business start-up training. * Francization. * Courses: English and computer. * Tax clinic.

Eligibility: immigrant people, members of visible minorities

Capacity: 40 places

Coverage area: East of Montréal Island

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h00, daycare: Monday to Friday 8h30 to 12h15 and 12h45 to 16h30

Fees: daycare: \$4 for 3 hours

Financing: provincial, federal, municipal

Legal status: non-profit organization

BUREAU ASSOCIATIF POUR LA DIVERSITÉ ET LA RÉINSERTION

8365 Langelier Boulevard, Saint-Léonard, Montréal, QC, H1P 2C3

514 324-5341 Fax: 514 324-7966

Website: www.badr.ca

Email: info@badr.ca

Services: * Physical activities: aerobics, basketball, fitness, soccer, swimming, walking club, taekwondo, judo, boxing. * Recreational activities: crafts, calligraphy, sewing, cooking, chess, singing, story time, robotics, drawing, various workshops. * Socio-community and cultural activities. * Food bank. * Psychosocial support. * Christmas baskets. * Arabic language school. * Academic support and tutoring in French, English, Spanish and mathematics. * Computer workshops. * Parent-child workshops. * Culinary workshops. * Day camp during the holidays and the summer period. * Family outings. * School supplies. * Donation of furniture. * Tax clinic. * Blood collection.

Eligibility: general population

Coverage area: Montréal Island, school supplies and Christmas baskets: Saint-Léonard

Hours: Monday to Saturday 9h00 to 18h00

Fees: variable

Financing: self-financing, membership fees

Legal status: non-profit organization

Public education

BUREAU ASSOCIATIF POUR LA DIVERSITÉ ET LA RÉINSERTION

8365 Langelier Boulevard, Saint-Léonard, Montréal, QC, H1P 2C3

514 324-5341 Fax: 514 324-7966

Website: www.badr.ca

Email: info@badr.ca

Services: * Physical activities: aerobics, basketball, fitness, soccer, swimming, walking club, taekwondo, judo, boxing. * Recreational activities: crafts, calligraphy, sewing, cooking, chess, singing, story time, robotics, drawing, various workshops. * Socio-community and cultural activities. * Food bank. * Psychosocial support. * Christmas baskets. * Arabic language school. * Academic support and tutoring in French, English, Spanish and mathematics. * Computer workshops. * Parent-child workshops. * Culinary workshops. * Day camp during the holidays and the summer period. * Family outings. * School supplies. * Donation of furniture. * Tax clinic. * Blood collection.

Eligibility: general population

Coverage area: Montréal Island, school supplies and Christmas baskets: Saint-Léonard

Hours: Monday to Saturday 9h00 to 18h00

Fees: variable

Financing: self-financing, membership fees

Legal status: non-profit organization

CENTRE RÉGIONAL DE FORMATION À DISTANCE DU GRAND MONTRÉAL

5055 Métropolitain Boulevard East, Saint-Léonard, Montréal, QC, H1R 1Z7

514 353-3355 Fax: 514 353-6537

Website: www.cspi.qc.ca/distance

Email: formation-distance@cspi.qc.ca

Services: * Distance general and professional education programs (DES, DEP). * Consultation and guidance service for the courses selection. * Credential recognition.

Eligibility: adults 16 years and over

Coverage area: Province of Québec

Fees: variable

Financing: provincial

Legal status: parapublic organization

MOUVEMENT FRATERNITÉ MULTI-ETHNIQUE

5967 Jean-Talon Street East, Suite 307, Saint-Léonard, Montréal, QC, H1S 1M5

514 256-6976 Fax: 514 510-1714

Email: mfmethnique@yahoo.ca

Services: * Information and coordination of social services. * Activities for families. * Food bank. * Christmas baskets. * Internet access centre. * Citizen engagement workshops. * Tax clinic.

Eligibility: individuals and families from ethnocultural communities, people on a low income

Coverage area: Saint-Léonard

Hours: Monday to Friday 9h00 to 17h00, food bank: Thursday 12h30 to 13h30

Fees: registration: \$5 for the year, annual membership fee: \$15, food bank: \$6

Financing: provincial, federal

Legal status: non-profit organization

Vocational training, Cégeps and Universities

CENTRE RÉGIONAL DE FORMATION À DISTANCE DU GRAND MONTRÉAL

5055 Métropolitain Boulevard East, Saint-Léonard, Montréal, QC, H1R 1Z7

514 353-3355 Fax: 514 353-6537

Website: www.cspi.qc.ca/distance

Email: formation-distance@cspi.qc.ca

Services: * Distance general and professional education programs (DES, DEP). * Consultation and guidance service for the courses selection. * Credential recognition.

Eligibility: adults 16 years and over

Coverage area: Province of Québec

Fees: variable

Financing: provincial

Legal status: parapublic organization

UNIVERSITÉ DU TROISIÈME ÂGE - MONTRÉAL - SAINT-LÉONARD-ANJOU

Confidential Address

514 354-2330

Website: www.usherbrooke.ca/uta/prog/mtl/sla

Services: Educational programming distributed in 49 university branches for people aged 50 years and over. * Non-credited educational activities without papers or exams. * Different teaching methods: courses, seminars, lectures, workshops, physical activities. * Student associations promoting integration in cultural and social life.

Eligibility: people 50 years old and over, no prior degree is required

Coverage area: Montréal Island

Fees: variable tuition according to the activity, compulsory student fee: \$5, donations are optional

Financing: donations, grants

Legal status: non-profit organization

Employment and Income Support

BUDGET MANAGEMENT AND CONSUMPTION

BUSINESS DEVELOPMENT

EMPLOYMENT SUPPORT AND TRAINING

EMPLOYMENT SUPPORT FOR IMMIGRANTS

EMPLOYMENT SUPPORT FOR WOMEN

EMPLOYMENT SUPPORT FOR YOUTH

TAX CLINICS

VOCATIONAL REHABILITATION AND DISABILITY-RELATED EMPLOYMENT

Budget management and consumption

SICKLE CELL ANEMIA ASSOCIATION OF QUÉBEC

7333 Saint-Denis Street, Suite 3, Saint-Léonard, Montréal, QC, H1R 2E5

514 507-0891

Website: anemie-falciforme.org/en

Email: info@aafq.org

Services: * Monthly open support group, alternating between parents and young adults' groups living with sickle cell anemia. * Family respite camp. * Information workshops and conferences. * Social activities. * Support for research. * Scholarships.

Eligibility: people living with sickle cell anemia, their family

Capacity: 10 to 15 people for each support group

Coverage area: Province of Québec

Hours: support groups: Saturday

Fees: membership fees, support group: free

Financing: self-financing, donations, membership fees

Legal status: non-profit organization

Business development

ACCUEIL AUX IMMIGRANTS DE L'EST DE MONTRÉAL

5960 Jean-Talon Street East, Suite 209, Saint-Léonard, Montréal, QC, H1S 1M2

514 723-4939 Fax: 514 723-3619

Website: www.aiemont.com

Email: info@aiemont.com

Services: * Réussir l'intégration: program offering individual meetings, needs assessment, referral services, interpretation and translation services and information sessions on life in Québec. * Professional integration: 6-weeks paid training program to develop employability. * Family: personalized support and accompaniment, coffee-meetings where parents can discuss and daycare. * Assistance with children school registration. * Seniors: recreational, sports and cultural activities for seniors. * Senior abuse prevention. * Business start-up training. * Francization. * Courses: English and computer. * Tax clinic.

Eligibility: immigrant people, members of visible minorities

Capacity: 40 places

Coverage area: East of Montréal Island

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h00, daycare: Monday to Friday 8h30 to 12h15 and 12h45 to 16h30

Fees: daycare: \$4 for 3 hours

Financing: provincial, federal, municipal

Legal status: non-profit organization

CENTRE LOCAL D'EMPLOI DE SAINT-LÉONARD

8257 Langelier Boulevard, Saint-Léonard, Montréal, QC, H1P 2B7

514 864-6161 Fax: 514 873-1965

Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi

Services: Accompaniment services regarding job market integration process and last-resort financial assistance. * Info-emploi counter: job bank that can be consulted on site. * Job search assistance: redaction of resume and preparation to interview. * 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 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Saint-Léonard

Hours: Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

Employment support and training

CENTRE LOCAL D'EMPLOI DE SAINT-LÉONARD

8257 Langelier Boulevard, Saint-Léonard, Montréal, QC, H1P 2B7

514 864-6161 Fax: 514 873-1965

Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi

Services: Accompaniment services regarding job market integration process and last-resort financial assistance. * Info-emploi counter: job bank that can be consulted on site. * Job search assistance: redaction of resume and preparation to interview. * 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 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Saint-Léonard

Hours: Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

HORIZON CARRIÈRE - CARREFOUR JEUNESSE-EMPLOI VIGER/JEANNE-MANCE

5960 Jean-Talon Street East, Suite 308, Saint-Léonard, Montréal, QC, H1S 1M2

514 256-1645 Fax: 514 256-8186

Website: horizoncarriere.ca

Email: info@horizoncarriere.ca

Services: * Job search assistance and counselling. * Career and school guidance, back-to-school support. * Youth projects for 16 to 35 years old. * Specialized services for newcomers. * Pairing between employers and job seekers. * Business pre-start-up counselling.

Eligibility: people of all ages, newcomers

Coverage area: Montréal Island

Hours: Monday to Thursday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

Employment support for immigrants

ACCUEIL AUX IMMIGRANTS DE L'EST DE MONTRÉAL

5960 Jean-Talon Street East, Suite 209, Saint-Léonard, Montréal, QC, H1S 1M2

514 723-4939 Fax: 514 723-3619

Website: www.aiemont.com

Email: info@aiemont.com

Services: * Réussir l'intégration: program offering individual meetings, needs assessment, referral services, interpretation and translation services and information sessions on life in Québec. * Professional integration: 6-weeks paid training program to develop employability. * Family: personalized support and accompaniment, coffee-meetings where parents can discuss and daycare. * Assistance with children school registration. * Seniors: recreational, sports and cultural activities for seniors. * Senior abuse prevention. * Business start-up training. * Francization. * Courses: English and computer. * Tax clinic.

Eligibility: immigrant people, members of visible minorities

Capacity: 40 places

Coverage area: East of Montréal Island

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h00, daycare: Monday to Friday 8h30 to 12h15 and 12h45 to 16h30

Fees: daycare: \$4 for 3 hours

Financing: provincial, federal, municipal

Legal status: non-profit organization

HORIZON CARRIÈRE - CARREFOUR JEUNESSE-EMPLOI VIGER/JEANNE-MANCE

5960 Jean-Talon Street East, Suite 308, Saint-Léonard, Montréal, QC, H1S 1M2

514 256-1645 Fax: 514 256-8186

Website: horizoncarriere.ca

Email: info@horizoncarriere.ca

Services: * Job search assistance and counselling. * Career and school guidance, back-to-school support. * Youth projects for 16 to 35 years old. * Specialized services for newcomers. * Pairing between employers and job seekers. * Business pre-start-up counselling.

Eligibility: people of all ages, newcomers

Coverage area: Montréal Island

Hours: Monday to Thursday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

MAINS UTILES

6705 Jean-Talon Street, Saint-Léonard, Montréal, QC, H1S 1N2

514 993-9128

Email: mainsutiles@yahoo.ca

Services: 8-week industrial sewing course. * Socioprofessional integration. * Community shop. * Coffee-chats. * Open workshops. * Occasional activities.

Eligibility: immigrant women from all cultural communities

Capacity: 8 women per group

Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 16h00, workshops: Monday to Thursday 9h00 to 13h00, free workshops: Friday

Fees: semester: \$25, workshop: free

Financing: municipal, self-financing, donations

Legal status: non-profit organization

SERVICE CANADA CENTRE - SAINT-LÉONARD (MONTRÉAL)

6020 Jean-Talon Street East, Suite 500, Saint-Léonard, Montréal, QC, H1S 3A9

1 800 622-6232 TTY: 1 800 926-9105**Website:** www.canada.ca

Services: Service centre bringing together programs, services and benefits at the federal level. * Applications for Social Insurance Number. * Information on the labor market. * Job bank. * Record of Employment. * Annuities. * Retirement pension from Canada Pension Plan. * Guaranteed Income Supplement, Old Age Security. * International Benefits. * Career Transition Services for veterans. * Allowance Program. * Special Benefits. * Employment Insurance Regular Benefits. * Career Planning. * Wage Earner Protection Program. * Canada Summer Jobs (CSJ) for youth and students. * Orientation on foreign credentials. * Receiving agents of passports. * Office of complaints. * Employer service centre. * Prevention and reporting of fraud. * Savings plan. * Income support for parents of murdered or missing children.

Coverage area: Saint-Léonard**Hours:** Monday to Friday 8h30 to 16h00**Financing:** federal**Legal status:** federal government agency**Employment support for women****MAINS UTILES**

6705 Jean-Talon Street, Saint-Léonard, Montréal, QC, H1S 1N2

514 993-9128**Email:** mainsutiles@yahoo.ca

Services: 8-week industrial sewing course. * Socioprofessional integration. * Community shop. * Coffee-chats. * Open workshops. * Occasional activities.

Eligibility: immigrant women from all cultural communities**Capacity:** 8 women per group**Coverage area:** Montréal Island**Hours:** Monday to Friday 8h30 to 16h00, workshops: Monday to Thursday 9h00 to 13h00, free workshops: Friday**Fees:** semester: \$25, workshop: free**Financing:** municipal, self-financing, donations**Legal status:** non-profit organization**Employment support for youth****HORIZON CARRIÈRE - CARREFOUR JEUNESSE-EMPLOI VIGER/JEANNE-MANCE**

5960 Jean-Talon Street East, Suite 308, Saint-Léonard, Montréal, QC, H1S 1M2

514 256-1645 Fax: 514 256-8186**Website:** horizoncarriere.ca**Email:** info@horizoncarriere.ca

Services: * Job search assistance and counselling. * Career and school guidance, back-to-school support. * Youth projects for 16 to 35 years old. * Specialized services for newcomers. * Pairing between employers and job seekers. * Business pre-start-up counselling.

Eligibility: people of all ages, newcomers**Coverage area:** Montréal Island**Hours:** Monday to Thursday 8h30 to 16h30**Fees:** none**Financing:** provincial**Legal status:** non-profit organization

Tax clinics

BUREAU ASSOCIATIF POUR LA DIVERSITÉ ET LA RÉINSERTION - TAX CLINIC

8365 Langelier Boulevard, Saint-Léonard, Montréal, QC, H1P 2C3

514 324-5341 Fax: 514 324-7966

Website: www.badr.ca

Email: info@badr.ca

Services: Year-round online tax clinic.

Eligibility: newcomers, families on a low or middle income, single-parent families, young students

Coverage area: Montréal Island

Hours: 2021 clinic: online clinic, by appointment

Fees: \$10 per person

Financing: self-financing, membership fees

Legal status: non-profit organization

Vocational rehabilitation and disability-related employment

CENTRE LOCAL D'EMPLOI DE SAINT-LÉONARD

8257 Langelier Boulevard, Saint-Léonard, Montréal, QC, H1P 2B7

514 864-6161 Fax: 514 873-1965

Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi

Services: Accompaniment services regarding job market integration process and last-resort financial assistance. * Info-emploi counter: job bank that can be consulted on site. * Job search assistance: redaction of resume and preparation to interview. * 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 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Saint-Léonard

Hours: Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

MAINS UTILES

6705 Jean-Talon Street, Saint-Léonard, Montréal, QC, H1S 1N2

514 993-9128

Email: mainsutiles@yahoo.ca

Services: 8-week industrial sewing course. * Socioprofessional integration. * Community shop. * Coffee-chats.

* Open workshops. * Occasional activities.

Eligibility: immigrant women from all cultural communities

Capacity: 8 women per group

Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 16h00, workshops: Monday to Thursday 9h00 to 13h00, free workshops: Friday

Fees: semester: \$25, workshop: free

Financing: municipal, self-financing, donations

Legal status: non-profit organization

MODE D'EMPLOI - SERVICE D'EMPLOYABILITÉ

6020 Jean-Talon Street East, Suite 400, Saint-Léonard, Montréal, QC, H1S 3B1

514 341-7272 Fax: 514 341-8884

Website: www.moelleepiniere.com/en

Email: info@moelleepiniere.com

Services: * Job search assistance, resume writing and interview simulation, job search techniques. * Individual and small group counselling. * Professional and education guidance. * Neuropsychological assessment. * Accessibility and adaptation of the work place. * Information and support for employers.

Eligibility: people living with physical or neurological disabilities, employers

Coverage area: Greater Montréal

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

Fees: none

Financing: provincial

Legal status: non-profit organization

MOELLE ÉPINIÈRE ET MOTRICITÉ QUÉBEC

6020 Jean-Talon Street East, Suite 400, Saint-Léonard, Montréal, QC, H1S 3B1

1 877 341-7272 Fax: 514 341-8884

Website: www.moelleepiniere.com/en

Email: info@moelleepiniere.com

Services: Promotion of the autonomy of people with spinal cord injuries or physical or neurological disabilities.

* Reception and referral. * Social integration support. * Advocacy of rights and interests. * Employability and job integration. * Information and awareness.

Eligibility: people with spinal cord injuries, paraplegic or tetraplegic or with physical or neurological disabilities

Coverage area: Province of Québec

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

Fees: none

Financing: grants, donations, self-financing

Legal status: non-profit organization

SERVICE CANADA CENTRE - SAINT-LÉONARD (MONTRÉAL)

6020 Jean-Talon Steet East, Suite 500, Saint-Léonard, Montréal, QC, H1S 3A9

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Service centre bringing together programs, services and benefits at the federal level. * Applications for Social Insurance Number. * Information on the labor market. * Job bank. * Record of Employment. * Annuities. * Retirement pension from Canada Pension Plan. * Guaranteed Income Supplement, Old Age Security. * International Benefits. * Career Transition Services for veterans. * Allowance Program. * Special Benefits. * Employment Insurance Regular Benefits. * Career Planning. * Wage Earner Protection Program. * Canada Summer Jobs (CSJ) for youth and students. * Orientation on foreign credentials. * Receiving agents of passports. * Office of complaints. * Employer service centre. * Prevention and reporting of fraud. * Savings plan. * Income support for parents of murdered or missing children.

Coverage area: Saint-Léonard

Hours: Monday to Friday 8h30 to 16h00

Financing: federal

Legal status: federal government agency

Food

CHRISTMAS BASKET

COLLECTIVE KITCHENS AND COOKING WORKSHOPS

FOOD ASSISTANCE

FOOD AID FOR PREGNANT WOMEN AND CHILDREN

LOW COST OR FREE MEALS

PREPARED MEALS AND MEALS-ON-WHEELS

Christmas basket

ASSOCIATION ALERTE PROVIDENCE

5420 des Angevins Street, basement, Saint-Léonard, Montréal, QC, H1S 2E8
438 879-9659

Email: aaprovidence@gmail.com

Services: Food bank. *Food aid. *Christmas baskets.

Eligibility: people on a low income

Capacity: 200 to 250 people

Coverage area: Saint-Léonard

Hours: Wednesday 15h00 to 19h00

Fees: \$6 per basket

Financing: contributions

Legal status: non-profit organization

ASSOCIATION HAÏTIANO-CANADO-QUÉBÉCOISE D'AIDE AUX DÉMUNIS - PAVILLON LUIGI-PIRANDELLO

4550 de Compiègne Street, Saint-Léonard, Montréal, QC, H1R 2X4

514 852-1011 Fax: 514 852-1019

Email: fjoseph98@hotmail.com

Services: * Food bank. * Collective kitchen. * Summer camp for youth 17 years and over. * Christmas basket and party.

Eligibility: people on a low income from any ethnic background

Coverage area: Saint-Léonard

Hours: food bank: Thursday 9h00 to 15h00, collective kitchen: 3rd Friday of the month

Fees: food aid: \$7 per basket, collective kitchen: \$5

Financing: self-financing

Legal status: non-profit organization

BUREAU ASSOCIATIF POUR LA DIVERSITÉ ET LA RÉINSERTION

8365 Langelier Boulevard, Saint-Léonard, Montréal, QC, H1P 2C3

514 324-5341 Fax: 514 324-7966

Website: www.badr.ca

Email: info@badr.ca

Services: * Physical activities: aerobics, basketball, fitness, soccer, swimming, walking club, taekwondo, judo, boxing. * Recreational activities: crafts, calligraphy, sewing, cooking, chess, singing, story time, robotics, drawing, various workshops. * Socio-community and cultural activities. * Food bank. * Psychosocial support. * Christmas baskets. * Arabic language school. * Academic support and tutoring in French, English, Spanish and mathematics. * Computer workshops. * Parent-child workshops. * Culinary workshops. * Day camp during the holidays and the summer period. * Family outings. * School supplies. * Donation of furniture. * Tax clinic. * Blood collection.

Eligibility: general population

Coverage area: Montréal Island, school supplies and Christmas baskets: Saint-Léonard

Hours: Monday to Saturday 9h00 to 18h00

Fees: variable

Financing: self-financing, membership fees

Legal status: non-profit organization

MOUVEMENT FRATERNITÉ MULTI-ETHNIQUE

5967 Jean-Talon Street East, Suite 307, Saint-Léonard, Montréal, QC, H1S 1M5

514 256-6976 Fax: 514 510-1714

Email: mfmethnique@yahoo.ca

Services: * Information and coordination of social services. * Activities for families. * Food bank. * Christmas baskets. * Internet access centre. * Citizen engagement workshops. * Tax clinic.

Eligibility: individuals and families from ethnocultural communities, people on a low income

Coverage area: Saint-Léonard

Hours: Monday to Friday 9h00 to 17h00, food bank: Thursday 12h30 to 13h30

Fees: registration: \$5 for the year, annual membership fee: \$15, food bank: \$6

Financing: provincial, federal

Legal status: non-profit organization

Collective kitchens and cooking workshops

ASSOCIATION HAÏTIANO-CANADO-QUÉBÉCOISE D'AIDE AUX DÉMUNIS - PAVILLON LUIGI-PIRANDELLO

4550 de Compiègne Street, Saint-Léonard, Montréal, QC, H1R 2X4

514 852-1011 Fax: 514 852-1019

Email: fjoseph98@hotmail.com

Services: * Food bank. * Collective kitchen. * Summer camp for youth 17 years and over. * Christmas basket and party.

Eligibility: people on a low income from any ethnic background

Coverage area: Saint-Léonard

Hours: food bank: Thursday 9h00 to 15h00, collective kitchen: 3rd Friday of the month

Fees: food aid: \$7 per basket, collective kitchen: \$5

Financing: self-financing

Legal status: non-profit organization

TABLE RONDE DE SAINT-LÉONARD (LA)

8180 Collerette Street, Suite 1234, Saint-Léonard, Montréal, QC, H1P 2V5

514 955-6464 Fax: 514 955-7261

Email: trsl@bellnet.ca

Services: * Community restaurant. * Collective kitchen. * Cooking workshops for preschoolers and for parents experiencing difficulties who have children 0 to 5 years old. * Frozen meals for take-out or delivery upon request.

Capacity: restaurant: 90 people, other activities: 15 people

Coverage area: Saint-Léonard

Hours: administration: Monday to Friday 9h00 to 16h00

Fees: membership card: \$5, restaurant: \$4.50 per adult, \$3.50 per child, frozen meals: \$4

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

Food Assistance

ASSOCIATION ALERTE PROVIDENCE

5420 des Angevins Street, basement, Saint-Léonard, Montréal, QC, H1S 2E8

438 879-9659

Email: aaprovidence@gmail.com

Services: Food bank. *Food aid. *Christmas baskets.

Eligibility: people on a low income

Capacity: 200 to 250 people

Coverage area: Saint-Léonard

Hours: Wednesday 15h00 to 19h00

Fees: \$6 per basket

Financing: contributions

Legal status: non-profit organization

ASSOCIATION HAÏTIANO-CANADO-QUÉBÉCOISE D'AIDE AUX DÉMUNIS - PAVILLON LUIGI-PIRANDELLO

4550 de Compiègne Street, Saint-Léonard, Montréal, QC, H1R 2X4

514 852-1011 Fax: 514 852-1019

Email: fjoseph98@hotmail.com

Services: * Food bank. * Collective kitchen. * Summer camp for youth 17 years and over. * Christmas basket and party.

Eligibility: people on a low income from any ethnic background

Coverage area: Saint-Léonard

Hours: food bank: Thursday 9h00 to 15h00, collective kitchen: 3rd Friday of the month

Fees: food aid: \$7 per basket, collective kitchen: \$5

Financing: self-financing

Legal status: non-profit organization

BUREAU ASSOCIATIF POUR LA DIVERSITÉ ET LA RÉINSERTION

8365 Langelier Boulevard, Saint-Léonard, Montréal, QC, H1P 2C3

514 324-5341 Fax: 514 324-7966

Website: www.badr.ca

Email: info@badr.ca

Services: * Physical activities: aerobics, basketball, fitness, soccer, swimming, walking club, taekwondo, judo, boxing. * Recreational activities: crafts, calligraphy, sewing, cooking, chess, singing, story time, robotics, drawing, various workshops. * Socio-community and cultural activities. * Food bank. * Psychosocial support. * Christmas baskets. * Arabic language school. * Academic support and tutoring in French, English, Spanish and mathematics. * Computer workshops. * Parent-child workshops. * Culinary workshops. * Day camp during the holidays and the summer period. * Family outings. * School supplies. * Donation of furniture. * Tax clinic. * Blood collection.

Eligibility: general population

Coverage area: Montréal Island, school supplies and Christmas baskets: Saint-Léonard

Hours: Monday to Saturday 9h00 to 18h00

Fees: variable

Financing: self-financing, membership fees

Legal status: non-profit organization

MISSION ÉVANGÉLIQUE VISION INTERNATIONALE

Confidential Address

450 900-0706

Website: www.mevi.ca

Email: contact@mevi.ca

Services: Food bank. * On-site recovery of non-perishable food donations.

Eligibility: people with a family income less than \$20 000

Coverage area: priority to Saint-Léonard, depending on resources: Montréal Island, Longueuil and Laval

Hours: food bank: Thursday and Friday 18h00 to 20h00, by appointment

Fees: voluntary contributions

Financing: donations, self-financing

Legal status: non-profit organization

MOUVEMENT FRATERNITÉ MULTI-ETHNIQUE

5967 Jean-Talon Street East, Suite 307, Saint-Léonard, Montréal, QC, H1S 1M5

514 256-6976 Fax: 514 510-1714

Email: mfmethnique@yahoo.ca

Services: * Information and coordination of social services. * Activities for families. * Food bank. * Christmas baskets. * Internet access centre. * Citizen engagement workshops. * Tax clinic.

Eligibility: individuals and families from ethnocultural communities, people on a low income

Coverage area: Saint-Léonard

Hours: Monday to Friday 9h00 to 17h00, food bank: Thursday 12h30 to 13h30

Fees: registration: \$5 for the year, annual membership fee: \$15, food bank: \$6

Financing: provincial, federal

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINT-LÉONARD - GARDE-MANGER DE ROSALIE

8180 Collerette Street, Suite 1210, Saint-Léonard, Montréal, QC, H1P 1V5

514 852-2142

Services: * Weekly food bags distribution. * Emergency food assistance.

Eligibility: people on a low income

Coverage area: Saint-Léonard

Hours: Thursday 13h00 to 15h00, by appointment

Financing: donations, self-financing

Legal status: non-profit organization

Food aid for pregnant women and children

CLSC DE SAINT-LÉONARD

5540 Jarry Street East, Saint-Léonard, Montréal, QC, H1P 1T9

514 722-3000

Website: ciusss-estmtl.gouv.qc.ca/etablissement/clsc-de-saint-leonard

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: Saint-Léonard

Hours: Monday to Friday 8h00 to 20h00, tests centre: Monday to Friday 7h00 to 11h00

Financing: provincial

Legal status: parapublic organization

Low cost or free meals

CENTRE DES AÎNÉS DU RÉSEAU D'ENTRAIDE DE SAINT-LÉONARD

5555 Jean-Talon Street East, Saint-Léonard, Montréal, QC, H1S 1L8

514 326-4116 Fax: 514 326-5884

Email: johanne.pitt@ainesstleonard.com

Services: * Safety phone calls. * Respite days. * Community meal. * Intergenerational activities. * Assistance with filling out forms. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV).

Eligibility: seniors 55 years and over

Coverage area: Saint-Léonard

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

Fees: annual membership, activities: variable

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

Legal status: non-profit organization

CERCLE DU 3E ÂGE DE SAINTE-ANGÈLE

Giuseppe-Garibaldi Park, 7125 Liénart Street, Saint-Léonard, Montréal, QC, H1S 2X9
514 327-6645

Services: Social and recreational activities for seniors. * Physical activities: dance classes, fitness, bocce, petanque and yoga. * Card games, bridge, pucks and board games. * Bowling league. * Indoor and outdoor dance evenings. * Thematic outings: sugar shack, apple picking, etc. * Thematic meals: mechoui, corn roast, etc. * L'Info de Sainte-Angèle newsletter: publication of offered activities.

Eligibility: people 50 years old and over

Coverage area: Saint-Léonard

Hours: indoor activities: September to May, outdoor activities: May to September, variable schedule

Fees: annual membership: \$7, dance classes: \$3 for 2h30, activities: variable

Financing: self-financing, donations, municipal, provincial

Legal status: non-profit organization

TABLE RONDE DE SAINT-LÉONARD (LA)

8180 Collerette Street, Suite 1234, Saint-Léonard, Montréal, QC, H1P 2V5
514 955-6464 Fax: 514 955-7261

Email: trsl@bellnet.ca

Services: * Community restaurant. * Collective kitchen. * Cooking workshops for preschoolers and for parents experiencing difficulties who have children 0 to 5 years old. * Frozen meals for take-out or delivery upon request.

Capacity: restaurant: 90 people, other activities: 15 people

Coverage area: Saint-Léonard

Hours: administration: Monday to Friday 9h00 to 16h00

Fees: membership card: \$5, restaurant: \$4.50 per adult, \$3.50 per child, frozen meals: \$4

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

Prepared meals and Meals-on-wheels**TABLE RONDE DE SAINT-LÉONARD (LA)**

8180 Collerette Street, Suite 1234, Saint-Léonard, Montréal, QC, H1P 2V5
514 955-6464 Fax: 514 955-7261

Email: trsl@bellnet.ca

Services: * Community restaurant. * Collective kitchen. * Cooking workshops for preschoolers and for parents experiencing difficulties who have children 0 to 5 years old. * Frozen meals for take-out or delivery upon request.

Capacity: restaurant: 90 people, other activities: 15 people

Coverage area: Saint-Léonard

Hours: administration: Monday to Friday 9h00 to 16h00

Fees: membership card: \$5, restaurant: \$4.50 per adult, \$3.50 per child, frozen meals: \$4

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

Government services

FEDERAL SERVICES

MUNICIPAL SERVICES

OFFICIAL DOCUMENTS

PROVINCIAL SERVICES

Federal services

SERVICE CANADA CENTRE - SAINT-LÉONARD (MONTRÉAL)

6020 Jean-Talon Steet East, Suite 500, Saint-Léonard, Montréal, QC, H1S 3A9

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Service centre bringing together programs, services and benefits at the federal level. * Applications for Social Insurance Number. * Information on the labor market. * Job bank. * Record of Employment. * Annuities. * Retirement pension from Canada Pension Plan. * Guaranteed Income Supplement, Old Age Security. * International Benefits. * Career Transition Services for veterans. * Allowance Program. * Special Benefits. * Employment Insurance Regular Benefits. * Career Planning. * Wage Earner Protection Program. * Canada Summer Jobs (CSJ) for youth and students. * Orientation on foreign credentials. * Receiving agents of passports. * Office of complaints. * Employer service centre. * Prevention and reporting of fraud. * Savings plan. * Income support for parents of murdered or missing children.

Coverage area: Saint-Léonard

Hours: Monday to Friday 8h30 to 16h00

Financing: federal

Legal status: federal government agency

Municipal services

SAINT-LÉONARD - BOROUGH

8400 Lacordaire Boulevard, Saint-Léonard, Montréal, QC, H1R 3B1

311 Fax: 514 328-7006

Website: ville.montreal.qc.ca/st-leonard

Email: bureau.st-leonard@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 property.

Coverage area: Saint-Léonard

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 15h30

Financing: municipal

Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 42 - SAINT-LÉONARD

8181 Lacordaire Boulevard, Saint-Léonard, Montréal, QC, H1R 2A3

514 280-0142 Fax: 514 280-0642

Website: spvm.qc.ca/en/PDQ42

Email: pdq42@spvm.qc.ca

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

Eligibility: citizens and residents of the neighbourhood

Coverage area: Saint-Léonard

Hours: Monday to Sunday 9h00 to 19h00

Financing: municipal, provincial

Legal status: municipal agency

Official documents

SERVICE CANADA CENTRE - SAINT-LÉONARD (MONTRÉAL)

6020 Jean-Talon Steet East, Suite 500, Saint-Léonard, Montréal, QC, H1S 3A9

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Service centre bringing together programs, services and benefits at the federal level. * Applications for Social Insurance Number. * Information on the labor market. * Job bank. * Record of Employment. * Annuities. * Retirement pension from Canada Pension Plan. * Guaranteed Income Supplement, Old Age Security. * International Benefits. * Career Transition Services for veterans. * Allowance Program. * Special Benefits. * Employment Insurance Regular Benefits. * Career Planning. * Wage Earner Protection Program. * Canada Summer Jobs (CSJ) for youth and students. * Orientation on foreign credentials. * Receiving agents of passports. * Office of complaints. * Employer service centre. * Prevention and reporting of fraud. * Savings plan. * Income support for parents of murdered or missing children.

Coverage area: Saint-Léonard

Hours: Monday to Friday 8h30 to 16h00

Financing: federal

Legal status: federal government agency

Provincial services

CENTRE LOCAL D'EMPLOI DE SAINT-LÉONARD

8257 Langelier Boulevard, Saint-Léonard, Montréal, QC, H1P 2B7

514 864-6161 Fax: 514 873-1965

Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi

Services: Accompaniment services regarding job market integration process and last-resort financial assistance. * Info-emploi counter: job bank that can be consulted on site. * Job search assistance: redaction of resume and preparation to interview. * 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 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Saint-Léonard

Hours: Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

Health

FAMILY PLANNING

HOME CARE

HOSPITALS, CLSC AND COMMUNITY CLINICS

PALLIATIVE CARE

PATIENT SUPPORT ASSOCIATIONS

PUBLIC HEALTH

Family planning

CLSC DE SAINT-LÉONARD

5540 Jarry Street East, Saint-Léonard, Montréal, QC, H1P 1T9

514 722-3000

Website: ciusss-estmtl.gouv.qc.ca/etablissement/clsc-de-saint-leonard

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: Saint-Léonard

Hours: Monday to Friday 8h00 to 20h00, tests centre: Monday to Friday 7h00 to 11h00

Financing: provincial

Legal status: parapublic organization

Home care

CLSC DE SAINT-LÉONARD

5540 Jarry Street East, Saint-Léonard, Montréal, QC, H1P 1T9

514 722-3000

Website: ciusss-estmtl.gouv.qc.ca/etablissement/clsc-de-saint-leonard

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: Saint-Léonard

Hours: Monday to Friday 8h00 to 20h00, tests centre: Monday to Friday 7h00 to 11h00

Financing: provincial

Legal status: parapublic organization

Hospitals, CLSC and community clinics

CLSC DE SAINT-LÉONARD

5540 Jarry Street East, Saint-Léonard, Montréal, QC, H1P 1T9

514 722-3000

Website: ciusss-estmtl.gouv.qc.ca/etablissement/clsc-de-saint-leonard

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: Saint-Léonard

Hours: Monday to Friday 8h00 to 20h00, tests centre: Monday to Friday 7h00 to 11h00

Financing: provincial

Legal status: parapublic organization

Palliative care

CLSC DE SAINT-LÉONARD

5540 Jarry Street East, Saint-Léonard, Montréal, QC, H1P 1T9

514 722-3000

Website: ciusss-estmtl.gouv.qc.ca/etablissement/clsc-de-saint-leonard

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: Saint-Léonard

Hours: Monday to Friday 8h00 to 20h00, tests centre: Monday to Friday 7h00 to 11h00

Financing: provincial

Legal status: parapublic organization

Patient support associations

ASSOCIATION QUÉBÉCOISE DES TROUBLES D'APPRENTISSAGE - SECTION SAINT-LÉONARD - EST DE MONTRÉAL

6705 Jean-Talon Street East, Suite 207, Saint-Léonard, Montréal, QC, H1S 1N2

514 259-3883

Email: info@aqetaestmontreal.org

Services: * Information and awareness. * Support groups. * Family support programs. * Active listening and referral. * Training workshops. * Learning support groups for children.

Eligibility: person living with learning disabilities, including ADHD, students, parents, professionals and counsellors, learning support groups: children with learning difficulties studying at elementary school

Coverage area: Anjou, Saint-Léonard, Mercier-Hochelaga-Maisonneuve

Hours: Monday to Thursday 9h00 to 16h30, by appointment

Fees: membership card

Financing: membership fees, fundraising campaigns, grants

Legal status: non-profit organization

CLSC DE SAINT-LÉONARD

5540 Jarry Street East, Saint-Léonard, Montréal, QC, H1P 1T9

514 722-3000

Website: ciusss-estmtl.gouv.qc.ca/etablissement/clsc-de-saint-leonard

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: Saint-Léonard

Hours: Monday to Friday 8h00 to 20h00, tests centre: Monday to Friday 7h00 to 11h00

Financing: provincial

Legal status: parapublic organization

ITALIAN-CANADIAN COMMUNITY SERVICES OF QUÉBEC

8370 Lacordaire Boulevard, Suite 303, Saint-Léonard, Montréal, QC, H1R 3Y6

514 274-9461 Fax: 514 274-1325

Website: www.scciq.com

Email: info@scciq.com

Services: * Information, referral. * Counselling. * Translation. * Collaboration with other groups and government agencies. * Social and cultural programs, services for seniors. * Senior abuse prevention. * Health-related conferences. * Flu vaccination clinic. * Tax clinic. * Association Diabète Italo-Canadienne du Québec: information, referral, conferences, awareness and prevention related to diabetes and the treatment of diabetes.

Eligibility: Italian community and others

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00

Financing: grants, donations, fundraising campaigns

Legal status: non-profit organization

MOELLE ÉPINIÈRE ET MOTRICITÉ QUÉBEC

6020 Jean-Talon Street East, Suite 400, Saint-Léonard, Montréal, QC, H1S 3B1

1 877 341-7272 Fax: 514 341-8884

Website: www.moelleepiniere.com/en

Email: info@moelleepiniere.com

Services: Promotion of the autonomy of people with spinal cord injuries or physical or neurological disabilities. * Reception and referral. * Social integration support. * Advocacy of rights and interests. * Employability and job integration. * Information and awareness.

Eligibility: people with spinal cord injuries, paraplegic or tetraplegic or with physical or neurological disabilities

Coverage area: Province of Québec

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

Fees: none

Financing: grants, donations, self-financing

Legal status: non-profit organization

SICKLE CELL ANEMIA ASSOCIATION OF QUÉBEC

7333 Saint-Denis Street, Suite 3, Saint-Léonard, Montréal, QC, H1R 2E5

514 507-0891

Website: anemie-falciforme.org/en

Email: info@aafq.org

Services: * Monthly open support group, alternating between parents and young adults' groups living with sickle cell anemia. * Family respite camp. * Information workshops and conferences. * Social activities. * Support for research. * Scholarships.

Eligibility: people living with sickle cell anemia, their family

Capacity: 10 to 15 people for each support group

Coverage area: Province of Québec

Hours: support groups: Saturday

Fees: membership fees, support group: free

Financing: self-financing, donations, membership fees

Legal status: non-profit organization

Public Health

CLSC DE SAINT-LÉONARD

5540 Jarry Street East, Saint-Léonard, Montréal, QC, H1P 1T9

514 722-3000

Website: ciusss-estmtl.gouv.qc.ca/etablissement/clsc-de-saint-leonard

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: Saint-Léonard

Hours: Monday to Friday 8h00 to 20h00, tests centre: Monday to Friday 7h00 to 11h00

Financing: provincial

Legal status: parapublic organization

ITALIAN-CANADIAN COMMUNITY SERVICES OF QUÉBEC

8370 Lacordaire Boulevard, Suite 303, Saint-Léonard, Montréal, QC, H1R 3Y6

514 274-9461 Fax: 514 274-1325

Website: www.scciq.com

Email: info@scciq.com

Services: * Information, referral. * Counselling. * Translation. * Collaboration with other groups and government agencies. * Social and cultural programs, services for seniors. * Senior abuse prevention. * Health-related conferences. * Flu vaccination clinic. * Tax clinic. * Association Diabète Italo-Canadienne du Québec: information, referral, conferences, awareness and prevention related to diabetes and the treatment of diabetes.

Eligibility: Italian community and others

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00

Financing: grants, donations, fundraising campaigns

Legal status: non-profit organization

Homelessness

ADVOCACY

MOBILE UNITS AND STREET WORK

Advocacy

REGROUPEMENT DES AUBERGES DU COEUR DU QUÉBEC (LE)

4246 Jean-Talon Street East, South tower, Suite 16, Saint-Léonard, Montréal, QC, H1S 1J8

514 523-8559 Fax: 514 523-5148

Website: www.aubergesducoeur.org

Email: info@aubergesducoeur.org

Services: Promotion and advocacy for homeless young people and young people in need. * Representation of 30 emergency houses located in 10 regions of the province of Quebec.

Eligibility: young people 12 to 35 years old experiencing difficulties or homeless

Capacity: 30 youth shelters

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: variable depending on houses, a person without income can be accepted

Financing: provincial, membership fees, donations

Legal status: non-profit organization

Mobile units and street work

CLSC DE SAINT-LÉONARD

5540 Jarry Street East, Saint-Léonard, Montréal, QC, H1P 1T9

514 722-3000

Website: ciusss-estmtl.gouv.qc.ca/etablissement/clsc-de-saint-leonard

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: Saint-Léonard

Hours: Monday to Friday 8h00 to 20h00, tests centre: Monday to Friday 7h00 to 11h00

Financing: provincial

Legal status: parapublic organization

Housing

ADVOCACY FOR HOUSING

EMERGENCY

HOUSING COOPERATIVES AND CORPORATIONS

Advocacy for housing

ACTION DIGNITÉ DE SAINT-LÉONARD

9089 A Viau Boulevard, Saint-Léonard, Montréal, QC, H1R 2V6

514 251-2874

Website: www.addsl.org

Email: actdigsl@cooptel.qc.ca

Services: Housing committee aiming to improve tenants' living conditions. * Information, popular education. * Neighbourhood activities. * Implementation of social and community housing (co-ops and housing NPOs). * Collective defense of tenants' rights.

Eligibility: tenants

Coverage area: Saint-Léonard

Hours: Monday to Thursday 9h30 to 16h30, by appointment

Fees: free

Financing: provincial

Legal status: non-profit organization

Emergency

SOCIÉTÉ DE SAINT-VINCENT-DE PAUL - SAINT-LÉONARD - BOUTIQUE D'AMÉLIE

5077 Couture Boulevard, Saint-Léonard, Montréal, QC, H1R 3B9

514 323-5609

Services: Thrift store. * Recovery and sale of used clothes and household items: clothing, small appliances, kitchen utensils, books, toys, etc. * Donations in case of disasters.

Coverage area: Saint-Léonard

Hours: Monday, Wednesday and Friday 10h00 to 12h00 and 13h00 to 16h00, Saturday 10h00 to 14h00

Fees: thrift store: low prices

Financing: donations, self-financing

Legal status: non-profit organization

Housing cooperatives and corporations

ACTION DIGNITÉ DE SAINT-LÉONARD

9089 A Viau Boulevard, Saint-Léonard, Montréal, QC, H1R 2V6

514 251-2874

Website: www.addsl.org

Email: actdigsl@cooptel.qc.ca

Services: Housing committee aiming to improve tenants' living conditions. * Information, popular education. * Neighbourhood activities. * Implementation of social and community housing (co-ops and housing NPOs). * Collective defense of tenants' rights.

Eligibility: tenants

Coverage area: Saint-Léonard

Hours: Monday to Thursday 9h30 to 16h30, by appointment

Fees: free

Financing: provincial

Legal status: non-profit organization

Immigration and cultural communities

FRENCH COURSES

INTERPRETATION AND TRANSLATION

MULTICULTURAL ORGANIZATIONS

RECOGNITION OF PRIOR LEARNING AND DIPLOMAS

SETTLEMENT SERVICES FOR NEWCOMERS

French courses

ACCUEIL AUX IMMIGRANTS DE L'EST DE MONTRÉAL

5960 Jean-Talon Street East, Suite 209, Saint-Léonard, Montréal, QC, H1S 1M2

514 723-4939 Fax: 514 723-3619

Website: www.aiemont.com

Email: info@aiemont.com

Services: * Réussir l'intégration: program offering individual meetings, needs assessment, referral services, interpretation and translation services and information sessions on life in Québec. * Professional integration: 6-weeks paid training program to develop employability. * Family: personalized support and accompaniment, coffee-meetings where parents can discuss and daycare. * Assistance with children school registration. * Seniors: recreational, sports and cultural activities for seniors. * Senior abuse prevention. * Business start-up training. * Francization. * Courses: English and computer. * Tax clinic.

Eligibility: immigrant people, members of visible minorities

Capacity: 40 places

Coverage area: East of Montréal Island

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h00, daycare: Monday to Friday 8h30 to 12h15 and 12h45 to 16h30

Fees: daycare: \$4 for 3 hours

Financing: provincial, federal, municipal

Legal status: non-profit organization

Interpretation and translation

ACCUEIL AUX IMMIGRANTS DE L'EST DE MONTRÉAL

5960 Jean-Talon Street East, Suite 209, Saint-Léonard, Montréal, QC, H1S 1M2

514 723-4939 Fax: 514 723-3619

Website: www.aiemont.com

Email: info@aiemont.com

Services: * Réussir l'intégration: program offering individual meetings, needs assessment, referral services, interpretation and translation services and information sessions on life in Québec. * Professional integration: 6-weeks paid training program to develop employability. * Family: personalized support and accompaniment, coffee-meetings where parents can discuss and daycare. * Assistance with children school registration. * Seniors: recreational, sports and cultural activities for seniors. * Senior abuse prevention. * Business start-up training. * Francization. * Courses: English and computer. * Tax clinic.

Eligibility: immigrant people, members of visible minorities

Capacity: 40 places

Coverage area: East of Montréal Island

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h00, daycare: Monday to Friday 8h30 to 12h15 and 12h45 to 16h30

Fees: daycare: \$4 for 3 hours

Financing: provincial, federal, municipal

Legal status: non-profit organization

ITALIAN-CANADIAN COMMUNITY SERVICES OF QUÉBEC

8370 Lacordaire Boulevard, Suite 303, Saint-Léonard, Montréal, QC, H1R 3Y6

514 274-9461 Fax: 514 274-1325

Website: www.scciq.com

Email: info@scciq.com

Services: * Information, referral. * Counselling. * Translation. * Collaboration with other groups and government agencies. * Social and cultural programs, services for seniors. * Senior abuse prevention. * Health-related conferences. * Flu vaccination clinic. * Tax clinic. * Association Diabète Italo-Canadienne du Québec: information, referral, conferences, awareness and prevention related to diabetes and the treatment of diabetes.

Eligibility: Italian community and others
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Financing: grants, donations, fundraising campaigns
Legal status: non-profit organization

Multicultural organizations

ASSOCIATION HAÏTIANO-CANADO-QUÉBÉCOISE D'AIDE AUX DÉMUNIS

4869 Jarry Street East, Suite 214, Saint-Léonard, Montréal, QC, H1R 1Y1

514 852-1011 Fax: 514 852-1019

Email: fjoseph98@hotmail.com

Services: * Intercultural dialogue. * Assistance with Haitians' integration. * Housekeeping services. * Recreational activities for youth and seniors. * Cultural activities. * Collaboration with the organizations of Saint-Léonard.

Eligibility: people on a low income from all ethnic backgrounds

Coverage area: Saint-Léonard

Hours: Monday to Wednesday 9h00 to 16h00, Friday 9h00 to 16h00

Financing: provincial

Legal status: non-profit organization

ITALIAN-CANADIAN COMMUNITY SERVICES OF QUÉBEC

8370 Lacordaire Boulevard, Suite 303, Saint-Léonard, Montréal, QC, H1R 3Y6

514 274-9461 Fax: 514 274-1325

Website: www.scciq.com

Email: info@scciq.com

Services: * Information, referral. * Counselling. * Translation. * Collaboration with other groups and government agencies. * Social and cultural programs, services for seniors. * Senior abuse prevention. * Health-related conferences. * Flu vaccination clinic. * Tax clinic. * Association Diabète Italo-Canadienne du Québec: information, referral, conferences, awareness and prevention related to diabetes and the treatment of diabetes.

Eligibility: Italian community and others

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00

Financing: grants, donations, fundraising campaigns

Legal status: non-profit organization

MONTRÉAL PUBLIC LIBRARIES NETWORK - SAINT-LÉONARD LIBRARY

8420 Lacordaire Boulevard, Saint-Léonard, Montréal, QC, H1R 3G5

514 328-8500 ext. 2

Website: www.bibliomontreal.com

Services: * Loan and consultation of books and audiovisual documents. * Computers, Internet access and printing devices. * Language learning stations. * Music listening stations. * Toys and educative games. * Story time. * Book club for children. * Home loan for people with reduced mobility. * Workshops, conferences and exhibitions. * Computer workshops for youth and for adults. * Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher. * Les mots partagés: intercultural coffee-meeting. * Rental of music instruments.

Eligibility: general public

Coverage area: Montréal

Hours: Monday 13h00 to 20h00, Tuesday and Wednesday 10h00 to 20h00, Thursday and Friday 10h00 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

NATIONAL CONGRESS OF ITALIAN-CANADIANS - QUÉBEC CHAPTER

Confidential Address

514 279-6357 Fax: 514 955-8527**Website:** italcongresso.qc.ca**Email:** info@italcongresso.qc.ca**Services:** * Montréal's Italian Week. * Assistance to associations and social clubs of the Italian community. * Integration. * Intercultural bridge-building with other communities.**Eligibility:** Italian-Canadian community**Coverage area:** Province of Québec**Hours:** Monday to Friday 9h30 to 17h00**Financing:** fundraising campaigns, grants**Legal status:** non-profit organization**REGROUPEMENT INTERCULTUREL DE SAINT-LÉONARD**

5960 Jean-Talon Street East, Suite 207-A, Saint-Léonard, Montréal, QC, H1S 1M2

514 742-8536**Email:** coordo.risl@gmail.com**Services:** Reduction of social and racial tensions arising from the cohabitation of various cultural communities. * Training for people and counsellors about the cultural realities of communities. * Awareness and knowledge of discrimination. * Educational and festive meetings.**Eligibility:** counsellors, general public**Coverage area:** Saint-Léonard**Financing:** Centraide of Greater Montréal**Legal status:** non-profit organization**Recognition of prior learning and diplomas****SERVICE CANADA CENTRE - SAINT-LÉONARD (MONTRÉAL)**

6020 Jean-Talon Steet East, Suite 500, Saint-Léonard, Montréal, QC, H1S 3A9

1 800 622-6232 TTY: 1 800 926-9105**Website:** www.canada.ca**Services:** Service centre bringing together programs, services and benefits at the federal level. * Applications for Social Insurance Number. * Information on the labor market. * Job bank. * Record of Employment. * Annuities. * Retirement pension from Canada Pension Plan. * Guaranteed Income Supplement, Old Age Security. * International Benefits. * Career Transition Services for veterans. * Allowance Program. * Special Benefits. * Employment Insurance Regular Benefits. * Career Planning. * Wage Earner Protection Program. * Canada Summer Jobs (CSJ) for youth and students. * Orientation on foreign credentials. * Receiving agents of passports. * Office of complaints. * Employer service centre. * Prevention and reporting of fraud. * Savings plan. * Income support for parents of murdered or missing children.**Coverage area:** Saint-Léonard**Hours:** Monday to Friday 8h30 to 16h00**Financing:** federal**Legal status:** federal government agency**Settlement services for newcomers****ACCUEIL AUX IMMIGRANTS DE L'EST DE MONTRÉAL**

5960 Jean-Talon Street East, Suite 209, Saint-Léonard, Montréal, QC, H1S 1M2

514 723-4939 Fax: 514 723-3619**Website:** www.aiemont.com**Email:** info@aiemont.com

Services: * Réussir l'intégration: program offering individual meetings, needs assessment, referral services, interpretation and translation services and information sessions on life in Québec. * Professional integration: 6-weeks paid training program to develop employability. * Family: personalized support and accompaniment, coffee-meetings where parents can discuss and daycare. * Assistance with children school registration. * Seniors: recreational, sports and cultural activities for seniors. * Senior abuse prevention. * Business start-up training. * Francization. * Courses: English and computer. * Tax clinic.

Eligibility: immigrant people, members of visible minorities

Capacity: 40 places

Coverage area: East of Montréal Island

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h00, daycare: Monday to Friday 8h30 to 12h15 and 12h45 to 16h30

Fees: daycare: \$4 for 3 hours

Financing: provincial, federal, municipal

Legal status: non-profit organization

ASSOCIATION HAÏTIANO-CANADO-QUÉBÉCOISE D'AIDE AUX DÉMUNIS

4869 Jarry Street East, Suite 214, Saint-Léonard, Montréal, QC, H1R 1Y1

514 852-1011 Fax: 514 852-1019

Email: fjoseph98@hotmail.com

Services: * Intercultural dialogue. * Assistance with Haitians' integration. * Housekeeping services. * Recreational activities for youth and seniors. * Cultural activities. * Collaboration with the organizations of Saint-Léonard.

Eligibility: people on a low income from all ethnic backgrounds

Coverage area: Saint-Léonard

Hours: Monday to Wednesday 9h00 to 16h00, Friday 9h00 to 16h00

Financing: provincial

Legal status: non-profit organization

BUREAU ASSOCIATIF POUR LA DIVERSITÉ ET LA RÉINSERTION - TAX CLINIC

8365 Langelier Boulevard, Saint-Léonard, Montréal, QC, H1P 2C3

514 324-5341 Fax: 514 324-7966

Website: www.badr.ca

Email: info@badr.ca

Services: Year-round online tax clinic.

Eligibility: newcomers, families on a low or middle income, single-parent families, young students

Coverage area: Montréal Island

Hours: 2021 clinic: online clinic, by appointment

Fees: \$10 per person

Financing: self-financing, membership fees

Legal status: non-profit organization

HORIZON CARRIÈRE - CARREFOUR JEUNESSE-EMPLOI VIGER/JEANNE-MANCE

5960 Jean-Talon Street East, Suite 308, Saint-Léonard, Montréal, QC, H1S 1M2

514 256-1645 Fax: 514 256-8186

Website: horizoncarriere.ca

Email: info@horizoncarriere.ca

Services: * Job search assistance and counselling. * Career and school guidance, back-to-school support. * Youth projects for 16 to 35 years old. * Specialized services for newcomers. * Pairing between employers and job seekers. * Business pre-start-up counselling.

Eligibility: people of all ages, newcomers

Coverage area: Montréal Island

Hours: Monday to Thursday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

MAINS UTILES

6705 Jean-Talon Street, Saint-Léonard, Montréal, QC, H1S 1N2

514 993-9128

Email: mainsutiles@yahoo.ca

Services: 8-week industrial sewing course. * Socioprofessional integration. * Community shop. * Coffee-chats.

* Open workshops. * Occasional activities.

Eligibility: immigrant women from all cultural communities

Capacity: 8 women per group

Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 16h00, workshops: Monday to Thursday 9h00 to 13h00, free workshops: Friday

Fees: semester: \$25, workshop: free

Financing: municipal, self-financing, donations

Legal status: non-profit organization

MOUVEMENT FRATERNITÉ MULTI-ETHNIQUE

5967 Jean-Talon Street East, Suite 307, Saint-Léonard, Montréal, QC, H1S 1M5

514 256-6976 Fax: 514 510-1714

Email: mfmethnique@yahoo.ca

Services: * Information and coordination of social services. * Activities for families. * Food bank. * Christmas baskets. * Internet access centre. * Citizen engagement workshops. * Tax clinic.

Eligibility: individuals and families from ethnocultural communities, people on a low income

Coverage area: Saint-Léonard

Hours: Monday to Friday 9h00 to 17h00, food bank: Thursday 12h30 to 13h30

Fees: registration: \$5 for the year, annual membership fee: \$15, food bank: \$6

Financing: provincial, federal

Legal status: non-profit organization

Indigenous Peoples

GOVERNMENT SERVICES

Government services

CENTRE LOCAL D'EMPLOI DE SAINT-LÉONARD

8257 Langelier Boulevard, Saint-Léonard, Montréal, QC, H1P 2B7

514 864-6161 Fax: 514 873-1965

Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi

Services: Accompaniment services regarding job market integration process and last-resort financial assistance. * Info-emploi counter: job bank that can be consulted on site. * Job search assistance: redaction of resume and preparation to interview. * 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 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Saint-Léonard

Hours: Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

SERVICE CANADA CENTRE - SAINT-LÉONARD (MONTRÉAL)

6020 Jean-Talon Steet East, Suite 500, Saint-Léonard, Montréal, QC, H1S 3A9

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Service centre bringing together programs, services and benefits at the federal level. * Applications for Social Insurance Number. * Information on the labor market. * Job bank. * Record of Employment. * Annuities. * Retirement pension from Canada Pension Plan. * Guaranteed Income Supplement, Old Age Security. * International Benefits. * Career Transition Services for veterans. * Allowance Program. * Special Benefits. * Employment Insurance Regular Benefits. * Career Planning. * Wage Earner Protection Program. * Canada Summer Jobs (CSJ) for youth and students. * Orientation on foreign credentials. * Receiving agents of passports. * Office of complaints. * Employer service centre. * Prevention and reporting of fraud. * Savings plan. * Income support for parents of murdered or missing children.

Coverage area: Saint-Léonard

Hours: Monday to Friday 8h30 to 16h00

Financing: federal

Legal status: federal government agency

Justice and Advocacy

ADVOCACY GROUPS

CONSUMER PROTECTION AND COMPLAINTS

LEGAL ASSISTANCE AND INFORMATION

PROFESSIONAL ORDERS AND ASSOCIATIONS

Advocacy groups

ACTION DIGNITÉ DE SAINT-LÉONARD

9089 A Viau Boulevard, Saint-Léonard, Montréal, QC, H1R 2V6

514 251-2874

Website: www.addsl.org

Email: actdigsl@cooptel.qc.ca

Services: Housing committee aiming to improve tenants' living conditions. * Information, popular education. * Neighbourhood activities. * Implementation of social and community housing (co-ops and housing NPOs). * Collective defense of tenants' rights.

Eligibility: tenants

Coverage area: Saint-Léonard

Hours: Monday to Thursday 9h30 to 16h30, by appointment

Fees: free

Financing: provincial

Legal status: non-profit organization

CHILDREN NOW

5167 Jean-Talon Street East, Suite 260, Saint-Léonard, Montréal, QC, H1S 1K8

1 800 361-8453 Fax: 514 593-4659

Website: www.childrennow.ca

Email: info@childrennow.ca

Services: Protection and advocacy for children and teenagers. * Assistance to children and teenagers experiencing problems resulting from the break-up of the family, abuse, school drop-out, delinquency, etc. * International conferences. * Presentation of briefs to the government. * Events for underprivileged children: summer camps, etc. * Helpline: legal advice on family law and referral.

Eligibility: children, teenagers, parents, grandparents

Coverage area: Canada

Hours: Monday to Friday 9h00 to 17h00

Financing: donations

Legal status: non-profit organization

ÉCO-QUARTIER SAINT-LÉONARD

7800 de la Salette Street, Saint-Léonard, Montréal, QC, H1P 2J8

514 328-8444

Website: www.ecoquartiersaintleonard.org

Email: ecoquartierstleonard@gmail.com

Services: Awareness, information and citizen action regarding ecology. * 3RV promotion: reduction at source, reuse, recycling and valorization. * Cleaning and embellishment. * Collective composting. * Information on waste collection. * Distribution of recycling and food waste collection bins. * Sale of low-cost trees, domestic composters and water saving kits. * Workshops, information booths. * Support and accompaniment with projects.

Coverage area: Saint-Léonard

Hours: Tuesday 9h00 to 12h00 and 13h00 to 17h00, Wednesday and Friday 13h00 to 17h00, Thursday 13h00 to 19h00

Financing: self-financing, grants

Legal status: non-profit organization

MOELLE ÉPINIÈRE ET MOTRICITÉ QUÉBEC

6020 Jean-Talon Street East, Suite 400, Saint-Léonard, Montréal, QC, H1S 3B1

1 877 341-7272 Fax: 514 341-8884

Website: www.moelleepiniere.com/en

Email: info@moelleepiniere.com

Services: Promotion of the autonomy of people with spinal cord injuries or physical or neurological disabilities. * Reception and referral. * Social integration support. * Advocacy of rights and interests. * Employability and job integration. * Information and awareness.

Eligibility: people with spinal cord injuries, paraplegic or tetraplegic or with physical or neurological disabilities

Coverage area: Province of Québec

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

Fees: none

Financing: grants, donations, self-financing

Legal status: non-profit organization

REGROUPEMENT DES AUBERGES DU COEUR DU QUÉBEC (LE)

4246 Jean-Talon Street East, South tower, Suite 16, Saint-Léonard, Montréal, QC, H1S 1J8

514 523-8559 Fax: 514 523-5148

Website: www.aubergesducoeur.org

Email: info@aubergesducoeur.org

Services: Promotion and advocacy for homeless young people and young people in need. * Representation of 30 emergency houses located in 10 regions of the province of Quebec.

Eligibility: young people 12 to 35 years old experiencing difficulties or homeless

Capacity: 30 youth shelters

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: variable depending on houses, a person without income can be accepted

Financing: provincial, membership fees, donations

Legal status: non-profit organization

Consumer protection and complaints

SERVICE CANADA CENTRE - SAINT-LÉONARD (MONTRÉAL)

6020 Jean-Talon Steet East, Suite 500, Saint-Léonard, Montréal, QC, H1S 3A9

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Service centre bringing together programs, services and benefits at the federal level. * Applications for Social Insurance Number. * Information on the labor market. * Job bank. * Record of Employment. * Annuities. * Retirement pension from Canada Pension Plan. * Guaranteed Income Supplement, Old Age Security. * International Benefits. * Career Transition Services for veterans. * Allowance Program. * Special Benefits. * Employment Insurance Regular Benefits. * Career Planning. * Wage Earner Protection Program. * Canada Summer Jobs (CSJ) for youth and students. * Orientation on foreign credentials. * Receiving agents of passports. * Office of complaints. * Employer service centre. * Prevention and reporting of fraud. * Savings plan. * Income support for parents of murdered or missing children.

Coverage area: Saint-Léonard

Hours: Monday to Friday 8h30 to 16h00

Financing: federal

Legal status: federal government agency

Legal assistance and information

CHILDREN NOW

5167 Jean-Talon Street East, Suite 260, Saint-Léonard, Montréal, QC, H1S 1K8

1 800 361-8453 Fax: 514 593-4659

Website: www.childrennow.ca

Email: info@childrennow.ca

Services: Protection and advocacy for children and teenagers. * Assistance to children and teenagers experiencing problems resulting from the break-up of the family, abuse, school drop-out, delinquency, etc. * International conferences. * Presentation of briefs to the government. * Events for underprivileged children: summer camps, etc. * Helpline: legal advice on family law and referral.

Eligibility: children, teenagers, parents, grandparents

Coverage area: Canada

Hours: Monday to Friday 9h00 to 17h00

Financing: donations

Legal status: non-profit organization

SAINT-LÉONARD - BOROUGH

8400 Lacordaire Boulevard, Saint-Léonard, Montréal, QC, H1R 3B1

311 Fax: 514 328-7006

Website: ville.montreal.qc.ca/st-leonard

Email: bureau.st-leonard@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 property.

Coverage area: Saint-Léonard

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 15h30

Financing: municipal

Legal status: municipal agency

Professional orders and associations

ORDRE DES TECHNOLOGUES EN IMAGERIE MÉDICALE, EN RADIO-ONCOLOGIE ET EN ÉLECTROPHYSIOLOGIE MÉDICALE DU QUÉBEC

6455 Jean-Talon Street East, Suite 401, Saint-Léonard, Montréal, QC, H1S 3E8

1 800 361-8759

Website: www.otimroepmq.ca

Email: info@otimroepmq.ca

Services: Professional order. * Public protection and monitoring the practice of the members. * Complaints reception. * Maintenance and development of competences. * Documentation centre. * Members directory: <http://www.otimroepmq.ca/repertoire-des-membres>

Eligibility: general public, medical imaging technologists, radiotherapy technologists and medical electrophysiology technologists

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30, summer schedule (June 25 to September 3): Monday to Thursday 8h00 to 16h00 and Friday 8h00 to 12h00

Financing: membership fees, self-financing

Legal status: non-profit organization

Mental Health and addictions

ADDICTION PREVENTION

ADDICTION TREATMENT

MENTAL HEALTH ADVOCACY GROUPS

Addiction prevention

AMIS DU MONDE

6665 Bombardier Street, Saint-Léonard, Montréal, QC, H1P 2W2

438 870-8267

Website: www.amisdumonde.ca

Email: admin@amisdumonde.ca

Services: * Delinquency prevention. * Fight against drug addiction. * Awareness of healthy lifestyle.

Eligibility: youth 9 to 15 years old

Coverage area: Saint-Léonard

Financing: municipal, donations

Legal status: non-profit organization

CLSC DE SAINT-LÉONARD

5540 Jarry Street East, Saint-Léonard, Montréal, QC, H1P 1T9

514 722-3000

Website: ciusss-estmtl.gouv.qc.ca/etablissement/clsc-de-saint-leonard

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: Saint-Léonard

Hours: Monday to Friday 8h00 to 20h00, tests centre: Monday to Friday 7h00 to 11h00

Financing: provincial

Legal status: parapublic organization

Addiction treatment

CLSC DE SAINT-LÉONARD

5540 Jarry Street East, Saint-Léonard, Montréal, QC, H1P 1T9

514 722-3000

Website: ciusss-estmtl.gouv.qc.ca/etablissement/clsc-de-saint-leonard

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: Saint-Léonard

Hours: Monday to Friday 8h00 to 20h00, tests centre: Monday to Friday 7h00 to 11h00

Financing: provincial

Legal status: parapublic organization

FOSTER ADDICTION REHABILITATION CENTRE (THE) - EXTERNAL SERVICES - SAINT-LÉONARD

CLSC de Saint-Léonard, 5540 Jarry Street East, Saint-Léonard, Montréal, QC, H1P 1T9

1 866 851-2255 Fax: 514 328-1468

Website: santemonteregie.qc.ca/services/dependances

Email: accueil.dependance.ciassmo16@ssss.gouv.qc.ca

Services: * Internal et external detoxification. * Consultation and treatment for compulsive gamblers. * Support to the relatives: individual and group meetings, support group for parents of teenagers and group for adults relatives. * Social rehabilitation.

Eligibility: youth 12 years and older, adults dealing with addictions, support to relatives

Coverage area: Montréal, Montérégie

Hours: Monday to Friday 8h30 to 16h30

Fees: free

Legal status: parapublic organization

Mental health advocacy groups

CLSC DE SAINT-LÉONARD

5540 Jarry Street East, Saint-Léonard, Montréal, QC, H1P 1T9

514 722-3000

Website: ciusss-estmtl.gouv.qc.ca/etablissement/clsc-de-saint-leonard

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: Saint-Léonard

Hours: Monday to Friday 8h00 to 20h00, tests centre: Monday to Friday 7h00 to 11h00

Financing: provincial

Legal status: parapublic organization

Seniors

CAREGIVERS

COMMUNITY AND RECREATION CENTRES

DAY CENTRES AND RESPITE

FRIENDLY VISITS AND SAFETY CALLS

HOME SUPPORT

INTERGENERATIONAL ACTIVITIES

INTERVENTION WITH SENIORS SUBJECTED TO ABUSE

MEALS ON WHEELS

VOLUNTEER TRANSPORTATION

Caregivers

CARREFOUR DES FEMMES DE SAINT-LÉONARD

8180 Collerette Street, Suite 3, Saint-Léonard, Montréal, QC, H1P 2V5

514 325-4910 Fax: 514 325-4977

Website: www.cfsf-femmes.com

Email: cfsf@bellnet.ca

Services: * Reception, active listening and helping relationship. * Referral, information and documentation. * Classes, workshops, conferences. * Special activities. * Weekly open therapeutic support groups for women coping with psychological or relationship difficulties. * Services for caregivers: support groups, training and visits of residences.

Eligibility: women

Capacity: support group: 5 to 8 persons per meeting

Coverage area: Greater Montréal

Hours: Monday to Thursday 8h30 to 16h00, support group for women: Thursday 9h30 to 12h00, support group for caregivers: Tuesday 9h30 to 11h30

Fees: annual membership: \$5, conferences and support group meetings: free

Financing: donations, grants, membership fees

Legal status: non-profit organization

CENTRE DES AÎNÉS DU RÉSEAU D'ENTRAIDE DE SAINT-LÉONARD

5555 Jean-Talon Street East, Saint-Léonard, Montréal, QC, H1S 1L8

514 326-4116 Fax: 514 326-5884

Email: johanne.pitt@ainesstleonard.com

Services: * Safety phone calls. * Respite days. * Community meal. * Intergenerational activities. * Assistance with filling out forms. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV).

Eligibility: seniors 55 years and over

Coverage area: Saint-Léonard

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

Fees: annual membership, activities: variable

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

Legal status: non-profit organization

CLSC DE SAINT-LÉONARD

5540 Jarry Street East, Saint-Léonard, Montréal, QC, H1P 1T9

514 722-3000

Website: ciusss-estmtl.gouv.qc.ca/etablissement/clsc-de-saint-leonard

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: Saint-Léonard

Hours: Monday to Friday 8h00 to 20h00, tests centre: Monday to Friday 7h00 to 11h00

Financing: provincial

Legal status: parapublic organization

Community and Recreation Centres

ACCUEIL AUX IMMIGRANTS DE L'EST DE MONTRÉAL

5960 Jean-Talon Street East, Suite 209, Saint-Léonard, Montréal, QC, H1S 1M2

514 723-4939 Fax: 514 723-3619

Website: www.aiemont.com

Email: info@aiemont.com

Services: * Réussir l'intégration: program offering individual meetings, needs assessment, referral services, interpretation and translation services and information sessions on life in Québec. * Professional integration: 6-weeks paid training program to develop employability. * Family: personalized support and accompaniment, coffee-meetings where parents can discuss and daycare. * Assistance with children school registration. * Seniors: recreational, sports and cultural activities for seniors. * Senior abuse prevention. * Business start-up training. * Francization. * Courses: English and computer. * Tax clinic.

Eligibility: immigrant people, members of visible minorities

Capacity: 40 places

Coverage area: East of Montréal Island

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h00, daycare: Monday to Friday 8h30 to 12h15 and 12h45 to 16h30

Fees: daycare: \$4 for 3 hours

Financing: provincial, federal, municipal

Legal status: non-profit organization

ASSOCIATION HAÏTIANO-CANADO-QUÉBÉCOISE D'AIDE AUX DÉMUNIS

4869 Jarry Street East, Suite 214, Saint-Léonard, Montréal, QC, H1R 1Y1

514 852-1011 Fax: 514 852-1019

Email: fjoseph98@hotmail.com

Services: * Intercultural dialogue. * Assistance with Haitians' integration. * Housekeeping services. * Recreational activities for youth and seniors. * Cultural activities. * Collaboration with the organizations of Saint-Léonard.

Eligibility: people on a low income from all ethnic backgrounds

Coverage area: Saint-Léonard

Hours: Monday to Wednesday 9h00 to 16h00, Friday 9h00 to 16h00

Financing: provincial

Legal status: non-profit organization

BUREAU ASSOCIATIF POUR LA DIVERSITÉ ET LA RÉINSERTION

8365 Langelier Boulevard, Saint-Léonard, Montréal, QC, H1P 2C3

514 324-5341 Fax: 514 324-7966

Website: www.badr.ca

Email: info@badr.ca

Services: * Physical activities: aerobics, basketball, fitness, soccer, swimming, walking club, taekwondo, judo, boxing. * Recreational activities: crafts, calligraphy, sewing, cooking, chess, singing, story time, robotics, drawing, various workshops. * Socio-community and cultural activities. * Food bank. * Psychosocial support. * Christmas baskets. * Arabic language school. * Academic support and tutoring in French, English, Spanish and mathematics. * Computer workshops. * Parent-child workshops. * Culinary workshops. * Day camp during the holidays and the summer period. * Family outings. * School supplies. * Donation of furniture. * Tax clinic. * Blood collection.

Eligibility: general population

Coverage area: Montréal Island, school supplies and Christmas baskets: Saint-Léonard

Hours: Monday to Saturday 9h00 to 18h00

Fees: variable

Financing: self-financing, membership fees

Legal status: non-profit organization

CENTRE DES AÎNÉS DU RÉSEAU D'ENTRAIDE DE SAINT-LÉONARD

5555 Jean-Talon Street East, Saint-Léonard, Montréal, QC, H1S 1L8

514 326-4116 Fax: 514 326-5884

Email: johanne.pitt@ainesstleonard.com

Services: * Safety phone calls. * Respite days. * Community meal. * Intergenerational activities. * Assistance with filling out forms. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV).

Eligibility: seniors 55 years and over

Coverage area: Saint-Léonard

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

Fees: annual membership, activities: variable

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

Legal status: non-profit organization

CERCLE DU 3E ÂGE DE SAINTE-ANGÈLE

Giuseppe-Garibaldi Park, 7125 Liénart Street, Saint-Léonard, Montréal, QC, H1S 2X9

514 327-6645

Services: Social and recreational activities for seniors. * Physical activities: dance classes, fitness, bocce, petanque and yoga. * Card games, bridge, pucks and board games. * Bowling league. * Indoor and outdoor dance evenings. * Thematic outings: sugar shack, apple picking, etc. * Thematic meals: mechoui, corn roast, etc. * L'Info de Sainte-Angèle newsletter: publication of offered activities.

Eligibility: people 50 years old and over

Coverage area: Saint-Léonard

Hours: indoor activities: September to May, outdoor activities: May to September, variable schedule

Fees: annual membership: \$7, dance classes: \$3 for 2h30, activities: variable

Financing: self-financing, donations, municipal, provincial

Legal status: non-profit organization

ITALIAN-CANADIAN COMMUNITY SERVICES OF QUÉBEC

8370 Lacordaire Boulevard, Suite 303, Saint-Léonard, Montréal, QC, H1R 3Y6

514 274-9461 Fax: 514 274-1325

Website: www.scciq.com

Email: info@scciq.com

Services: * Information, referral. * Counselling. * Translation. * Collaboration with other groups and government agencies. * Social and cultural programs, services for seniors. * Senior abuse prevention. * Health-related conferences. * Flu vaccination clinic. * Tax clinic. * Association Diabète Italo-Canadienne du Québec: information, referral, conferences, awareness and prevention related to diabetes and the treatment of diabetes.

Eligibility: Italian community and others

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00

Financing: grants, donations, fundraising campaigns

Legal status: non-profit organization

UNIVERSITÉ DU TROISIÈME ÂGE - MONTRÉAL - SAINT-LÉONARD-ANJOU

Confidential Address

514 354-2330

Website: www.usherbrooke.ca/uta/prog/mtl/sla

Services: Educational programming distributed in 49 university branches for people aged 50 years and over. * Non-credited educational activities without papers or exams. * Different teaching methods: courses, seminars, lectures, workshops, physical activities. * Student associations promoting integration in cultural and social life.

Eligibility: people 50 years old and over, no prior degree is required

Coverage area: Montréal Island

Fees: variable tuition according to the activity, compulsory student fee: \$5, donations are optional

Financing: donations, grants

Legal status: non-profit organization

Day centres and respite

CENTRE DES AÎNÉS DU RÉSEAU D'ENTRAIDE DE SAINT-LÉONARD

5555 Jean-Talon Street East, Saint-Léonard, Montréal, QC, H1S 1L8

514 326-4116 Fax: 514 326-5884

Email: johanne.pitt@ainesstleonard.com

Services: * Safety phone calls. * Respite days. * Community meal. * Intergenerational activities. * Assistance with filling out forms. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV).

Eligibility: seniors 55 years and over

Coverage area: Saint-Léonard

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

Fees: annual membership, activities: variable

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

Legal status: non-profit organization

CLSC DE SAINT-LÉONARD

5540 Jarry Street East, Saint-Léonard, Montréal, QC, H1P 1T9

514 722-3000

Website: ciusss-estmtl.gouv.qc.ca/etablissement/clsc-de-saint-leonard

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: Saint-Léonard

Hours: Monday to Friday 8h00 to 20h00, tests centre: Monday to Friday 7h00 to 11h00

Financing: provincial

Legal status: parapublic organization

Friendly visits and safety calls

CENTRE DES AÎNÉS DU RÉSEAU D'ENTRAIDE DE SAINT-LÉONARD

5555 Jean-Talon Street East, Saint-Léonard, Montréal, QC, H1S 1L8

514 326-4116 Fax: 514 326-5884

Email: johanne.pitt@ainesstleonard.com

Services: * Safety phone calls. * Respite days. * Community meal. * Intergenerational activities. * Assistance with filling out forms. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV).

Eligibility: seniors 55 years and over

Coverage area: Saint-Léonard

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

Fees: annual membership, activities: variable

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

Legal status: non-profit organization

Home support

ASSOCIATION HAÏTIANO-CANADO-QUÉBÉCOISE D'AIDE AUX DÉMUNIS

4869 Jarry Street East, Suite 214, Saint-Léonard, Montréal, QC, H1R 1Y1

514 852-1011 Fax: 514 852-1019

Email: fjoseph98@hotmail.com

Services: * Intercultural dialogue. * Assistance with Haitians' integration. * Housekeeping services. * Recreational activities for youth and seniors. * Cultural activities. * Collaboration with the organizations of Saint-Léonard.

Eligibility: people on a low income from all ethnic backgrounds

Coverage area: Saint-Léonard

Hours: Monday to Wednesday 9h00 to 16h00, Friday 9h00 to 16h00

Financing: provincial

Legal status: non-profit organization

CENTRE DES AÎNÉS DU RÉSEAU D'ENTRAIDE DE SAINT-LÉONARD

5555 Jean-Talon Street East, Saint-Léonard, Montréal, QC, H1S 1L8

514 326-4116 Fax: 514 326-5884

Email: johanne.pitt@ainestleonard.com

Services: * Safety phone calls. * Respite days. * Community meal. * Intergenerational activities. * Assistance with filling out forms. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV).

Eligibility: seniors 55 years and over

Coverage area: Saint-Léonard

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

Fees: annual membership, activities: variable

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

Legal status: non-profit organization

CLSC DE SAINT-LÉONARD

5540 Jarry Street East, Saint-Léonard, Montréal, QC, H1P 1T9

514 722-3000

Website: ciusss-estmtl.gouv.qc.ca/etablissement/clsc-de-saint-leonard

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: Saint-Léonard

Hours: Monday to Friday 8h00 to 20h00, tests centre: Monday to Friday 7h00 to 11h00

Financing: provincial

Legal status: parapublic organization

MAISON DE JEUNES DE SAINT-LÉONARD - RESIDENTIAL SNOW REMOVAL

6185 Jarry Street East, Saint-Léonard, Montréal, QC, H1P 1W1

514 327-0185

Website: www.mdjz.org

Email: contact@mdjz.org

Services: Residential snow removal by youth volunteers.

Eligibility: people 65 years and over, people with reduced mobility able to provide the necessary equipment for snow removal

Coverage area: Saint-Léonard

Hours: Tuesday to Friday 15h00 to 21h00

Fees: none

Financing: self-financing, municipal

Legal status: non-profit organization

TABLE RONDE DE SAINT-LÉONARD (LA)

8180 Collerette Street, Suite 1234, Saint-Léonard, Montréal, QC, H1P 2V5

514 955-6464 Fax: 514 955-7261

Email: trsl@bellnet.ca

Services: * Community restaurant. * Collective kitchen. * Cooking workshops for preschoolers and for parents experiencing difficulties who have children 0 to 5 years old. * Frozen meals for take-out or delivery upon request.

Capacity: restaurant: 90 people, other activities: 15 people

Coverage area: Saint-Léonard

Hours: administration: Monday to Friday 9h00 to 16h00

Fees: membership card: \$5, restaurant: \$4.50 per adult, \$3.50 per child, frozen meals: \$4

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

Intergenerational activities

CENTRE DES AÎNÉS DU RÉSEAU D'ENTRAIDE DE SAINT-LÉONARD

5555 Jean-Talon Street East, Saint-Léonard, Montréal, QC, H1S 1L8

514 326-4116 Fax: 514 326-5884

Email: johanne.pitt@ainesstleonard.com

Services: * Safety phone calls. * Respite days. * Community meal. * Intergenerational activities. * Assistance with filling out forms. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV).

Eligibility: seniors 55 years and over

Coverage area: Saint-Léonard

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

Fees: annual membership, activities: variable

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

Legal status: non-profit organization

MONTRÉAL PUBLIC LIBRARIES NETWORK - SAINT-LÉONARD LIBRARY

8420 Lacordaire Boulevard, Saint-Léonard, Montréal, QC, H1R 3G5

514 328-8500 ext. 2

Website: www.bibliomontreal.com

Services: * Loan and consultation of books and audiovisual documents. * Computers, Internet access and printing devices. * Language learning stations. * Music listening stations. * Toys and educative games. * Story time. * Book club for children. * Home loan for people with reduced mobility. * Workshops, conferences and exhibitions. * Computer workshops for youth and for adults. * Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher. * Les mots partagés: intercultural coffee-meeting. * Rental of music instruments.

Eligibility: general public

Coverage area: Montréal

Hours: Monday 13h00 to 20h00, Tuesday and Wednesday 10h00 to 20h00, Thursday and Friday 10h00 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

Intervention with seniors subjected to abuse

ACCUEIL AUX IMMIGRANTS DE L'EST DE MONTRÉAL

5960 Jean-Talon Street East, Suite 209, Saint-Léonard, Montréal, QC, H1S 1M2

514 723-4939 Fax: 514 723-3619

Website: www.aiemont.com

Email: info@aiemont.com

Services: * Réussir l'intégration: program offering individual meetings, needs assessment, referral services, interpretation and translation services and information sessions on life in Québec. * Professional integration: 6-weeks paid training program to develop employability. * Family: personalized support and accompaniment, coffee-meetings where parents can discuss and daycare. * Assistance with children school registration. * Seniors: recreational, sports and cultural activities for seniors. * Senior abuse prevention. * Business start-up training. * Francization. * Courses: English and computer. * Tax clinic.

Eligibility: immigrant people, members of visible minorities

Capacity: 40 places

Coverage area: East of Montréal Island

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h00, daycare: Monday to Friday 8h30 to 12h15 and 12h45 to 16h30

Fees: daycare: \$4 for 3 hours

Financing: provincial, federal, municipal

Legal status: non-profit organization

ITALIAN-CANADIAN COMMUNITY SERVICES OF QUÉBEC

8370 Lacordaire Boulevard, Suite 303, Saint-Léonard, Montréal, QC, H1R 3Y6

514 274-9461 Fax: 514 274-1325

Website: www.scciq.com

Email: info@scciq.com

Services: * Information, referral. * Counselling. * Translation. * Collaboration with other groups and government agencies. * Social and cultural programs, services for seniors. * Senior abuse prevention. * Health-related conferences. * Flu vaccination clinic. * Tax clinic. * Association Diabète Italo-Canadienne du Québec: information, referral, conferences, awareness and prevention related to diabetes and the treatment of diabetes.

Eligibility: Italian community and others

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00

Financing: grants, donations, fundraising campaigns

Legal status: non-profit organization

Meals on Wheels

TABLE RONDE DE SAINT-LÉONARD (LA)

8180 Collerette Street, Suite 1234, Saint-Léonard, Montréal, QC, H1P 2V5

514 955-6464 Fax: 514 955-7261

Email: trsl@bellnet.ca

Services: * Community restaurant. * Collective kitchen. * Cooking workshops for preschoolers and for parents experiencing difficulties who have children 0 to 5 years old. * Frozen meals for take-out or delivery upon request.

Capacity: restaurant: 90 people, other activities: 15 people

Coverage area: Saint-Léonard

Hours: administration: Monday to Friday 9h00 to 16h00

Fees: membership card: \$5, restaurant: \$4.50 per adult, \$3.50 per child, frozen meals: \$4

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

Volunteer Transportation

ACCUEIL AUX IMMIGRANTS DE L'EST DE MONTRÉAL

5960 Jean-Talon Street East, Suite 209, Saint-Léonard, Montréal, QC, H1S 1M2

514 723-4939 Fax: 514 723-3619

Website: www.aiemont.com

Email: info@aiemont.com

Services: * Réussir l'intégration: program offering individual meetings, needs assessment, referral services, interpretation and translation services and information sessions on life in Québec. * Professional integration: 6-weeks paid training program to develop employability. * Family: personalized support and accompaniment, coffee-meetings where parents can discuss and daycare. * Assistance with children school registration. * Seniors: recreational, sports and cultural activities for seniors. * Senior abuse prevention. * Business start-up training. * Francization. * Courses: English and computer. * Tax clinic.

Eligibility: immigrant people, members of visible minorities

Capacity: 40 places

Coverage area: East of Montréal Island

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h00, daycare: Monday to Friday 8h30 to 12h15 and 12h45 to 16h30

Fees: daycare: \$4 for 3 hours

Financing: provincial, federal, municipal

Legal status: non-profit organization

CENTRE DES AÎNÉS DU RÉSEAU D'ENTRAIDE DE SAINT-LÉONARD - ACCOMPANIMENT-TRANSPORTATION

5555 Jean-Talon Street East, Saint-Léonard, Montréal, QC, H1S 1L8

514 326-4116 Fax: 514 326-5884

Email: johanne.pitt@ainesstleonard.com

Services: Transportation and accompaniment to medical appointments and shopping by volunteers.

Eligibility: seniors 55 years and over

Coverage area: Saint-Léonard, transportation service: Montréal Island

Hours: office: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00, appointments: up to 21h00, reservation 10 days prior

Fees: medical transportation: voluntary contribution of around \$15 to \$20

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

Legal status: non-profit organization

Sex and gender

WOMEN'S CENTRES

WOMEN'S ASSOCIATIONS

Women's centres

CARREFOUR DES FEMMES DE SAINT-LÉONARD

8180 Collerette Street, Suite 3, Saint-Léonard, Montréal, QC, H1P 2V5

514 325-4910 Fax: 514 325-4977

Website: www.cfsf-femmes.com

Email: cfsf@bellnet.ca

Services: * Reception, active listening and helping relationship. * Referral, information and documentation. * Classes, workshops, conferences. * Special activities. * Weekly open therapeutic support groups for women coping with psychological or relationship difficulties. * Services for caregivers: support groups, training and visits of residences.

Eligibility: women

Capacity: support group: 5 to 8 persons per meeting

Coverage area: Greater Montréal

Hours: Monday to Thursday 8h30 to 16h00, support group for women: Thursday 9h30 to 12h00, support group for caregivers: Tuesday 9h30 to 11h30

Fees: annual membership: \$5, conferences and support group meetings: free

Financing: donations, grants, membership fees

Legal status: non-profit organization

Women's associations

CARREFOUR DES FEMMES DE SAINT-LÉONARD

8180 Collerette Street, Suite 3, Saint-Léonard, Montréal, QC, H1P 2V5

514 325-4910 Fax: 514 325-4977

Website: www.cfsf-femmes.com

Email: cfsf@bellnet.ca

Services: * Reception, active listening and helping relationship. * Referral, information and documentation. * Classes, workshops, conferences. * Special activities. * Weekly open therapeutic support groups for women coping with psychological or relationship difficulties. * Services for caregivers: support groups, training and visits of residences.

Eligibility: women

Capacity: support group: 5 to 8 persons per meeting

Coverage area: Greater Montréal

Hours: Monday to Thursday 8h30 to 16h00, support group for women: Thursday 9h30 to 12h00, support group for caregivers: Tuesday 9h30 to 11h30

Fees: annual membership: \$5, conferences and support group meetings: free

Financing: donations, grants, membership fees

Legal status: non-profit organization

Sports, Recreation and Culture

ARTS AND CULTURE

CLUBS AND SOCIAL EVENTS

COMMUNITY RECREATION CENTRES

HOBBIES

LIBRARIES

SPORT

SPORTS AND RECREATION FOR PEOPLE WITH A DISABILITY

Arts and culture

MONTRÉAL PUBLIC LIBRARIES NETWORK - SAINT-LÉONARD LIBRARY

8420 Lacordaire Boulevard, Saint-Léonard, Montréal, QC, H1R 3G5

514 328-8500 ext. 2

Website: www.bibliomontreal.com

Services: * Loan and consultation of books and audiovisual documents. * Computers, Internet access and printing devices. * Language learning stations. * Music listening stations. * Toys and educative games. * Story time. * Book club for children. * Home loan for people with reduced mobility. * Workshops, conferences and exhibitions. * Computer workshops for youth and for adults. * Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher. * Les mots partagés: intercultural coffee-meeting. * Rental of music instruments.

Eligibility: general public

Coverage area: Montréal

Hours: Monday 13h00 to 20h00, Tuesday and Wednesday 10h00 to 20h00, Thursday and Friday 10h00 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

Clubs and social events

ACCUEIL AUX IMMIGRANTS DE L'EST DE MONTRÉAL

5960 Jean-Talon Street East, Suite 209, Saint-Léonard, Montréal, QC, H1S 1M2

514 723-4939 Fax: 514 723-3619

Website: www.aiemont.com

Email: info@aiemont.com

Services: * Réussir l'intégration: program offering individual meetings, needs assessment, referral services, interpretation and translation services and information sessions on life in Québec. * Professional integration: 6-weeks paid training program to develop employability. * Family: personalized support and accompaniment, coffee-meetings where parents can discuss and daycare. * Assistance with children school registration. * Seniors: recreational, sports and cultural activities for seniors. * Senior abuse prevention. * Business start-up training. * Francization. * Courses: English and computer. * Tax clinic.

Eligibility: immigrant people, members of visible minorities

Capacity: 40 places

Coverage area: East of Montréal Island

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h00, daycare: Monday to Friday 8h30 to 12h15 and 12h45 to 16h30

Fees: daycare: \$4 for 3 hours

Financing: provincial, federal, municipal

Legal status: non-profit organization

ASSOCIATION HAÏTIANO-CANADO-QUÉBÉCOISE D'AIDE AUX DÉMUNIS

4869 Jarry Street East, Suite 214, Saint-Léonard, Montréal, QC, H1R 1Y1

514 852-1011 Fax: 514 852-1019

Email: fjoseph98@hotmail.com

Services: * Intercultural dialogue. * Assistance with Haitians' integration. * Housekeeping services. * Recreational activities for youth and seniors. * Cultural activities. * Collaboration with the organizations of Saint-Léonard.

Eligibility: people on a low income from all ethnic backgrounds

Coverage area: Saint-Léonard

Hours: Monday to Wednesday 9h00 to 16h00, Friday 9h00 to 16h00

Financing: provincial

Legal status: non-profit organization

CARREFOUR DES FEMMES DE SAINT-LÉONARD

8180 Collerette Street, Suite 3, Saint-Léonard, Montréal, QC, H1P 2V5

514 325-4910 Fax: 514 325-4977

Website: www.cfsl-femmes.com

Email: cfsl@bellnet.ca

Services: * Reception, active listening and helping relationship. * Referral, information and documentation. * Classes, workshops, conferences. * Special activities. * Weekly open therapeutic support groups for women coping with psychological or relationship difficulties. * Services for caregivers: support groups, training and visits of residences.

Eligibility: women

Capacity: support group: 5 to 8 persons per meeting

Coverage area: Greater Montréal

Hours: Monday to Thursday 8h30 to 16h00, support group for women: Thursday 9h30 to 12h00, support group for caregivers: Tuesday 9h30 to 11h30

Fees: annual membership: \$5, conferences and support group meetings: free

Financing: donations, grants, membership fees

Legal status: non-profit organization

CENTRE DES AÎNÉS DU RÉSEAU D'ENTRAIDE DE SAINT-LÉONARD

5555 Jean-Talon Street East, Saint-Léonard, Montréal, QC, H1S 1L8

514 326-4116 Fax: 514 326-5884

Email: johanne.pitt@ainesstleonard.com

Services: * Safety phone calls. * Respite days. * Community meal. * Intergenerational activities. * Assistance with filling out forms. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV).

Eligibility: seniors 55 years and over

Coverage area: Saint-Léonard

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

Fees: annual membership, activities: variable

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

Legal status: non-profit organization

CERCLE DU 3E ÂGE DE SAINTE-ANGÈLE

Giuseppe-Garibaldi Park, 7125 Liénart Street, Saint-Léonard, Montréal, QC, H1S 2X9

514 327-6645

Services: Social and recreational activities for seniors. * Physical activities: dance classes, fitness, bocce, petanque and yoga. * Card games, bridge, pucks and board games. * Bowling league. * Indoor and outdoor dance evenings. * Thematic outings: sugar shack, apple picking, etc. * Thematic meals: mechoui, corn roast, etc. * L'Info de Sainte-Angèle newsletter: publication of offered activities.

Eligibility: people 50 years old and over

Coverage area: Saint-Léonard

Hours: indoor activities: September to May, outdoor activities: May to September, variable schedule

Fees: annual membership: \$7, dance classes: \$3 for 2h30, activities: variable

Financing: self-financing, donations, municipal, provincial

Legal status: non-profit organization

ITALIAN-CANADIAN COMMUNITY SERVICES OF QUÉBEC

8370 Lacordaire Boulevard, Suite 303, Saint-Léonard, Montréal, QC, H1R 3Y6

514 274-9461 Fax: 514 274-1325

Website: www.scciq.com

Email: info@scciq.com

Services: * Information, referral. * Counselling. * Translation. * Collaboration with other groups and government agencies. * Social and cultural programs, services for seniors. * Senior abuse prevention. * Health-related conferences. * Flu vaccination clinic. * Tax clinic. * Association Diabète Italo-Canadienne du Québec: information, referral, conferences, awareness and prevention related to diabetes and the treatment of diabetes.

Eligibility: Italian community and others

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00

Financing: grants, donations, fundraising campaigns

Legal status: non-profit organization

NATIONAL CONGRESS OF ITALIAN-CANADIANS - QUÉBEC CHAPTER

Confidential Address

514 279-6357 Fax: 514 955-8527

Website: italcongresso.qc.ca

Email: info@italcongresso.qc.ca

Services: * Montréal's Italian Week. * Assistance to associations and social clubs of the Italian community. * Integration. * Intercultural bridge-building with other communities.

Eligibility: Italian-Canadian community

Coverage area: Province of Québec

Hours: Monday to Friday 9h30 to 17h00

Financing: fundraising campaigns, grants

Legal status: non-profit organization

REGROUPEMENT INTERCULTUREL DE SAINT-LÉONARD

5960 Jean-Talon Street East, Suite 207-A, Saint-Léonard, Montréal, QC, H1S 1M2

514 742-8536

Email: coordo.risl@gmail.com

Services: Reduction of social and racial tensions arising from the cohabitation of various cultural communities. * Training for people and counsellors about the cultural realities of communities. * Awareness and knowledge of discrimination. * Educational and festive meetings.

Eligibility: counsellors, general public

Coverage area: Saint-Léonard

Financing: Centraide of Greater Montréal

Legal status: non-profit organization

Community recreation centres

BUREAU ASSOCIATIF POUR LA DIVERSITÉ ET LA RÉINSERTION

8365 Langelier Boulevard, Saint-Léonard, Montréal, QC, H1P 2C3

514 324-5341 Fax: 514 324-7966

Website: www.badr.ca

Email: info@badr.ca

Services: * Physical activities: aerobics, basketball, fitness, soccer, swimming, walking club, taekwondo, judo, boxing. * Recreational activities: crafts, calligraphy, sewing, cooking, chess, singing, story time, robotics, drawing, various workshops. * Socio-community and cultural activities. * Food bank. * Psychosocial support. * Christmas baskets. * Arabic language school. * Academic support and tutoring in French, English, Spanish and mathematics. * Computer workshops. * Parent-child workshops. * Culinary workshops. * Day camp during the holidays and the summer period. * Family outings. * School supplies. * Donation of furniture. * Tax clinic. * Blood collection.

Eligibility: general population

Coverage area: Montréal Island, school supplies and Christmas baskets: Saint-Léonard

Hours: Monday to Saturday 9h00 to 18h00

Fees: variable

Financing: self-financing, membership fees

Legal status: non-profit organization

CENTRE DES AÎNÉS DU RÉSEAU D'ENTRAIDE DE SAINT-LÉONARD

5555 Jean-Talon Street East, Saint-Léonard, Montréal, QC, H1S 1L8

514 326-4116 Fax: 514 326-5884

Email: johanne.pitt@ainesstleonard.com

Services: * Safety phone calls. * Respite days. * Community meal. * Intergenerational activities. * Assistance with filling out forms. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV).

Eligibility: seniors 55 years and over

Coverage area: Saint-Léonard

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

Fees: annual membership, activities: variable

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

Legal status: non-profit organization

CERCLE DU 3E ÂGE DE SAINTE-ANGÈLE

Giuseppe-Garibaldi Park, 7125 Liénart Street, Saint-Léonard, Montréal, QC, H1S 2X9

514 327-6645

Services: Social and recreational activities for seniors. * Physical activities: dance classes, fitness, bocce, petanque and yoga. * Card games, bridge, pucks and board games. * Bowling league. * Indoor and outdoor dance evenings. * Thematic outings: sugar shack, apple picking, etc. * Thematic meals: mechoui, corn roast, etc. * L'Info de Sainte-Angèle newsletter: publication of offered activities.

Eligibility: people 50 years old and over

Coverage area: Saint-Léonard

Hours: indoor activities: September to May, outdoor activities: May to September, variable schedule

Fees: annual membership: \$7, dance classes: \$3 for 2h30, activities: variable

Financing: self-financing, donations, municipal, provincial

Legal status: non-profit organization

Hobbies

ACCUEIL AUX IMMIGRANTS DE L'EST DE MONTRÉAL

5960 Jean-Talon Street East, Suite 209, Saint-Léonard, Montréal, QC, H1S 1M2

514 723-4939 Fax: 514 723-3619

Website: www.aiemont.com

Email: info@aiemont.com

Services: * Réussir l'intégration: program offering individual meetings, needs assessment, referral services, interpretation and translation services and information sessions on life in Québec. * Professional integration: 6-weeks paid training program to develop employability. * Family: personalized support and accompaniment, coffee-meetings where parents can discuss and daycare. * Assistance with children school registration. * Seniors: recreational, sports and cultural activities for seniors. * Senior abuse prevention. * Business start-up training. * Francization. * Courses: English and computer. * Tax clinic.

Eligibility: immigrant people, members of visible minorities

Capacity: 40 places

Coverage area: East of Montréal Island

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h00, daycare: Monday to Friday 8h30 to 12h15 and 12h45 to 16h30

Fees: daycare: \$4 for 3 hours

Financing: provincial, federal, municipal

Legal status: non-profit organization

BUREAU ASSOCIATIF POUR LA DIVERSITÉ ET LA RÉINSERTION

8365 Langelier Boulevard, Saint-Léonard, Montréal, QC, H1P 2C3

514 324-5341 Fax: 514 324-7966

Website: www.badr.ca

Email: info@badr.ca

Services: * Physical activities: aerobics, basketball, fitness, soccer, swimming, walking club, taekwondo, judo, boxing. * Recreational activities: crafts, calligraphy, sewing, cooking, chess, singing, story time, robotics, drawing, various workshops. * Socio-community and cultural activities. * Food bank. * Psychosocial support. * Christmas baskets. * Arabic language school. * Academic support and tutoring in French, English, Spanish and mathematics. * Computer workshops. * Parent-child workshops. * Culinary workshops. * Day camp during the holidays and the summer period. * Family outings. * School supplies. * Donation of furniture. * Tax clinic. * Blood collection.

Eligibility: general population

Coverage area: Montréal Island, school supplies and Christmas baskets: Saint-Léonard

Hours: Monday to Saturday 9h00 to 18h00

Fees: variable

Financing: self-financing, membership fees

Legal status: non-profit organization

CENTRE DES AÎNÉS DU RÉSEAU D'ENTRAIDE DE SAINT-LÉONARD

5555 Jean-Talon Street East, Saint-Léonard, Montréal, QC, H1S 1L8

514 326-4116 Fax: 514 326-5884

Email: johanne.pitt@ainesstleonard.com

Services: * Safety phone calls. * Respite days. * Community meal. * Intergenerational activities. * Assistance with filling out forms. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV).

Eligibility: seniors 55 years and over

Coverage area: Saint-Léonard

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

Fees: annual membership, activities: variable

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

Legal status: non-profit organization

CLUB DU BONHEUR DE SAINT-LÉONARD

8180 Collerette Street, Saint-Léonard, Montréal, QC, H1R 2A3

514 329-3178

Services: Meeting place for adults with intellectual limitations. * Recreational activities: bingo, group games, board games, bean bags, crafts, cooking, outings.

Eligibility: adults with mild to medium intellectual limitations with or without physical limitations

Capacity: 30 people

Coverage area: Montréal Island

Hours: September to June, Sunday 13h30 to 17h00

Fees: membership: \$30 per year, activities at the centre: free, outings: about \$25

Financing: municipal, provincial, grants, donations

Legal status: non-profit organization

MAINS UTILES

6705 Jean-Talon Street, Saint-Léonard, Montréal, QC, H1S 1N2

514 993-9128

Email: mainsutiles@yahoo.ca

Services: 8-week industrial sewing course. * Socioprofessional integration. * Community shop. * Coffee-chats. * Open workshops. * Occasional activities.

Eligibility: immigrant women from all cultural communities

Capacity: 8 women per group

Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 16h00, workshops: Monday to Thursday 9h00 to 13h00, free workshops: Friday

Fees: semester: \$25, workshop: free

Financing: municipal, self-financing, donations

Legal status: non-profit organization

MONTRÉAL PUBLIC LIBRARIES NETWORK - SAINT-LÉONARD LIBRARY

8420 Lacordaire Boulevard, Saint-Léonard, Montréal, QC, H1R 3G5

514 328-8500 ext. 2

Website: www.bibliomontreal.com

Services: * Loan and consultation of books and audiovisual documents. * Computers, Internet access and printing devices. * Language learning stations. * Music listening stations. * Toys and educative games. * Story time. * Book club for children. * Home loan for people with reduced mobility. * Workshops, conferences and exhibitions. * Computer workshops for youth and for adults. * Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher. * Les mots partagés: intercultural coffee-meeting. * Rental of music instruments.

Eligibility: general public

Coverage area: Montréal

Hours: Monday 13h00 to 20h00, Tuesday and Wednesday 10h00 to 20h00, Thursday and Friday 10h00 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

TABLE RONDE DE SAINT-LÉONARD (LA)

8180 Collerette Street, Suite 1234, Saint-Léonard, Montréal, QC, H1P 2V5

514 955-6464 Fax: 514 955-7261

Email: trsl@bellnet.ca

Services: * Community restaurant. * Collective kitchen. * Cooking workshops for preschoolers and for parents experiencing difficulties who have children 0 to 5 years old. * Frozen meals for take-out or delivery upon request.

Capacity: restaurant: 90 people, other activities: 15 people

Coverage area: Saint-Léonard

Hours: administration: Monday to Friday 9h00 to 16h00

Fees: membership card: \$5, restaurant: \$4.50 per adult, \$3.50 per child, frozen meals: \$4

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

Libraries

MONTRÉAL PUBLIC LIBRARIES NETWORK - SAINT-LÉONARD LIBRARY

8420 Lacordaire Boulevard, Saint-Léonard, Montréal, QC, H1R 3G5

514 328-8500 ext. 2

Website: www.bibliomontreal.com

Services: * Loan and consultation of books and audiovisual documents. * Computers, Internet access and printing devices. * Language learning stations. * Music listening stations. * Toys and educative games. * Story time. * Book club for children. * Home loan for people with reduced mobility. * Workshops, conferences and exhibitions. * Computer workshops for youth and for adults. * Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher. * Les mots partagés: intercultural coffee-meeting. * Rental of music instruments.

Eligibility: general public

Coverage area: Montréal

Hours: Monday 13h00 to 20h00, Tuesday and Wednesday 10h00 to 20h00, Thursday and Friday 10h00 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

Sport

BUREAU ASSOCIATIF POUR LA DIVERSITÉ ET LA RÉINSERTION

8365 Langelier Boulevard, Saint-Léonard, Montréal, QC, H1P 2C3

514 324-5341 Fax: 514 324-7966

Website: www.badr.ca

Email: info@badr.ca

Services: * Physical activities: aerobics, basketball, fitness, soccer, swimming, walking club, taekwondo, judo, boxing. * Recreational activities: crafts, calligraphy, sewing, cooking, chess, singing, story time, robotics, drawing, various workshops. * Socio-community and cultural activities. * Food bank. * Psychosocial support. * Christmas baskets. * Arabic language school. * Academic support and tutoring in French, English, Spanish and mathematics. * Computer workshops. * Parent-child workshops. * Culinary workshops. * Day camp during the holidays and the summer period. * Family outings. * School supplies. * Donation of furniture. * Tax clinic. * Blood collection.

Eligibility: general population

Coverage area: Montréal Island, school supplies and Christmas baskets: Saint-Léonard

Hours: Monday to Saturday 9h00 to 18h00

Fees: variable

Financing: self-financing, membership fees

Legal status: non-profit organization

Sports and recreation for people with a disability

CLUB DU BONHEUR DE SAINT-LÉONARD

8180 Collerette Street, Saint-Léonard, Montréal, QC, H1R 2A3

514 329-3178

Services: Meeting place for adults with intellectual limitations. * Recreational activities: bingo, group games, board games, bean bags, crafts, cooking, outings.

Eligibility: adults with mild to medium intellectual limitations with or without physical limitations

Capacity: 30 people

Coverage area: Montréal Island

Hours: September to June, Sunday 13h30 to 17h00

Fees: membership: \$30 per year, activities at the centre: free, outings: about \$25

Financing: municipal, provincial, grants, donations

Legal status: non-profit organization

Thrift store and material aid

CLOTHING

DONATION PICK-UPS

SCHOOL SUPPLIES

THRIFT STORES

USED ITEM DONATION RECOVERY PROGRAMS

Clothing

SOCIÉTÉ DE SAINT-VINCENT-DE PAUL - SAINT-LÉONARD - BOUTIQUE D'AMÉLIE

5077 Couture Boulevard, Saint-Léonard, Montréal, QC, H1R 3B9

514 323-5609

Services: Thrift store. * Recovery and sale of used clothes and household items: clothing, small appliances, kitchen utensils, books, toys, etc. * Donations in case of disasters.

Coverage area: Saint-Léonard

Hours: Monday, Wednesday and Friday 10h00 to 12h00 and 13h00 to 16h00, Saturday 10h00 to 14h00

Fees: thrift store: low prices

Financing: donations, self-financing

Legal status: non-profit organization

Donation pick-ups

BUREAU ASSOCIATIF POUR LA DIVERSITÉ ET LA RÉINSERTION - USED ITEM RECOVERY

8365 Langelier Boulevard, Saint-Léonard, Montréal, QC, H1P 2C3

514 324-5341 Fax: 514 324-7966

Website: www.badr.ca

Email: info@badr.ca

Services: Used items recovery: non-perishable food, clothes, furniture, mattresses, household items, toys, sporting equipment, books and school supplies. * Home pick-up.

Coverage area: Montréal Island

Hours: Monday to Saturday 9h00 to 18h00

Financing: self-financing, membership fees

Legal status: non-profit organization

SUPPORT DE LA SOCIÉTÉ QUÉBÉCOISE DE LA DÉFICIENCE INTELLECTUELLE (LE)

6275 des Grandes-Prairies Boulevard, Saint-Léonard, Montréal, QC, H1P 1A5

514 725-9797 Fax: 514 725-3530

Website: www.lesupport.ca/en

Email: sac@lesupport.ca

Services: Fundraising seeking to help people living with intellectual disabilities. * Sale of used items. * Donation pick-up: clothing, small household items, toys and leisure equipment, books and magazines. *

Donation boxes: map available at www.lesupport.ca/en/donation-boxes/find-a-donation-box

Coverage area: Greater Montréal

Hours: Monday to Friday 8h00 to 16h30

Fees: none

Financing: self-financing, donations

Legal status: non-profit organization

School supplies

BUREAU ASSOCIATIF POUR LA DIVERSITÉ ET LA RÉINSERTION

8365 Langelier Boulevard, Saint-Léonard, Montréal, QC, H1P 2C3

514 324-5341 Fax: 514 324-7966

Website: www.badr.ca

Email: info@badr.ca

Thrift store and material aid

Services: * Physical activities: aerobics, basketball, fitness, soccer, swimming, walking club, taekwondo, judo, boxing. * Recreational activities: crafts, calligraphy, sewing, cooking, chess, singing, story time, robotics, drawing, various workshops. * Socio-community and cultural activities. * Food bank. * Psychosocial support. * Christmas baskets. * Arabic language school. * Academic support and tutoring in French, English, Spanish and mathematics. * Computer workshops. * Parent-child workshops. * Culinary workshops. * Day camp during the holidays and the summer period. * Family outings. * School supplies. * Donation of furniture. * Tax clinic. * Blood collection.

Eligibility: general population

Coverage area: Montréal Island, school supplies and Christmas baskets: Saint-Léonard

Hours: Monday to Saturday 9h00 to 18h00

Fees: variable

Financing: self-financing, membership fees

Legal status: non-profit organization

Thrift Stores

BUREAU ASSOCIATIF POUR LA DIVERSITÉ ET LA RÉINSERTION

8365 Langelier Boulevard, Saint-Léonard, Montréal, QC, H1P 2C3

514 324-5341 Fax: 514 324-7966

Website: www.badr.ca

Email: info@badr.ca

Services: * Physical activities: aerobics, basketball, fitness, soccer, swimming, walking club, taekwondo, judo, boxing. * Recreational activities: crafts, calligraphy, sewing, cooking, chess, singing, story time, robotics, drawing, various workshops. * Socio-community and cultural activities. * Food bank. * Psychosocial support. * Christmas baskets. * Arabic language school. * Academic support and tutoring in French, English, Spanish and mathematics. * Computer workshops. * Parent-child workshops. * Culinary workshops. * Day camp during the holidays and the summer period. * Family outings. * School supplies. * Donation of furniture. * Tax clinic. * Blood collection.

Eligibility: general population

Coverage area: Montréal Island, school supplies and Christmas baskets: Saint-Léonard

Hours: Monday to Saturday 9h00 to 18h00

Fees: variable

Financing: self-financing, membership fees

Legal status: non-profit organization

MAINS UTILES

6705 Jean-Talon Street, Saint-Léonard, Montréal, QC, H1S 1N2

514 993-9128

Email: mainsutiles@yahoo.ca

Services: 8-week industrial sewing course. * Socioprofessional integration. * Community shop. * Coffee-chats. * Open workshops. * Occasional activities.

Eligibility: immigrant women from all cultural communities

Capacity: 8 women per group

Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 16h00, workshops: Monday to Thursday 9h00 to 13h00, free workshops: Friday

Fees: semester: \$25, workshop: free

Financing: municipal, self-financing, donations

Legal status: non-profit organization

RENAISSANCE - BÉLANGER-LACORDAIRE BOOKSTORE

5872 Bélanger Street, Saint-Léonard, Montréal, QC, H1T 1G6

438 387-3217

Website: www.renaissancequebec.ca

Email: information@renaissancequebec.ca

Services: Sale of books. * Recovery of clothing, housewares, sporting equipment, school supplies, small appliances, computer equipment, books and bicycles.

Coverage area: Saint-Léonard

Hours: Monday to Wednesday 8h00 to 18h00, Thursday and Friday 8h00 to 21h00, Saturday and Sunday 8h00 to 18h00

Financing: self-financing

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE PAUL - SAINT-LÉONARD - BOUTIQUE D'AMÉLIE

5077 Couture Boulevard, Saint-Léonard, Montréal, QC, H1R 3B9

514 323-5609

Services: Thrift store. * Recovery and sale of used clothes and household items: clothing, small appliances, kitchen utensils, books, toys, etc. * Donations in case of disasters.

Coverage area: Saint-Léonard

Hours: Monday, Wednesday and Friday 10h00 to 12h00 and 13h00 to 16h00, Saturday 10h00 to 14h00

Fees: thrift store: low prices

Financing: donations, self-financing

Legal status: non-profit organization

SUPPORT DE LA SOCIÉTÉ QUÉBÉCOISE DE LA DÉFICIENCE INTELLECTUELLE (LE)

6275 des Grandes-Prairies Boulevard, Saint-Léonard, Montréal, QC, H1P 1A5

514 725-9797 Fax: 514 725-3530

Website: www.lesupport.ca/en

Email: sac@lesupport.ca

Services: Fundraising seeking to help people living with intellectual disabilities. * Sale of used items. * Donation pick-up: clothing, small household items, toys and leisure equipment, books and magazines. * Donation boxes: map available at www.lesupport.ca/en/donation-boxes/find-a-donation-box

Coverage area: Greater Montréal

Hours: Monday to Friday 8h00 to 16h30

Fees: none

Financing: self-financing, donations

Legal status: non-profit organization

Used item donation recovery programs**BUREAU ASSOCIATIF POUR LA DIVERSITÉ ET LA RÉINSERTION - USED ITEM RECOVERY**

8365 Langelier Boulevard, Saint-Léonard, Montréal, QC, H1P 2C3

514 324-5341 Fax: 514 324-7966

Website: www.badr.ca

Email: info@badr.ca

Services: Used items recovery: non-perishable food, clothes, furniture, mattresses, household items, toys, sporting equipment, books and school supplies. * Home pick-up.

Coverage area: Montréal Island

Hours: Monday to Saturday 9h00 to 18h00

Financing: self-financing, membership fees

Legal status: non-profit organization

RENAISSANCE - BÉLANGER-LACORDAIRE BOOKSTORE

5872 Bélanger Street, Saint-Léonard, Montréal, QC, H1T 1G6

438 387-3217

Website: www.renaissancequebec.ca

Email: information@renaissancequebec.ca

Services: Sale of books. * Recovery of clothing, housewares, sporting equipment, school supplies, small appliances, computer equipment, books and bicycles.

Coverage area: Saint-Léonard

Hours: Monday to Wednesday 8h00 to 18h00, Thursday and Friday 8h00 to 21h00, Saturday and Sunday 8h00 to 18h00

Financing: self-financing

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE PAUL - SAINT-LÉONARD - BOUTIQUE D'AMÉLIE

5077 Couture Boulevard, Saint-Léonard, Montréal, QC, H1R 3B9

514 323-5609

Services: Thrift store. * Recovery and sale of used clothes and household items: clothing, small appliances, kitchen utensils, books, toys, etc. * Donations in case of disasters.

Coverage area: Saint-Léonard

Hours: Monday, Wednesday and Friday 10h00 to 12h00 and 13h00 to 16h00, Saturday 10h00 to 14h00

Fees: thrift store: low prices

Financing: donations, self-financing

Legal status: non-profit organization

SUPPORT DE LA SOCIÉTÉ QUÉBÉCOISE DE LA DÉFICIENCE INTELLECTUELLE (LE)

6275 des Grandes-Prairies Boulevard, Saint-Léonard, Montréal, QC, H1P 1A5

514 725-9797 Fax: 514 725-3530

Website: www.lesupport.ca/en

Email: sac@lesupport.ca

Services: Fundraising seeking to help people living with intellectual disabilities. * Sale of used items. * Donation pick-up: clothing, small household items, toys and leisure equipment, books and magazines. * Donation boxes: map available at www.lesupport.ca/en/donation-boxes/find-a-donation-box

Coverage area: Greater Montréal

Hours: Monday to Friday 8h00 to 16h30

Fees: none

Financing: self-financing, donations

Legal status: non-profit organization

Transportation

ACCOMPANIED TRANSPORT

ACCOMPANIED TRANSPORT FOR MEDICAL REASONS

Accompanied transport

ACCUEIL AUX IMMIGRANTS DE L'EST DE MONTRÉAL

5960 Jean-Talon Street East, Suite 209, Saint-Léonard, Montréal, QC, H1S 1M2

514 723-4939 Fax: 514 723-3619

Website: www.aiemont.com

Email: info@aiemont.com

Services: * Réussir l'intégration: program offering individual meetings, needs assessment, referral services, interpretation and translation services and information sessions on life in Québec. * Professional integration: 6-weeks paid training program to develop employability. * Family: personalized support and accompaniment, coffee-meetings where parents can discuss and daycare. * Assistance with children school registration. * Seniors: recreational, sports and cultural activities for seniors. * Senior abuse prevention. * Business start-up training. * Francization. * Courses: English and computer. * Tax clinic.

Eligibility: immigrant people, members of visible minorities

Capacity: 40 places

Coverage area: East of Montréal Island

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h00, daycare: Monday to Friday 8h30 to 12h15 and 12h45 to 16h30

Fees: daycare: \$4 for 3 hours

Financing: provincial, federal, municipal

Legal status: non-profit organization

CENTRE DES AÎNÉS DU RÉSEAU D'ENTRAIDE DE SAINT-LÉONARD - ACCOMPANIMENT-TRANSPORTATION

5555 Jean-Talon Street East, Saint-Léonard, Montréal, QC, H1S 1L8

514 326-4116 Fax: 514 326-5884

Email: johanne.pitt@ainesstleonard.com

Services: Transportation and accompaniment to medical appointments and shopping by volunteers.

Eligibility: seniors 55 years and over

Coverage area: Saint-Léonard, transportation service: Montréal Island

Hours: office: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00, appointments: up to 21h00, reservation 10 days prior

Fees: medical transportation: voluntary contribution of around \$15 to \$20

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

Legal status: non-profit organization

Accompanied transport for medical reasons

CENTRE DES AÎNÉS DU RÉSEAU D'ENTRAIDE DE SAINT-LÉONARD - ACCOMPANIMENT-TRANSPORTATION

5555 Jean-Talon Street East, Saint-Léonard, Montréal, QC, H1S 1L8

514 326-4116 Fax: 514 326-5884

Email: johanne.pitt@ainesstleonard.com

Services: Transportation and accompaniment to medical appointments and shopping by volunteers.

Eligibility: seniors 55 years and over

Coverage area: Saint-Léonard, transportation service: Montréal Island

Hours: office: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00, appointments: up to 21h00, reservation 10 days prior

Fees: medical transportation: voluntary contribution of around \$15 to \$20

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

Legal status: non-profit organization

Violence and abuse

ELDER ABUSE

SUPPORT FOR VICTIMS AND THEIR FAMILIES

THERAPY AND COUNSELLING

Elder abuse

ACCUEIL AUX IMMIGRANTS DE L'EST DE MONTRÉAL

5960 Jean-Talon Street East, Suite 209, Saint-Léonard, Montréal, QC, H1S 1M2

514 723-4939 Fax: 514 723-3619

Website: www.aiemont.com

Email: info@aiemont.com

Services: * Réussir l'intégration: program offering individual meetings, needs assessment, referral services, interpretation and translation services and information sessions on life in Québec. * Professional integration: 6-weeks paid training program to develop employability. * Family: personalized support and accompaniment, coffee-meetings where parents can discuss and daycare. * Assistance with children school registration. * Seniors: recreational, sports and cultural activities for seniors. * Senior abuse prevention. * Business start-up training. * Francization. * Courses: English and computer. * Tax clinic.

Eligibility: immigrant people, members of visible minorities

Capacity: 40 places

Coverage area: East of Montréal Island

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h00, daycare: Monday to Friday 8h30 to 12h15 and 12h45 to 16h30

Fees: daycare: \$4 for 3 hours

Financing: provincial, federal, municipal

Legal status: non-profit organization

ITALIAN-CANADIAN COMMUNITY SERVICES OF QUÉBEC

8370 Lacordaire Boulevard, Suite 303, Saint-Léonard, Montréal, QC, H1R 3Y6

514 274-9461 Fax: 514 274-1325

Website: www.scciq.com

Email: info@scciq.com

Services: * Information, referral. * Counselling. * Translation. * Collaboration with other groups and government agencies. * Social and cultural programs, services for seniors. * Senior abuse prevention. * Health-related conferences. * Flu vaccination clinic. * Tax clinic. * Association Diabète Italo-Canadienne du Québec: information, referral, conferences, awareness and prevention related to diabetes and the treatment of diabetes.

Eligibility: Italian community and others

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00

Financing: grants, donations, fundraising campaigns

Legal status: non-profit organization

Support for victims and their families

SERVICE CANADA CENTRE - SAINT-LÉONARD (MONTRÉAL)

6020 Jean-Talon Steet East, Suite 500, Saint-Léonard, Montréal, QC, H1S 3A9

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Service centre bringing together programs, services and benefits at the federal level. * Applications for Social Insurance Number. * Information on the labor market. * Job bank. * Record of Employment. * Annuities. * Retirement pension from Canada Pension Plan. * Guaranteed Income Supplement, Old Age Security. * International Benefits. * Career Transition Services for veterans. * Allowance Program. * Special Benefits. * Employment Insurance Regular Benefits. * Career Planning. * Wage Earner Protection Program. * Canada Summer Jobs (CSJ) for youth and students. * Orientation on foreign credentials. * Receiving agents of passports. * Office of complaints. * Employer service centre. * Prevention and reporting of fraud. * Savings plan. * Income support for parents of murdered or missing children.

Coverage area: Saint-Léonard

Hours: Monday to Friday 8h30 to 16h00

Financing: federal

Legal status: federal government agency

Therapy and counselling

CLSC DE SAINT-LÉONARD

5540 Jarry Street East, Saint-Léonard, Montréal, QC, H1P 1T9

514 722-3000

Website: ciusss-estmtl.gouv.qc.ca/etablissement/clsc-de-saint-leonard

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: Saint-Léonard

Hours: Monday to Friday 8h00 to 20h00, tests centre: Monday to Friday 7h00 to 11h00

Financing: provincial

Legal status: parapublic organization

ITALIAN-CANADIAN COMMUNITY SERVICES OF QUÉBEC

8370 Lacordaire Boulevard, Suite 303, Saint-Léonard, Montréal, QC, H1R 3Y6

514 274-9461 Fax: 514 274-1325

Website: www.scciq.com

Email: info@scciq.com

Services: * Information, referral. * Counselling. * Translation. * Collaboration with other groups and government agencies. * Social and cultural programs, services for seniors. * Senior abuse prevention. * Health-related conferences. * Flu vaccination clinic. * Tax clinic. * Association Diabète Italo-Canadienne du Québec: information, referral, conferences, awareness and prevention related to diabetes and the treatment of diabetes.

Eligibility: Italian community and others

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00

Financing: grants, donations, fundraising campaigns

Legal status: non-profit organization

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