

**211**

**DIRECTORY OF  
SOCIAL AND COMMUNITY  
RESOURCES**

**MONTRÉAL / MONTRÉAL / VERDUN**



**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**

## Child welfare

### LEGAL AID OFFICE - SUD-OUEST

4250 Wellington Street, Suite 200, Verdun, Montréal, QC, H4G 1W2

**514 864-2111 ext. 6550** Fax: 514 864-9451

**Website:** [www.aidejuridiquedemontreal.ca/en/find-a-service-point](http://www.aidejuridiquedemontreal.ca/en/find-a-service-point)

**Email:** [baj.sudouest@ccjm.qc.ca](mailto:baj.sudouest@ccjm.qc.ca)

**Services:** Legal aid office in civil and family Law.

**Eligibility:** person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law

**Coverage area:** Côte-Des-Neiges-Notre-Dame-De-Grâce, Lachine, Lasalle, Le Sud-Ouest, Westmount

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

**Fees:** people may be eligible for free legal aid or contributory legal aid between \$100 and 800, depending on their financial situation, see scale on the website

**Financing:** self-financing

**Legal status:** parapublic organization

### TEEN HAVEN

4360 Lasalle Boulevard, Verdun, Montréal, QC, H4G 2A8

**514 769-5050**

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

**Email:** [administration@thaven.ca](mailto:administration@thaven.ca)

**Services:** Social rehabilitation and reintegration of female teenagers. \* Residential group home.

**Eligibility:** female teenagers 12 to 17 years old with behaviour problems

**Capacity:** 15

**Coverage area:** Province of Québec

**Hours:** 24 hours / 7 days, office: Monday to Friday 8h30 to 16h00

**Financing:** provincial

**Legal status:** non-profit organization

## Daycare and respite

### BGC DAWSON

666 Woodland Street, Verdun, Montréal, QC, H4H 1V8

**514 767-9967** Fax: 514 767-7336

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

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

**Services:** \* Social, recreational and educational programs: parent-child, after school, teen, young adult and senior groups. \* Room rental for community organizations. \* Summer day camp for children and teenagers. \* Un plant de tomates à la fois: collective garden. \* Respite for parents of children 6 months to 5 years old. \* Tax clinic. \* Residential snow removal.

**Eligibility:** parent-child group: children 0 to 5 years old, afterschool group: children 5 to 12 years old, teen group: youth 13 to 17 years old, young adult group: people 18 to 30 years old, senior group: seniors 50 years and over

**Coverage area:** Verdun and surroundings

**Hours:** Wednesday and Friday 8h00 to 21h00, Monday 8h00 to 18h00, Tuesday and Thursday 8h00 to 23h00

**Fees:** membership: \$15, activities: variable

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

**Legal status:** non-profit organization

**CASA C.A.F.I. (CENTRE D'AIDE AUX FAMILLES IMMIGRANTES)**

5315 Wellington Street, Verdun, Montréal, QC, H4H 1N3

**514 844-3340 Fax:** 514 844-1416

**Website:** centrecasacafi.org

**Email:** casacafi@msn.com

**Services:** Guidance, information and assistance. \* Job search assistance. \* Emergency and regular food assistance. \* Christmas baskets for food assistance regulars. \* Collective kitchens. \* Baby food. \* Community meals. \* Information on immigration laws. \* Cultural activities. \* Daycare. \* Workshops for parents. \* Workshops on rights and on resources. \* Recovery and donation of used items: clothing, household items, mattresses, books, toys, sports equipment, appliances, furniture.

**Eligibility:** immigrants, people from cultural minorities

**Coverage area:** Verdun

**Hours:** Monday to Friday 9h00 to 17h00, food bank: Monday to Friday 10h00 to 16h30, by appointment

**Fees:** food bank: \$7

**Financing:** fundraising campaigns, self-financing, provincial, municipal

**Legal status:** non-profit organization

**CENTRE SOCIAL D'AIDE AUX IMMIGRANTS - VERDUN**

3782 Wellington Street, Verdun, Montréal, QC, H4G 1V2

**514 932-2953 Fax:** 514 932-4544

**Website:** centrecsai.org/en

**Email:** csai@centrecsai.org

**Services:** \* Reception and integration. \* Information and guidance. \* Counselling and individual support. \* Assistance with immigration forms and citizenship application. \* Certification of documents. \* Sociocultural activities. \* Francization: part-time French classes. \* French and English conversation workshops. \* Day care. \* Volunteering. \* Tax clinic.

**Eligibility:** permanent residents for less than 5 years, foreign students, temporary workers, government-assisted refugees, asylum seekers

**Coverage area:** Montréal Island

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

**Fees:** certification: \$5, certified copies: \$5, other services: free

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

**Legal status:** non-profit organization

**MAISON DES FAMILLES DE VERDUN (LA)**

259 1st Avenue, Verdun, Montréal, QC, H4G 2V6

**514 762-3399 Fax:** 514 769-9216

**Website:** www.famillesverdun.com

**Email:** mfv.inscription@gmail.com

**Services:** \* Respite. \* Recreational and sporting activities, family outings. \* Workshops and conferences for parents. \* Temporary housing for fathers with psychosocial assistance. \* Support and discussion group on parenting and family issues. \* Nobody's perfect program: education, information and support for parents of children under 5 years old. \* Karibou program: parent-child motor skills development workshops for children 12 months to 4 years old. \* Ruche d'art: free time for artistic activities between parents and their children 3 to 12 years old. \* School preparation for children 0 to 5 years old. \* Support and referral.

**Eligibility:** families with children 0 to 12 years old, respite children 6 months to 5 years old.

**Capacity:** support group: 10 to 12 people per meeting

**Coverage area:** Verdun, Le Sud-Ouest

**Hours:** Monday to Thursday variable hours between 9h00 to 16h30, weekend activities and other events, monthly calendar on Facebook and the website.

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

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

**Legal status:** non-profit organization

**PAUSE PARENTS-ENFANTS DE VERDUN**

4901 Wellington Street, Verdun, Montréal, QC, H4G 1X8

**514 768-7773 ext. 130 Fax:** 514 762-6048

**Website:** www.centreppe.com

**Email:** activites@ppev.ca

**Services:** \* Information, listening and referral. \* Individual meetings. \* Week-end respite. \* Workshops: child development, parental skills, baby massage, etc. \* Parent-child activity programs. \* Nature-based and outings program. \* Coffee-meeting for parents. \* Early literacy workshops. \* Family library. \* Story time. \* Breastfeeding breaks. \* Pause plein air: free outdoor equipment loan centre.

**Eligibility:** families with children 0 to 5 years old

**Coverage area:** Verdun, Le Sud-Ouest

**Hours:** Monday to Friday 8h30 to 17h00

**Fees:** annual membership: \$5

**Financing:** donations, self-financing

**Legal status:** non-profit organization

**Family Support****BIBLIOTHÈQUES DE MONTRÉAL - JACQUELINE-DE-REPENTIGNY LIBRARY**

5955 Bannantyne Street, Verdun, Montréal, QC, H4H 1H6

**514 765-7172**

**Website:** montreal.ca/en/places/bibliotheque-jacqueline-de-repentigny

**Email:** questions\_bibliosverdun@montreal.ca

**Services:** \* Loan and consultation of books, audiovisual and digital documents. \* Computers, Internet access and printing devices. \* Story time. \* Book club for children. \* Book club for adults. \* Early literacy workshops. \* Workshops, conferences and exhibitions. \* Loan of music instruments. \* Loan of seeds.

**Eligibility:** general public

**Coverage area:** Montréal

**Hours:** Monday, Thursday and Friday 10h00 to 18h00, Tuesday and Wednesday 12h00 to 20h00, Saturday and Sunday 10h00 to 17h00

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

**Financing:** municipal, provincial

**Legal status:** municipal agency

**J'APPRENDS AVEC MON ENFANT**

4400 LaSalle Boulevard, Verdun, Montréal, QC, H4G 2A8

**514 536-5263 Fax:** 514 536-5263

**Website:** www.jame-mtl.org

**Email:** info@jame-mtl.org

**Services:** \* Reading assistance and educational support. \* Home reading: weekly volunteer visit. \* Training workshops for parents. \* Reading and writing stimulation for 0 to 5 years old. \* Family literacy counselling, educational tools and training for professionals. \* Intervention in multi-ethnic and multilingual environments.

**Eligibility:** children 5 to 12 years old with learning difficulties in reading, children 0 to 5 years old and their parents

**Coverage area:** Verdun, Île-des-Sours, Saint-Laurent, Lachine, Saint-Pierre, LaSalle, Ville-Émard, Côte Saint-Paul, Pointe-Saint-Charles, Saint-Henri, Petite-Bourgogne

**Hours:** office: Monday to Thursday 9h00 to 17h00

**Fees:** none

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

**Legal status:** non-profit organization

### **MAISON BLEUE: MILIEU DE VIE PRÉVENTIF À L'ENFANCE (LA) - POINT DE SERVICE DE VERDUN**

4936 de Verdun Street, Verdun, Montréal, QC, H4G 1N3

**514 564-4936 Fax:** 438 383-4936

**Website:** maisonbleue.info/en

**Email:** info@maisonbleue.info

**Services:** Social perinatal services provided by an interdisciplinary team of health care and social services professionals. \* Pregnancy and family health follow-up: individual or group prenatal follow-up, prenatal classes, medical consultation, accompaniment at birth if needed, etc. \* Child and family follow-up during the 0-5 years period: postnatal follow-up, vaccination, medical monitoring, parenting support, psycho-education, development evaluation, referral, etc. \* Psychosocial assessment and follow-up: initial assessment and intervention plan, psychosocial counselling, psychological and ethnopsychiatric follow-up and advocacy. \* Group meetings: health meetings for the family, among-parents groups, discussions for the fathers of la Maison Bleue and baby massage group. \* Activities for children and for parent-children.

**Eligibility:** pregnant individuals living in a vulnerable situation and who need accompaniment, their families

**Coverage area:** CIUSSS du Centre-Sud-de-l'île-de-Montréal territory: Faubourgs, Le Plateau-Mont-Royal, Saint-Louis-du-Parc, Verdun, Côte-Saint-Paul, Ville-Émard, Saint-Henri, Petite-Bourgogne, Griffintown

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

**Fees:** none

**Financing:** provincial, municipal, donations

**Legal status:** non-profit organization

### **MAISON D'ACCUEIL DES NOUVEAUX ARRIVANTS - ÎLE DES SOEURS**

1 Place du Commerce, Suite 320, Verdun, Montréal, QC, H3E 1A2

**438 837-9223**

**Website:** manamtl.org

**Email:** info@manamtl.org

**Services:** Organization that supports and helps the integration of newcomers. Food \* Food support program for children during school lunches: meals, supervision, activities. \* Food bank. \* Online directory of food banks. Material assistance, housing and income \* Assistance in house searching. \* Support in opening a bank account. \* Help in finding a job, information and professional integration. \* Donation of clothing and furniture. \* Tax clinic. Youth and Family \* Information and registration for public services: school registration, help in finding daycare, etc. \* Logistical support between parents and school and orientation in school services. \* Homework assistance. \* Social activities and educational conferences for parents. \* Distribution of school supplies. Immigration \* Translation and oaths of documents. \* Referral to legal and migration advisors. \* Information and assistance in accessing health services through the Interim Federal Health Program (IFHP). \* French courses for youth in welcome classes and for adults. Recreational activities \* Sports, arts and leisure activities. \* Winter festival.

**Eligibility:** immigrants and refugees, lunchtime food support: students from Île-des-Soeurs Elementary School

**Coverage area:** Verdun

**Hours:** Monday to Friday 9h00 to 16h00, food bank: Monday 15h30 to 18h30

**Fees:** variable

**Financing:** municipal, donations

**Legal status:** non-profit organization

### **MAISON DES FAMILLES DE VERDUN (LA)**

259 1st Avenue, Verdun, Montréal, QC, H4G 2V6

**514 762-3399 Fax:** 514 769-9216

**Website:** www.famillesverdun.com

**Email:** mfv.inscription@gmail.com

**Services:** \* Respite. \* Recreational and sporting activities, family outings. \* Workshops and conferences for parents. \* Temporary housing for fathers with psychosocial assistance. \* Support and discussion group on parenting and family issues. \* Nobody's perfect program: education, information and support for parents of children under 5 years old. \* Karibou program: parent-child motor skills development workshops for children 12 months to 4 years old. \* Ruche d'art: free time for artistic activities between parents and their children 3 to 12 years old. \* School preparation for children 0 to 5 years old. \* Support and referral.

**Eligibility:** families with children 0 to 12 years old, respite children 6 months to 5 years old.

**Capacity:** support group: 10 to 12 people per meeting

**Coverage area:** Verdun, Le Sud-Ouest

**Hours:** Monday to Thursday variable hours between 9h00 to 16h30, weekend activities and other events, monthly calendar on Facebook and the website.

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

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

**Legal status:** non-profit organization

## **MONTRÉAL HOOKED ON SCHOOL**

4255 Wellington Street, Suite 200, Verdun, Montréal, QC, H4G 1V9

**514 286-2346 ext. 210**

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

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

**Services:** Organization that brings together regional actors to improve school perseverance and educational success of young people. \* Emergence, development and enhancement of actions that meet the needs of young people and their families. \* Mobilization of business people for school perseverance. \* Promoting reading in communities. \* Hooked on School Days.

**Eligibility:** organizations from all sectors

**Coverage area:** Montréal Island

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

**Financing:** municipal, provincial, grants

**Legal status:** non-profit organization

## **PARENTS ET AMIS DU BIEN-ÊTRE MENTAL DU SUD-OUEST DE MONTRÉAL**

1195 de l'Église Street, Verdun, Montréal, QC, H4G 2P1

**514 368-4824 ext. 1**

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

**Email:** [informations@pabemsom.org](mailto:informations@pabemsom.org)

**Services:** \* Information, hotline, individual meetings, awareness. \* Respite-assistance program for families. \* Self-help and exchange weekly open group between caregivers, with a moderator. \* Assistance to parents of teenagers experiencing difficulties related to their mental health. \* Program for youth 12 to 17 years old with a relative who is suffering from a mental health problem. \* Training and workshops.

**Eligibility:** immediate relatives of a person with a mental illness

**Coverage area:** Le Sud-Ouest, Verdun

**Hours:** Monday to Thursday 10h00 to 18h00, Friday 11h00 to 18h00

**Financing:** provincial, foundations

**Legal status:** non-profit organization

## **PAUSE PARENTS-ENFANTS DE VERDUN**

4901 Wellington Street, Verdun, Montréal, QC, H4G 1X8

**514 768-7773 ext. 130** Fax: 514 762-6048

**Website:** [www.centreppe.com](http://www.centreppe.com)

**Email:** [activites@ppev.ca](mailto:activites@ppev.ca)

**Services:** \* Information, listening and referral. \* Individual meetings. \* Week-end respite. \* Workshops: child development, parental skills, baby massage, etc. \* Parent-child activity programs. \* Nature-based and outings program. \* Coffee-meeting for parents. \* Early literacy workshops. \* Family library. \* Story time. \* Breastfeeding breaks. \* Pause plein air: free outdoor equipment loan centre.

**Eligibility:** families with children 0 to 5 years old

**Coverage area:** Verdun, Le Sud-Ouest

**Hours:** Monday to Friday 8h30 to 17h00

**Fees:** annual membership: \$5

**Financing:** donations, self-financing

**Legal status:** non-profit organization

## RECLAIM LITERACY

4322 Wellington Street, Verdun, Montréal, QC, H4G 1W4

**514 369-7835**

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

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

**Services:** Programs to help English-speaking adults with the development of their literacy skills and the promotion of life-long learning. \* One-on-one tutoring. \* Learning centre. \* Family literacy. \* Online tutoring. \* Tools to help seniors improve their digital literacy skills.

**Eligibility:** adults, seniors, families

**Coverage area:** Greater Montréal

**Hours:** office: Monday to Thursday 9h00 to 15h00

**Fees:** none

**Financing:** provincial, donations

**Legal status:** non-profit organization

## Juvenile Delinquency

### SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 16 - ÎLE-DES-SOEURS, VERDUN

750 Willibrord Street, Verdun, Montréal, QC, H4G 2T9

**514 280-0116** Fax: 514 280-0616

**Website:** [ssvm.qc.ca/en/pdq16](http://ssvm.qc.ca/en/pdq16)

**Email:** [pdq16@ssvm.qc.ca](mailto:pdq16@ssvm.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. \* Supervised space for meeting and exchanging goods, for people with whom a transaction on online sales sites has been made.

**Eligibility:** citizens and residents of the neighbourhood

**Coverage area:** Île-des-Sœurs, Verdun

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

**Financing:** municipal, provincial

**Legal status:** municipal agency

## Maternity support and adoption

### CASA C.A.F.I. (CENTRE D'AIDE AUX FAMILLES IMMIGRANTES)

5315 Wellington Street, Verdun, Montréal, QC, H4H 1N3

**514 844-3340** Fax: 514 844-1416

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

**Email:** [casacafi@msn.com](mailto:casacafi@msn.com)

**Services:** Guidance, information and assistance. \* Job search assistance. \* Emergency and regular food assistance. \* Christmas baskets for food assistance regulars. \* Collective kitchens. \* Baby food. \* Community meals. \* Information on immigration laws. \* Cultural activities. \* Daycare. \* Workshops for parents. \* Workshops on rights and on resources. \* Recovery and donation of used items: clothing, household items, mattresses, books, toys, sports equipment, appliances, furniture.

**Eligibility:** immigrants, people from cultural minorities

**Coverage area:** Verdun

**Hours:** Monday to Friday 9h00 to 17h00, food bank: Monday to Friday 10h00 to 16h30, by appointment

**Fees:** food bank: \$7

**Financing:** fundraising campaigns, self-financing, provincial, municipal

**Legal status:** non-profit organization

## CLSC DE VERDUN

400 de l'Église Street, Verdun, Montréal, QC, H4G 2M4

**514 766-0546 ext. 1**

**Website:** [sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=1158](http://sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=1158)

**Services:** Frontline services for routine health and social services. \* Health insurance card authentication. \* Bandage change and follow-up. \* Nurse consultation. \* Contraception. \* Emergency oral contraception. \* Prenatal classes. \* Screening. \* Distribution of new injection material to drug users (free service). \* Interpreter on request. \* Recovery of used needles and syringes. \* Breastfeeding room. \* Blood sugar test. \* General vaccination. \* Flu vaccination.

**Coverage area:** Le Sud-Ouest, Verdun

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

**Financing:** provincial

**Legal status:** parapublic organization

## LEGAL AID OFFICE - SUD-OUEST

4250 Wellington Street, Suite 200, Verdun, Montréal, QC, H4G 1W2

**514 864-2111 ext. 6550 Fax:** 514 864-9451

**Website:** [www.aidejuridiquedemontreal.ca/en/find-a-service-point](http://www.aidejuridiquedemontreal.ca/en/find-a-service-point)

**Email:** [baj.sudouest@ccjm.qc.ca](mailto:baj.sudouest@ccjm.qc.ca)

**Services:** Legal aid office in civil and family Law.

**Eligibility:** person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law

**Coverage area:** Côte-Des-Neiges-Notre-Dame-De-Grâce, Lachine, Lasalle, Le Sud-Ouest, Westmount

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

**Fees:** people may be eligible for free legal aid or contributory legal aid between \$100 and 800, depending on their financial situation, see scale on the website

**Financing:** self-financing

**Legal status:** parapublic organization

## MAISON BLEUE: MILIEU DE VIE PRÉVENTIF À L'ENFANCE (LA) - POINT DE SERVICE DE VERDUN

4936 de Verdun Street, Verdun, Montréal, QC, H4G 1N3

**514 564-4936 Fax:** 438 383-4936

**Website:** [maisonbleue.info/en](http://maisonbleue.info/en)

**Email:** [info@maisonbleue.info](mailto:info@maisonbleue.info)

**Services:** Social perinatal services provided by an interdisciplinary team of health care and social services professionals. \* Pregnancy and family health follow-up: individual or group prenatal follow-up, prenatal classes, medical consultation, accompaniment at birth if needed, etc. \* Child and family follow-up during the 0-5 years period: postnatal follow-up, vaccination, medical monitoring, parenting support, psycho-education, development evaluation, referral, etc. \* Psychosocial assessment and follow-up: initial assessment and intervention plan, psychosocial counselling, psychological and ethnopsychiatric follow-up and advocacy. \* Group meetings: health meetings for the family, among-parents groups, discussions for the fathers of la Maison Bleue and baby massage group. \* Activities for children and for parent-children.

**Eligibility:** pregnant individuals living in a vulnerable situation and who need accompaniment, their families

**Coverage area:** CIUSSS du Centre-Sud-de-l'île-de-Montréal territory: Faubourgs, Le Plateau-Mont-Royal, Saint-Louis-du-Parc, Verdun, Côte-Saint-Paul, Ville-Émard, Saint-Henri, Petite-Bourgogne, Griffintown

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

**Fees:** none

**Financing:** provincial, municipal, donations

**Legal status:** non-profit organization

### **PAUSE PARENTS-ENFANTS DE VERDUN**

4901 Wellington Street, Verdun, Montréal, QC, H4G 1X8

**514 768-7773 ext. 130 Fax:** 514 762-6048

**Website:** www.centreppe.com

**Email:** activites@ppev.ca

**Services:** \* Information, listening and referral. \* Individual meetings. \* Week-end respite. \* Workshops: child development, parental skills, baby massage, etc. \* Parent-child activity programs. \* Nature-based and outings program. \* Coffee-meeting for parents. \* Early literacy workshops. \* Family library. \* Story time. \* Breastfeeding breaks. \* Pause plein air: free outdoor equipment loan centre.

**Eligibility:** families with children 0 to 5 years old

**Coverage area:** Verdun, Le Sud-Ouest

**Hours:** Monday to Friday 8h30 to 17h00

**Fees:** annual membership: \$5

**Financing:** donations, self-financing

**Legal status:** non-profit organization

## **Parenting Education**

### **CASA C.A.F.I. (CENTRE D'AIDE AUX FAMILLES IMMIGRANTES)**

5315 Wellington Street, Verdun, Montréal, QC, H4H 1N3

**514 844-3340 Fax:** 514 844-1416

**Website:** centrecasacafi.org

**Email:** casacafi@msn.com

**Services:** Guidance, information and assistance. \* Job search assistance. \* Emergency and regular food assistance. \* Christmas baskets for food assistance regulars. \* Collective kitchens. \* Baby food. \* Community meals. \* Information on immigration laws. \* Cultural activities. \* Daycare. \* Workshops for parents. \* Workshops on rights and on resources. \* Recovery and donation of used items: clothing, household items, mattresses, books, toys, sports equipment, appliances, furniture.

**Eligibility:** immigrants, people from cultural minorities

**Coverage area:** Verdun

**Hours:** Monday to Friday 9h00 to 17h00, food bank: Monday to Friday 10h00 to 16h30, by appointment

**Fees:** food bank: \$7

**Financing:** fundraising campaigns, self-financing, provincial, municipal

**Legal status:** non-profit organization

### **J'APPRENDS AVEC MON ENFANT**

4400 LaSalle Boulevard, Verdun, Montréal, QC, H4G 2A8

**514 536-5263 Fax:** 514 536-5263

**Website:** www.jame-mtl.org

**Email:** info@jame-mtl.org

**Services:** \* Reading assistance and educational support. \* Home reading: weekly volunteer visit. \* Training workshops for parents. \* Reading and writing stimulation for 0 to 5 years old. \* Family literacy counselling, educational tools and training for professionals. \* Intervention in multi-ethnic and multilingual environments.

**Eligibility:** children 5 to 12 years old with learning difficulties in reading, children 0 to 5 years old and their parents

**Coverage area:** Verdun, Île-des-Sours, Saint-Laurent, Lachine, Saint-Pierre, LaSalle, Ville-Émard, Côte Saint-Paul, Pointe-Saint-Charles, Saint-Henri, Petite-Bourgogne

**Hours:** office: Monday to Thursday 9h00 to 17h00

**Fees:** none

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

**Legal status:** non-profit organization

### **MAISON BLEUE: MILIEU DE VIE PRÉVENTIF À L'ENFANCE (LA) - POINT DE SERVICE DE VERDUN**

4936 de Verdun Street, Verdun, Montréal, QC, H4G 1N3

**514 564-4936 Fax:** 438 383-4936

**Website:** maisonbleue.info/en

**Email:** info@maisonbleue.info

**Services:** Social perinatal services provided by an interdisciplinary team of health care and social services professionals. \* Pregnancy and family health follow-up: individual or group prenatal follow-up, prenatal classes, medical consultation, accompaniment at birth if needed, etc. \* Child and family follow-up during the 0-5 years period: postnatal follow-up, vaccination, medical monitoring, parenting support, psycho-education, development evaluation, referral, etc. \* Psychosocial assessment and follow-up: initial assessment and intervention plan, psychosocial counselling, psychological and ethnopsychiatric follow-up and advocacy. \* Group meetings: health meetings for the family, among-parents groups, discussions for the fathers of la Maison Bleue and baby massage group. \* Activities for children and for parent-children.

**Eligibility:** pregnant individuals living in a vulnerable situation and who need accompaniment, their families

**Coverage area:** CIUSSS du Centre-Sud-de-l'île-de-Montréal territory: Faubourgs, Le Plateau-Mont-Royal, Saint-Louis-du-Parc, Verdun, Côte-Saint-Paul, Ville-Émard, Saint-Henri, Petite-Bourgogne, Griffintown

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

**Fees:** none

**Financing:** provincial, municipal, donations

**Legal status:** non-profit organization

### **MAISON DES FAMILLES DE VERDUN (LA)**

259 1st Avenue, Verdun, Montréal, QC, H4G 2V6

**514 762-3399 Fax:** 514 769-9216

**Website:** www.famillesverdun.com

**Email:** mfv.inscription@gmail.com

**Services:** \* Respite. \* Recreational and sporting activities, family outings. \* Workshops and conferences for parents. \* Temporary housing for fathers with psychosocial assistance. \* Support and discussion group on parenting and family issues. \* Nobody's perfect program: education, information and support for parents of children under 5 years old. \* Karibou program: parent-child motor skills development workshops for children 12 months to 4 years old. \* Ruche d'art: free time for artistic activities between parents and their children 3 to 12 years old. \* School preparation for children 0 to 5 years old. \* Support and referral.

**Eligibility:** families with children 0 to 12 years old, respite children 6 months to 5 years old.

**Capacity:** support group: 10 to 12 people per meeting

**Coverage area:** Verdun, Le Sud-Ouest

**Hours:** Monday to Thursday variable hours between 9h00 to 16h30, weekend activities and other events, monthly calendar on Facebook and the website.

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

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

**Legal status:** non-profit organization

### **PAUSE PARENTS-ENFANTS DE VERDUN**

4901 Wellington Street, Verdun, Montréal, QC, H4G 1X8

**514 768-7773 ext. 130 Fax:** 514 762-6048

**Website:** www.centreppe.com

**Email:** activites@ppev.ca

**Services:** \* Information, listening and referral. \* Individual meetings. \* Week-end respite. \* Workshops: child development, parental skills, baby massage, etc. \* Parent-child activity programs. \* Nature-based and outings program. \* Coffee-meeting for parents. \* Early literacy workshops. \* Family library. \* Story time. \* Breastfeeding breaks. \* Pause plein air: free outdoor equipment loan centre.

**Eligibility:** families with children 0 to 5 years old

**Coverage area:** Verdun, Le Sud-Ouest

**Hours:** Monday to Friday 8h30 to 17h00

**Fees:** annual membership: \$5

**Financing:** donations, self-financing

**Legal status:** non-profit organization

## Recreational Activities

### BGC DAWSON

666 Woodland Street, Verdun, Montréal, QC, H4H 1V8

**514 767-9967 Fax:** 514 767-7336

**Website:** www.bgcdawson.ca

**Email:** info@bgcdawson.ca

**Services:** \* Social, recreational and educational programs: parent-child, after school, teen, young adult and senior groups. \* Room rental for community organizations. \* Summer day camp for children and teenagers. \* Un plant de tomates à la fois: collective garden. \* Respite for parents of children 6 months to 5 years old. \* Tax clinic. \* Residential snow removal.

**Eligibility:** parent-child group: children 0 to 5 years old, afterschool group: children 5 to 12 years old, teen group: youth 13 to 17 years old, young adult group: people 18 to 30 years old, senior group: seniors 50 years and over

**Coverage area:** Verdun and surroundings

**Hours:** Wednesday and Friday 8h00 to 21h00, Monday 8h00 to 18h00, Tuesday and Thursday 8h00 to 23h00

**Fees:** membership: \$15, activities: variable

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

**Legal status:** non-profit organization

### BIBLIOTHÈQUES DE MONTRÉAL - ÎLE-DES-SOEURS LIBRARY

260 Elgar Street, Verdun, Montréal, QC, H3E 1C9

**514 765-7266**

**Website:** montreal.ca/en/places/bibliotheque-de-lile-des-soeurs

**Services:** \* Loan and consultation of printed, audiovisual and digital documents. \* Computers, Internet access and printing devices. \* Story time. \* Book club for children. \* Book club for adults. \* Workshops, conferences and exhibitions. \* Work rooms.

**Eligibility:** general public

**Coverage area:** Montréal

**Hours:** Monday to Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 17h00

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

**Financing:** municipal, provincial

**Legal status:** municipal agency

### BIBLIOTHÈQUES DE MONTRÉAL - JACQUELINE-DE-REPENTIGNY LIBRARY

5955 Bannantyne Street, Verdun, Montréal, QC, H4H 1H6

**514 765-7172**

**Website:** montreal.ca/en/places/bibliotheque-jacqueline-de-repentigny

**Email:** questions\_bibliosverdun@montreal.ca

**Services:** \* Loan and consultation of books, audiovisual and digital documents. \* Computers, Internet access and printing devices. \* Story time. \* Book club for children. \* Book club for adults. \* Early literacy workshops. \* Workshops, conferences and exhibitions. \* Loan of music instruments. \* Loan of seeds.

**Eligibility:** general public

**Coverage area:** Montréal

**Hours:** Monday, Thursday and Friday 10h00 to 18h00, Tuesday and Wednesday 12h00 to 20h00, Saturday and Sunday 10h00 to 17h00

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

**Financing:** municipal, provincial

**Legal status:** municipal agency

### **MAISON BLEUE: MILIEU DE VIE PRÉVENTIF À L'ENFANCE (LA) - POINT DE SERVICE DE VERDUN**

4936 de Verdun Street, Verdun, Montréal, QC, H4G 1N3

**514 564-4936 Fax:** 438 383-4936

**Website:** maisonbleue.info/en

**Email:** info@maisonbleue.info

**Services:** Social perinatal services provided by an interdisciplinary team of health care and social services professionals. \* Pregnancy and family health follow-up: individual or group prenatal follow-up, prenatal classes, medical consultation, accompaniment at birth if needed, etc. \* Child and family follow-up during the 0-5 years period: postnatal follow-up, vaccination, medical monitoring, parenting support, psycho-education, development evaluation, referral, etc. \* Psychosocial assessment and follow-up: initial assessment and intervention plan, psychosocial counselling, psychological and ethnopsychiatric follow-up and advocacy. \* Group meetings: health meetings for the family, among-parents groups, discussions for the fathers of la Maison Bleue and baby massage group. \* Activities for children and for parent-children.

**Eligibility:** pregnant individuals living in a vulnerable situation and who need accompaniment, their families

**Coverage area:** CIUSSS du Centre-Sud-de-l'île-de-Montréal territory: Faubourgs, Le Plateau-Mont-Royal, Saint-Louis-du-Parc, Verdun, Côte-Saint-Paul, Ville-Émard, Saint-Henri, Petite-Bourgogne, Griffintown

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

**Fees:** none

**Financing:** provincial, municipal, donations

**Legal status:** non-profit organization

### **MAISON DES FAMILLES DE VERDUN (LA)**

259 1st Avenue, Verdun, Montréal, QC, H4G 2V6

**514 762-3399 Fax:** 514 769-9216

**Website:** www.famillesverdun.com

**Email:** mfv.inscription@gmail.com

**Services:** \* Respite. \* Recreational and sporting activities, family outings. \* Workshops and conferences for parents. \* Temporary housing for fathers with psychosocial assistance. \* Support and discussion group on parenting and family issues. \* Nobody's perfect program: education, information and support for parents of children under 5 years old. \* Karibou program: parent-child motor skills development workshops for children 12 months to 4 years old. \* Ruche d'art: free time for artistic activities between parents and their children 3 to 12 years old. \* School preparation for children 0 to 5 years old. \* Support and referral.

**Eligibility:** families with children 0 to 12 years old, respite children 6 months to 5 years old.

**Capacity:** support group: 10 to 12 people per meeting

**Coverage area:** Verdun, Le Sud-Ouest

**Hours:** Monday to Thursday variable hours between 9h00 to 16h30, weekend activities and other events, monthly calendar on Facebook and the website.

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

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

**Legal status:** non-profit organization

### **PAUSE PARENTS-ENFANTS DE VERDUN**

4901 Wellington Street, Verdun, Montréal, QC, H4G 1X8

**514 768-7773 ext. 130 Fax:** 514 762-6048

**Website:** www.centreppe.com

**Email:** activites@ppev.ca

**Services:** \* Information, listening and referral. \* Individual meetings. \* Week-end respite. \* Workshops: child development, parental skills, baby massage, etc. \* Parent-child activity programs. \* Nature-based and outings program. \* Coffee-meeting for parents. \* Early literacy workshops. \* Family library. \* Story time. \* Breastfeeding breaks. \* Pause plein air: free outdoor equipment loan centre.

**Eligibility:** families with children 0 to 5 years old

**Coverage area:** Verdun, Le Sud-Ouest

**Hours:** Monday to Friday 8h30 to 17h00

**Fees:** annual membership: \$5

**Financing:** donations, self-financing

**Legal status:** non-profit organization

## TOUJOURS ENSEMBLE

4926 de Verdun Street, Verdun, Montréal, QC, H4G 1N3

**514 761-7867 Fax:** 514 761-2614

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

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

**Services:** \* Educational activities: tutoring, scholarships, library. \* Recreational activities: after-school activities, day camp, trips. \* Sporting activities. \* Fight against poverty: school lunches. \* Christmas baskets. \* Sac à dos program: academic perseverance for primary school students. \* Pathways to Education program: prevention of dropout among high school students. \* Distribution of school supplies, for members.

**Eligibility:** youth 9 to 17 years old

**Coverage area:** Verdun, Pathways to Education program: between Moffat Street and Highway 15

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

**Fees:** contribution: \$25 per year

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

**Legal status:** non-profit organization

## Youth Centres and Support

### BGC DAWSON

666 Woodland Street, Verdun, Montréal, QC, H4H 1V8

**514 767-9967 Fax:** 514 767-7336

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

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

**Services:** \* Social, recreational and educational programs: parent-child, after school, teen, young adult and senior groups. \* Room rental for community organizations. \* Summer day camp for children and teenagers. \* Un plant de tomates à la fois: collective garden. \* Respite for parents of children 6 months to 5 years old. \* Tax clinic. \* Residential snow removal.

**Eligibility:** parent-child group: children 0 to 5 years old, afterschool group: children 5 to 12 years old, teen group: youth 13 to 17 years old, young adult group: people 18 to 30 years old, senior group: seniors 50 years and over

**Coverage area:** Verdun and surroundings

**Hours:** Wednesday and Friday 8h00 to 21h00, Monday 8h00 to 18h00, Tuesday and Thursday 8h00 to 23h00

**Fees:** membership: \$15, activities: variable

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

**Legal status:** non-profit organization

### MAISON DES JEUNES POINT DE MIRE (LA)

3882 Wellington Street, Verdun, Montréal, QC, H4G 1V2

**514 767-9301**

**Website:** [www.mdjpointdemire.com](http://www.mdjpointdemire.com)

**Email:** [pointmire@hotmail.com](mailto:pointmire@hotmail.com)

**Services:** \* Social, cultural and sporting activities. \* Prevention. \* Meals. \* Winter and summer camps.

**Eligibility:** youth 12 to 17 years old  
**Coverage area:** Montréal Island  
**Hours:** Monday to Thursday 15h00 to 22h00  
**Fees:** membership: \$2.50 per year, meals: free, activities: variable  
**Financing:** provincial, municipal, self-financing, donations  
**Legal status:** non-profit organization

### **REPÈRE DES JEUNES ÎLE-DES-SOEURS (LE)**

260 Elgar Street, Verdun, Montréal, QC, H3E 1C9  
**514 769-4835**

**Services:** Gathering and recreational place. \* Indoor and outdoor sports. \* Training. \* Support to citizen initiatives. \* Outreach. \* Recreational activities: video games, pool, ping pong and baby foot.

**Eligibility:** teenagers 10 to 17 years

**Capacity:** 18 people

**Coverage area:** Nuns' Island, Verdun

**Hours:** Monday to Friday 15h00 to 21h00

**Financing:** provincial, municipal

**Legal status:** non-profit organization

### **STATION (LA), CENTRE INTERGÉNÉRATIONNEL DE L'ÎLE-DES-SOURS**

201 Berlioz Street, Verdun, Montréal, QC, H3E 1C1  
**514 766-4301**

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

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

**Services:** Intergeneration recreational centre. \* Recreational, community, sports and cultural activities. \* Workshops and conferences.

**Eligibility:** youth aged 12 to 17 years old, seniors aged 50 years and over

**Coverage area:** Verdun, Nuns' Island

**Hours:** Monday to Friday 10h00 to 20h00, Saturday 15h00 to 20h00, subject to change, see the program

**Fees:** annual membership: \$20, additional fees for the activities

**Financing:** grants, donations, membership fees

**Legal status:** non-profit organization

### **TOUJOURS ENSEMBLE**

4926 de Verdun Street, Verdun, Montréal, QC, H4G 1N3

**514 761-7867** Fax: 514 761-2614

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

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

**Services:** \* Educational activities: tutoring, scholarships, library. \* Recreational activities: after-school activities, day camp, trips. \* Sporting activities. \* Fight against poverty: school lunches. \* Christmas baskets. \* Sac à dos program: academic perseverance for primary school students. \* Pathways to Education program: prevention of dropout among high school students. \* Distribution of school supplies, for members.

**Eligibility:** youth 9 to 17 years old

**Coverage area:** Verdun, Pathways to Education program: between Moffat Street and Highway 15

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

**Fees:** contribution: \$25 per year

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

**Legal status:** non-profit organization

## Youth Employment

### CANADIAN RED CROSS - QUÉBEC DIVISION

6 Place du Commerce, Verdun, Montréal, QC, H3E 1P4

**1 800 363-7305 Fax:** 514 362-9991

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

**Email:** [comptezsurnous@croixrouge.ca](mailto:comptezsurnous@croixrouge.ca)

**Services:** \* Emergency relief and humanitarian services in times of disaster or conflict in Canada and around the world. \* First aid, babysitting and CPR classes. \* Find a course: [myrc.redcross.ca/en](http://myrc.redcross.ca/en)

**Eligibility:** disaster relief services: victims of residential fires, forest fires, hurricanes, floods and other emergencies

**Coverage area:** Province of Québec

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

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

### CARREFOUR JEUNESSE-EMPLOI DE VERDUN

4005 Wellington Street, Verdun, Montréal, QC, H4G 1V6

**514 767-9971 ext. 211 Fax:** 514 767-5707

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

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

**Services:** Assistance with socioprofessional integration. \* Job search assistance. \* Career choice or return to school. \* Professional reorientation. \* Départ@9 program. \* Support for school retention. \* Personal autonomy development. \* Customer approach and cash register training. \* Various workshops and one-off projects. \* Volunteering project. \* Job search and training room: work stations with Internet, printer, photocopier, scanner and fax machine. \* Varied services offered to high schools and adult school.

**Eligibility:** youth and adults 15 to 35 years old

**Coverage area:** Verdun

**Hours:** Monday and Wednesday to Friday 9h00 to 12h00 and 13h00 to 16h30, Tuesday 9h00 to 12h00 and 13h00 to 20h00, summer schedule (from June 24th to September 1st): Monday to Friday 9h00 to 12h00 and 13h00 to 16h30

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

### CHANTIER D'AFRIQUE DU CANADA

4740 Wellington Street, Suite 203, Verdun, Montréal, QC, H4G 1X3

**514 767-6200 Fax:** 514 766-9354

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

**Services:** Support for people from ethnocultural minorities, particularly of African origin, in their process of social, cultural and economic integration. \* Carrefour entreprendre: training in entrepreneurial leadership and sales, individual and personalized coaching, conferences and networking, collaborative workshops, mentoring and Club entreprendre. \* Women and leadership: coffee leadership, tontine circle, training, thematic workshops and business networking for women. \* Family and youth: educational talk, regional advisory committee, online education forums, contests, Jeunes ambassadeurs itinérants initiative, anti-racism and discrimination outreach, conferences and leadership training workshops. \* Winter clothing donations for women and children.

**Eligibility:** people of immigrant background and racialized groups, Afro-descendant people

**Coverage area:** Greater Montréal

**Hours:** by appointment, Monday to Friday 9h30 to 17h00

**Fees:** variable

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

**Legal status:** non-profit organization

## **Community Action**

**ADVISORY AND CITIZEN ACTION ORGANIZATIONS**

**CHARITY ORGANIZATIONS**

**COMMUNITY CENTRES**

**COMMUNITY DEVELOPMENT**

**INFORMATION AND REFERRAL**

**VOLUNTEERING AND VOLUNTEER CENTRES**

## Advisory and citizen action organizations

### ACCESS OPEN MINDS

Douglas Research Centre, 6625 Lasalle Boulevard, Verdun, Montréal, QC, H4H 1R3  
**1 833 761-6131**

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

**Email:** [access@douglas.mcgill.ca](mailto:access@douglas.mcgill.ca)

**Services:** Research and evaluation project to improve mental health care for youth. \* Resources and research reports available online. \* 17 participating service sites located in 6 provinces and 1 territory: culturally relevant mental health services, physical health and sexual health services, traditional Indigenous programming and support, other social services.

**Eligibility:** service site: people 11 to 25 years old, their close ones, online resources: researchers working in the field of youth mental health, general public

**Coverage area:** Canada

**Financing:** fédéral, provincial

**Legal status:** non-profit organization

### ACTION PRÉVENTION VERDUN

4609 de Verdun Street, Suite 3, Verdun, Montréal, QC, H4G 1M6  
**514 769-8079**

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

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

**Services:** \* Coordination, development, planning and management support of safety and well-being programs. \* Preventive actions, information sessions and citizen involvement. \* Representative of the Montreal Urban Safety Tandem program. \* Community outreach work for vulnerable seniors 50 years old and over (ITMAV): phone listening, psychosocial support, referrals and friendly visits. \* Free and confidential mediation between citizens or organizations. \* La Station: Nun's Island intergenerational community centre, open admission for teenagers from 12 to 17 years old. \* Camp de l'île: summer and spring break day camp for 4 to 12 year olds.

**Eligibility:** children, teens, adults, women, seniors, families

**Coverage area:** Verdun

**Hours:** La Station: Monday to Friday 10h00 to 20h00

**Financing:** grants

**Legal status:** non-profit organization

### CANADIAN RED CROSS - QUÉBEC DIVISION

6 Place du Commerce, Verdun, Montréal, QC, H3E 1P4  
**1 800 363-7305 Fax: 514 362-9991**

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

**Email:** [comptezsurnous@croixrouge.ca](mailto:comptezsurnous@croixrouge.ca)

**Services:** \* Emergency relief and humanitarian services in times of disaster or conflict in Canada and around the world. \* First aid, babysitting and CPR classes. \* Find a course: [myrc.redcross.ca/en](http://myrc.redcross.ca/en)

**Eligibility:** disaster relief services: victims of residential fires, forest fires, hurricanes, floods and other emergencies

**Coverage area:** Province of Québec

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

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

### CONCERTATION EN DÉVELOPPEMENT SOCIAL DE VERDUN

4555 Verdun Street, Verdun, Montréal, QC, H4G 1M4  
**514 396-5363**

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

**Email:** [coordination@cdsv.org](mailto:coordination@cdsv.org)

**Services:** Neighbourhood table. \* Improvement of living conditions and access to housing. \* Fight against poverty and food insecurity. \* Fight for a better social justice.

**Eligibility:** citizens, community organizations, institutional and economic development organisations, borough representatives, school boards

**Coverage area:** Verdun

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

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

**Legal status:** non-profit organization

## GRAND POTAGER

7000 LaSalle Boulevard, Verdun, Montréal, QC, H4H 2T1

**514 248-4901**

**Website:** grandpotager.ca/en

**Email:** services@grandpotager.org

**Services:** Urban agriculture resource centre. \* Garden seedling production. \* Grouping of food security and seedling projects. \* Support and resources to urban agriculture community groups. \* Social economy development.

**Eligibility:** urban agriculture community organizations, citizens

**Coverage area:** Greater Montréal, priority to Verdun

**Hours:** by appointment

**Financing:** grants

**Legal status:** non-profit organization

## MAISON DE L'ENVIRONNEMENT DE VERDUN

673 1st Avenue, Verdun, Montréal, QC, H4G 2V8

**514 765-8378**

**Email:** infoenvironnement.verdun@montreal.ca

**Services:** Development and promotion of environmental projects. \* Information and accompaniment. \* Collective composting bins. \* Booths, workshops, activities and information events. \* Promotion of recycling and food waste collection. \* Urban biodiversity and greening advice. \* Biannual shoreline cleanups. \* Citizen mobilization for green lanes in Verdun.

**Eligibility:** general public

**Coverage area:** Verdun

**Hours:** Monday, Wednesday and Thursday 13h00 to 17h00, Tuesday 13h00 to 19h00

**Fees:** none

**Financing:** grants, self-financing

**Legal status:** non-profit organization

## TABLE DE CONCERTATION DES RESSOURCES POUR AÎNÉS DE VERDUN

4501 Bannantyne Street, Suite 125, Verdun, Montréal, QC, H4G 1E3

**438 820-5119**

**Website:** www.ainesov.com

**Email:** concertationainesverdun@gmail.com

**Services:** Consultation of organizations working with senior citizens. \* Collective advocacy. \* Promotion of activities for seniors. \* Active aging support. \* Promotion of health and safety services. \* Events and conferences.

**Eligibility:** seniors, organizations working with seniors

**Coverage area:** Verdun

**Fees:** none

**Financing:** grants

**Legal status:** non-profit organization

**VERDUN CITIZENS' ACTION COMMITTEE**

3972 de Verdun Street, Verdun, Montréal, QC, H4G 1K9

**514 769-2228 ext. 101**

**Website:** [cacv-verdun.org/en](http://cacv-verdun.org/en)

**Email:** [accueil@cacv-verdun.org](mailto:accueil@cacv-verdun.org)

**Services:** Helping tenants understand their rights and options. \* Expertise in the fields of housing and urban planning: individual or group counselling, referral towards concerned resources, telephone consultation services, information meetings. \* Popular education workshops. \* Coffee-meetings.

**Eligibility:** tenants

**Coverage area:** Verdun

**Hours:** by appointment from 9h00 to 17h00

**Fees:** free

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

**Legal status:** non-profit organization

**Charity Organizations****CANADIAN RED CROSS - QUÉBEC DIVISION**

6 Place du Commerce, Verdun, Montréal, QC, H3E 1P4

**1 800 363-7305 Fax:** 514 362-9991

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

**Email:** [comptezsurnous@croixrouge.ca](mailto:comptezsurnous@croixrouge.ca)

**Services:** \* Emergency relief and humanitarian services in times of disaster or conflict in Canada and around the world. \* First aid, babysitting and CPR classes. \* Find a course: [myrc.redcross.ca/en](http://myrc.redcross.ca/en)

**Eligibility:** disaster relief services: victims of residential fires, forest fires, hurricanes, floods and other emergencies

**Coverage area:** Province of Québec

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

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

**Community centres****BGC DAWSON**

666 Woodland Street, Verdun, Montréal, QC, H4H 1V8

**514 767-9967 Fax:** 514 767-7336

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

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

**Services:** \* Social, recreational and educational programs: parent-child, after school, teen, young adult and senior groups. \* Room rental for community organizations. \* Summer day camp for children and teenagers. \* Un plant de tomates à la fois: collective garden. \* Respite for parents of children 6 months to 5 years old. \* Tax clinic. \* Residential snow removal.

**Eligibility:** parent-child group: children 0 to 5 years old, afterschool group: children 5 to 12 years old, teen group: youth 13 to 17 years old, young adult group: people 18 to 30 years old, senior group: seniors 50 years and over

**Coverage area:** Verdun and surroundings

**Hours:** Wednesday and Friday 8h00 to 21h00, Monday 8h00 to 18h00, Tuesday and Thursday 8h00 to 23h00

**Fees:** membership: \$15, activities: variable

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

**Legal status:** non-profit organization

## Community development

### BGC DAWSON

666 Woodland Street, Verdun, Montréal, QC, H4H 1V8

**514 767-9967** Fax: 514 767-7336

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

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

**Services:** \* Social, recreational and educational programs: parent-child, after school, teen, young adult and senior groups. \* Room rental for community organizations. \* Summer day camp for children and teenagers. \* Un plant de tomates à la fois: collective garden. \* Respite for parents of children 6 months to 5 years old. \* Tax clinic. \* Residential snow removal.

**Eligibility:** parent-child group: children 0 to 5 years old, afterschool group: children 5 to 12 years old, teen group: youth 13 to 17 years old, young adult group: people 18 to 30 years old, senior group: seniors 50 years and over

**Coverage area:** Verdun and surroundings

**Hours:** Wednesday and Friday 8h00 to 21h00, Monday 8h00 to 18h00, Tuesday and Thursday 8h00 to 23h00

**Fees:** membership: \$15, activities: variable

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

**Legal status:** non-profit organization

### COOPÉRATIVE DE SOLIDARITÉ ABONDANCE URBAINE SOLIDAIRE

6049 LaSalle Boulevard, Verdun, Montréal, QC, H4H 2T1

**Website:** [coopcaus.org/en\\_ca](http://coopcaus.org/en_ca)

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

**Services:** Cooperative for the promotion of local food. \* Food bank. \* Online local food market. \* Farmers' markets. \* Multi-CAUS, general store at 6049 LaSalle Boulevard, Verdun, H4H 1M8. \* Community garden in greenhouse. \* Kiosks Les saveurs d'été: food kiosks. \* Compost production, food waste recovery. \* Community centre and meeting room. \* Local cinema. \* Public restrooms.

**Eligibility:** people who want to eat locally produced food, food producers

**Capacity:** 110

**Coverage area:** Montréal Island, mainly Verdun

**Hours:** food bank: Wednesdays 15h30 to 17h30, farmer's market from June 7th to November 1st 2023:

Wednesday 15h00 to 17h00 (5955 Bannantyne Street, Verdun), Multi-CAUS: Wednesday, Thursday and Friday 15h00 to 19h00, Saturday and Sunday 10h00 to 17h00

**Fees:** consumer members: \$10 per year, producer and worker members: variable, community garden: \$500 per year, food bank: \$7 per week

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

**Legal status:** non-profit organization

### PME - MTL - GRAND SUD-OUEST

3617 Wellington Street, Verdun, Montréal, QC, H4G 1T9

**514 765-7060** Fax: 514 765-7142

**Website:** [pmemtl.com/en/sud-ouest](http://pmemtl.com/en/sud-ouest)

**Email:** [info@pmemtlgso.com](mailto:info@pmemtlgso.com)

**Services:** \* Business services, including social economy businesses: support, accompaniment, financing and training. \* Support for various developmental projects in the territory.

**Eligibility:** general public, businesses

**Coverage area:** LaSalle, Le Sud-Ouest, Verdun

**Hours:** Monday to Thursday 8h00 to 16h45, Friday 8h00 to 12h00

**Fees:** none

**Financing:** municipal, provincial, fondations

**Legal status:** non-profit organization

## Information and referral

### MAISON D'ACCUEIL DES NOUVEAUX ARRIVANTS - ÎLE DES SOEURS

1 Place du Commerce, Suite 320, Verdun, Montréal, QC, H3E 1A2

**438 837-9223**

**Website:** manamtl.org

**Email:** info@manamtl.org

**Services:** Organization that supports and helps the integration of newcomers. Food \* Food support program for children during school lunches: meals, supervision, activities. \* Food bank. \* Online directory of food banks. Material assistance, housing and income \* Assistance in house searching. \* Support in opening a bank account. \* Help in finding a job, information and professional integration. \* Donation of clothing and furniture. \* Tax clinic. Youth and Family \* Information and registration for public services: school registration, help in finding daycare, etc. \* Logistical support between parents and school and orientation in school services. \* Homework assistance. \* Social activities and educational conferences for parents. \* Distribution of school supplies. Immigration \* Translation and oaths of documents. \* Referral to legal and migration advisors. \* Information and assistance in accessing health services through the Interim Federal Health Program (IFHP). \* French courses for youth in welcome classes and for adults. Recreational activities \* Sports, arts and leisure activities. \* Winter festival.

**Eligibility:** immigrants and refugees, lunchtime food support: students from Île-des-Soeurs Elementary School

**Coverage area:** Verdun

**Hours:** Monday to Friday 9h00 to 16h00, food bank: Monday 15h30 to 18h30

**Fees:** variable

**Financing:** municipal, donations

**Legal status:** non-profit organization

### MCGILL UNIVERSITY RESEARCH CENTRE FOR STUDIES IN AGING

6825 LaSalle Boulevard, Verdun, Montréal, QC, H4H 1R3

**514 766-2010 Fax:** 514 888-4050

**Website:** mcsa.ca

**Email:** info.mcsa@mcgill.ca

**Services:** Neurology and gerontology research centre. \* Alzheimer's and cognitive diseases clinic: risk assessment, early diagnosis, treatment, follow-up and referral. \* Support group for family members of people living with a cognitive problem. \* Information line. \* Education and training. \* Brains Boomers Lecture Series: online lectures. \* Exercise for the elderly on Youtube: [click here](#)

**Eligibility:** neurology clinic: people living with a cognitive impairment or Parkinson's disease, people with a parent suffering from neurocognitive impairment

**Coverage area:** Greater Montréal

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

**Fees:** none

**Financing:** provincial

**Legal status:** parapublic organization

### SERVICE CANADA CENTRE - VERDUN (MONTRÉAL)

4110 Wellington Street, 2nd floor, Verdun, Montréal, QC, H4G 1V7

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

**Website:** www.canada.ca

**Services:** Gateway to federal government services. All Canadians \* Find a Service Canada office: [www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng](http://www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng) \* Benefits finder: [www.canada.ca/en/services/benefits/finder.html](http://www.canada.ca/en/services/benefits/finder.html) \* Job bulletin board: [www.jobbank.gc.ca/jobsearch/jobsearch](http://www.jobbank.gc.ca/jobsearch/jobsearch) \* Social Insurance Number (SIN) application. \* Passport application. \* Complaints office. \* Fraud prevention and reporting. Workers and businesses \* Employment insurance, sickness benefits and regular benefits. \* Special employment insurance benefits for parents of seriously ill children. \* Canada Summer Jobs (CSJ) for youth and students. \* Employment assistance: labour market information, training, etc. \* Wage Earner Protection Program. \* State pensions and savings schemes. \* Online information for businesses: business start-ups, workplace standards, etc. Veterans Affairs Canada \* Support and services related to mental and physical health. \* Education and employment: finding a job, returning to school, etc. \* Financial programs and services: income support, emergency financial assistance, etc. \* Housing and family life support. Immigration and citizenship \* Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. \* Assessment of credentials. \* Biometry. \* Find free newcomer services near you: [ircc.canada.ca/english/newcomers/services](http://ircc.canada.ca/english/newcomers/services) Seniors \* Canada Pension Plan retirement benefits. \* International benefits. \* Allowance and Allowance for the Survivor programs. \* Guaranteed Income Supplement. \* Old Age Security.

**Eligibility:** general public

**Coverage area:** Verdun

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

**Fees:** parking: free

**Financing:** federal

**Legal status:** federal government agency

## Volunteering and volunteer centres

### CENTRE DES FEMMES DE VERDUN

3488 de Verdun Street, Verdun, Montréal, QC, H4G 1V4

**514 767-0384**

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

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

**Services:** Welcoming, safe, inclusive and feminist space seeking to ensure rights and interests advocacy for women and gender-diverse people, in a perspective of social change. \* Reception, listening and referral. \* Pre-abortion consultation. \* Socialization activities: lunch talks, creative evenings, etc. \* Workshops and discussion activities on various social issues. \* Global wellness activities: Pilates, walking club, yoga, meditation, etc. \* Mobilizations and collective actions. \* Involvement and volunteering. \* Distribution of menstruation supplies and pregnancy tests.

**Eligibility:** women, gender-diverse people

**Coverage area:** mostly Verdun

**Hours:** schedule subject to change, consult the seasonal program or call for opening hours

**Fees:** none

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

**Legal status:** non-profit organization

### CENTRE SOCIAL D'AIDE AUX IMMIGRANTS - VERDUN

3782 Wellington Street, Verdun, Montréal, QC, H4G 1V2

**514 932-2953** Fax: 514 932-4544

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

**Email:** [csai@centrecsai.org](mailto:csai@centrecsai.org)

**Services:** \* Reception and integration. \* Information and guidance. \* Counselling and individual support. \* Assistance with immigration forms and citizenship application. \* Certification of documents. \* Sociocultural activities. \* Francization: part-time French classes. \* French and English conversation workshops. \* Day care. \* Volunteering. \* Tax clinic.

**Eligibility:** permanent residents for less than 5 years, foreign students, temporary workers, government-assisted refugees, asylum seekers

**Coverage area:** Montréal Island

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

**Fees:** certification: \$5, certified copies: \$5, other services: free

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

**Legal status:** non-profit organization

## **RÉSEAU-BÉNÉVOLE DE VERDUN**

3215 LaSalle Boulevard, Verdun, Montréal, QC, H4G 1Z1

**514 761-1773**

**Website:** [reseau-benevoles-verdun.org/wp](http://reseau-benevoles-verdun.org/wp)

**Email:** [r.b.v@videotron.ca](mailto:r.b.v@videotron.ca)

**Services:** \* Grouping of volunteers. \* Friendly visits. \* Meals on wheels. \* Food baskets.

**Eligibility:** people 60 years and over or with a loss of autonomy, food baskets: people 60 years and over on a low income

**Coverage area:** Verdun, Nuns' Island

**Hours:** Monday to Friday 6h00 to 14h00, food bank: Tuesday 8h00 to 11h00

**Fees:** meals on wheels: \$5 per meal, food bank: \$5

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

## **Disability**

**ADAPTED WORK AND EMPLOYABILITY SUPPORT**

**LANGUAGE DISORDERS**

**RECREATION AND CAMPS**

**SUPPORT ASSOCIATIONS**

**THERAPY AND REHABILITATION CENTRES**

## Adapted work and employability support

### AMALGAME MONTRÉAL

5970 Bannantyne Street, Verdun, Montréal, QC, H4H 1H8  
**514 362-9551**

**Website:** www.amalgamemontreal.com

**Email:** contact@amalgamemontreal.com

**Services:** Participatory management organization. \* Day activity reproducing the labour market by providing packaging and manual assembly services. \* Customized training adapted to the members' needs.

**Eligibility:** adults living with one or more physical disabilities

**Capacity:** 20 people

**Coverage area:** Greater Montréal

**Hours:** Monday to Thursday 8h00 to 16h00, Friday 8h00 to 15h00

**Financing:** fundraising campaigns, donations, self-financing

**Legal status:** non-profit organization

### CHANTIER D'AFRIQUE DU CANADA

4740 Wellington Street, Suite 203, Verdun, Montréal, QC, H4G 1X3  
**514 767-6200 Fax:** 514 766-9354

**Email:** info@chafric.ca

**Services:** Support for people from ethnocultural minorities, particularly of African origin, in their process of social, cultural and economic integration. \* Carrefour entreprendre: training in entrepreneurial leadership and sales, individual and personalized coaching, conferences and networking, collaborative workshops, mentoring and Club entreprendre. \* Women and leadership: coffee leadership, tontine circle, training, thematic workshops and business networking for women. \* Family and youth: educational talk, regional advisory committee, online education forums, contests, Jeunes ambassadeurs itinérants initiative, anti-racism and discrimination outreach, conferences and leadership training workshops. \* Winter clothing donations for women and children.

**Eligibility:** people of immigrant background and racialized groups, Afro-descendant people

**Coverage area:** Greater Montréal

**Hours:** by appointment, Monday to Friday 9h30 to 17h00

**Fees:** variable

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

**Legal status:** non-profit organization

## Language disorders

### ASSOCIATION BÉGALEMENT COMMUNICATION

5010 Wellington Street, Suite 200, Verdun, Montréal, QC, H4G 1X9  
**514 273-1427**

**Website:** abcbegalement.com

**Email:** info@abcbegalement.com

**Services:** Support for adults who stutter and awareness of stuttering among the general population. \* Online and in person self-help group meetings. \* Therapy for adults who stutter. \* Conferences, events, publications. \* Books and objects related to stuttering. \* Podcast: Je je je suis un podcast. \* Referral.

**Eligibility:** adults who stutter

**Capacity:** 10 to 12 people per meeting

**Coverage area:** Province of Québec

**Financing:** donations, grants

**Legal status:** non-profit organization

## Recreation and camps

### BOUGER ET VIVRE

4501 Bannantyne Street, Verdun, Montréal, QC, H4G 1E3

**438 836-1559**

**Email:** bouger.vivre@gmail.com

**Services:** Organization helping seniors stay in their homes and improve the quality of life of adults with mobility problems or chronic illnesses. \* Individualized fitness programs under the supervision of a kinesiologist. \*

Group activities: muscle strengthening, walking with sticks, adapted boxing.

**Eligibility:** seniors, adults living with mobility problem or chronic illness

**Coverage area:** Montréal Island

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

**Fees:** annual subscription: \$20, subscription package: \$23 for 1 month, \$120 for 6 months, \$240 for 1 year

**Financing:** self-financing, donations

**Legal status:** non-profit organization

## Support Associations

### ASSOCIATION BÉGALEMENT COMMUNICATION

5010 Wellington Street, Suite 200, Verdun, Montréal, QC, H4G 1X9

**514 273-1427**

**Website:** abcbegalement.com

**Email:** info@abcbegalement.com

**Services:** Support for adults who stutter and awareness of stuttering among the general population. \* Online and in person self-help group meetings. \* Therapy for adults who stutter. \* Conferences, events, publications. \* Books and objects related to stuttering. \* Podcast: Je je je suis un podcast. \* Referral.

**Eligibility:** adults who stutter

**Capacity:** 10 to 12 people per meeting

**Coverage area:** Province of Québec

**Financing:** donations, grants

**Legal status:** non-profit organization

### CLSC DE VERDUN

400 de l'Église Street, Verdun, Montréal, QC, H4G 2M4

**514 766-0546 ext. 1**

**Website:** sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=1158

**Services:** Frontline services for routine health and social services. \* Health insurance card authentication. \* Bandage change and follow-up. \* Nurse consultation. \* Contraception. \* Emergency oral contraception. \* Prenatal classes. \* Screening. \* Distribution of new injection material to drug users (free service). \* Interpreter on request. \* Recovery of used needles and syringes. \* Breastfeeding room. \* Blood sugar test. \* General vaccination. \* Flu vaccination.

**Coverage area:** Le Sud-Ouest, Verdun

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

**Financing:** provincial

**Legal status:** parapublic organization

## **MAISON BLEUE: MILIEU DE VIE PRÉVENTIF À L'ENFANCE (LA) - POINT DE SERVICE DE VERDUN**

4936 de Verdun Street, Verdun, Montréal, QC, H4G 1N3

**514 564-4936** Fax: 438 383-4936

**Website:** maisonbleue.info/en

**Email:** info@maisonbleue.info

**Services:** Social perinatal services provided by an interdisciplinary team of health care and social services professionals. \* Pregnancy and family health follow-up: individual or group prenatal follow-up, prenatal classes, medical consultation, accompaniment at birth if needed, etc. \* Child and family follow-up during the 0-5 years period: postnatal follow-up, vaccination, medical monitoring, parenting support, psycho-education, development evaluation, referral, etc. \* Psychosocial assessment and follow-up: initial assessment and intervention plan, psychosocial counselling, psychological and ethnopsychiatric follow-up and advocacy. \* Group meetings: health meetings for the family, among-parents groups, discussions for the fathers of la Maison Bleue and baby massage group. \* Activities for children and for parent-children.

**Eligibility:** pregnant individuals living in a vulnerable situation and who need accompaniment, their families

**Coverage area:** CIUSSS du Centre-Sud-de-l'île-de-Montréal territory: Faubourgs, Le Plateau-Mont-Royal, Saint-Louis-du-Parc, Verdun, Côte-Saint-Paul, Ville-Émard, Saint-Henri, Petite-Bourgogne, Griffintown

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

**Fees:** none

**Financing:** provincial, municipal, donations

**Legal status:** non-profit organization

## **MAISON D'ACCUEIL DES NOUVEAUX ARRIVANTS - ÎLE DES SOEURS**

1 Place du Commerce, Suite 320, Verdun, Montréal, QC, H3E 1A2

**438 837-9223**

**Website:** manamtl.org

**Email:** info@manamtl.org

**Services:** Organization that supports and helps the integration of newcomers. Food \* Food support program for children during school lunches: meals, supervision, activities. \* Food bank. \* Online directory of food banks. Material assistance, housing and income \* Assistance in house searching. \* Support in opening a bank account. \* Help in finding a job, information and professional integration. \* Donation of clothing and furniture. \* Tax clinic. Youth and Family \* Information and registration for public services: school registration, help in finding daycare, etc. \* Logistical support between parents and school and orientation in school services. \* Homework assistance. \* Social activities and educational conferences for parents. \* Distribution of school supplies. Immigration \* Translation and oaths of documents. \* Referral to legal and migration advisors. \* Information and assistance in accessing health services through the Interim Federal Health Program (IFHP). \* French courses for youth in welcome classes and for adults. Recreational activities \* Sports, arts and leisure activities. \* Winter festival.

**Eligibility:** immigrants and refugees, lunchtime food support: students from Île-des-Soeurs Elementary School

**Coverage area:** Verdun

**Hours:** Monday to Friday 9h00 to 16h00, food bank: Monday 15h30 to 18h30

**Fees:** variable

**Financing:** municipal, donations

**Legal status:** non-profit organization

## **MAISON DES FAMILLES DE VERDUN (LA)**

259 1st Avenue, Verdun, Montréal, QC, H4G 2V6

**514 762-3399** Fax: 514 769-9216

**Website:** www.famillesverdun.com

**Email:** mfv.inscription@gmail.com

**Services:** \* Respite. \* Recreational and sporting activities, family outings. \* Workshops and conferences for parents. \* Temporary housing for fathers with psychosocial assistance. \* Support and discussion group on parenting and family issues. \* Nobody's perfect program: education, information and support for parents of children under 5 years old. \* Karibou program: parent-child motor skills development workshops for children 12 months to 4 years old. \* Ruche d'art: free time for artistic activities between parents and their children 3 to 12 years old. \* School preparation for children 0 to 5 years old. \* Support and referral.

**Eligibility:** families with children 0 to 12 years old, respite children 6 months to 5 years old.

**Capacity:** support group: 10 to 12 people per meeting

**Coverage area:** Verdun, Le Sud-Ouest

**Hours:** Monday to Thursday variable hours between 9h00 to 16h30, weekend activities and other events, monthly calendar on Facebook and the website.

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

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

**Legal status:** non-profit organization

## **MCGILL UNIVERSITY RESEARCH CENTRE FOR STUDIES IN AGING**

6825 LaSalle Boulevard, Verdun, Montréal, QC, H4H 1R3

**514 766-2010 Fax:** 514 888-4050

**Website:** mcsa.ca

**Email:** info.mcsa@mcgill.ca

**Services:** Neurology and gerontology research centre. \* Alzheimer's and cognitive diseases clinic: risk assessment, early diagnosis, treatment, follow-up and referral. \* Support group for family members of people living with a cognitive problem. \* Information line. \* Education and training. \* Brainy Boomers Lecture Series: online lectures. \* Exercise for the elderly on Youtube: [click here](#)

**Eligibility:** neurology clinic: people living with a cognitive impairment or Parkinson's disease, people with a parent suffering from neurocognitive impairment

**Coverage area:** Greater Montréal

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

**Fees:** none

**Financing:** provincial

**Legal status:** parapublic organization

## **PARENTS ET AMIS DU BIEN-ÊTRE MENTAL DU SUD-OUEST DE MONTRÉAL**

1195 de l'Église Street, Verdun, Montréal, QC, H4G 2P1

**514 368-4824 ext. 1**

**Website:** pabemsom.org

**Email:** informations@pabemsom.org

**Services:** \* Information, hotline, individual meetings, awareness. \* Respite-assistance program for families. \* Self-help and exchange weekly open group between caregivers, with a moderator. \* Assistance to parents of teenagers experiencing difficulties related to their mental health. \* Program for youth 12 to 17 years old with a relative who is suffering from a mental health problem. \* Training and workshops.

**Eligibility:** immediate relatives of a person with a mental illness

**Coverage area:** Le Sud-Ouest, Verdun

**Hours:** Monday to Thursday 10h00 to 18h00, Friday 11h00 to 18h00

**Financing:** provincial, foundations

**Legal status:** non-profit organization

## **Therapy and rehabilitation centres**

### **BOUGER ET VIVRE**

4501 Bannantyne Street, Verdun, Montréal, QC, H4G 1E3

**438 836-1559**

**Email:** bouger.vivre@gmail.com

**Services:** Organization helping seniors stay in their homes and improve the quality of life of adults with mobility problems or chronic illnesses. \* Individualized fitness programs under the supervision of a kinesiologist. \*

Group activities: muscle strengthening, walking with sticks, adapted boxing.

**Eligibility:** seniors, adults living with mobility problem or chronic illness

**Coverage area:** Montréal Island

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

**Fees:** annual subscription: \$20, subscription package: \$23 for 1 month, \$120 for 6 months, \$240 for 1 year

**Financing:** self-financing, donations

**Legal status:** non-profit organization

## **Education and Literacy**

**ACADEMIC AND VOCATIONAL GUIDANCE**

**ASSOCIATIONS AND FEDERATIONS**

**DIFFICULTIES AND LEARNING DISABILITIES**

**HOMEWORK ASSISTANCE AND TUTORING**

**LANGUAGE COURSES**

**LITERACY**

**PUBLIC EDUCATION**

**SCHOOL PERSEVERANCE**

## Academic and vocational guidance

### ADULT LEARNLINE

4080 Wellington Street, Suite 350, Verdun, Montréal, QC, H4G 1V4  
**1 888 488-3888**

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

**Email:** [ssaidj@fondationalphabetisation.org](mailto:ssaidj@fondationalphabetisation.org)

**Services:** Support, listening and referral service in education directing those who request it to the best training offers, throughout Québec, according to their needs. \* Referrals to training establishments that offer classes and programs matching learning needs. \* Answer questions about Pre-secondary courses, French courses, Upgrading your French, language skills, training (DVS, AVS, STC, etc.), Secondary cycles 1 and 2, College and university-level studies (ACS, DCS, certificate, Bachelor's degree, etc.), Distance learning, Lifelong learning (customized courses, language classes, computing courses, professional development, etc.), Recognition of acquired learning and competencies, Comparative evaluation (equivalence) of foreign diplomas, Student financial aid.

**Eligibility:** adults 16 years old and over, their close ones, counsellors, employers, workers from different networks

**Coverage area:** Province of Québec

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

**Fees:** none

**Financing:** grants, donations

**Legal status:** non-profit organization

### CARREFOUR JEUNESSE-EMPLOI DE VERDUN

4005 Wellington Street, Verdun, Montréal, QC, H4G 1V6  
**514 767-9971 ext. 211 Fax:** 514 767-5707

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

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

**Services:** Assistance with socioprofessional integration. \* Job search assistance. \* Career choice or return to school. \* Professional reorientation. \* Départ@9 program. \* Support for school retention. \* Personal autonomy development. \* Customer approach and cash register training. \* Various workshops and one-off projects. \* Volunteering project. \* Job search and training room: work stations with Internet, printer, photocopier, scanner and fax machine. \* Varied services offered to high schools and adult school.

**Eligibility:** youth and adults 15 to 35 years old

**Coverage area:** Verdun

**Hours:** Monday and Wednesday to Friday 9h00 to 12h00 and 13h00 to 16h30, Tuesday 9h00 to 12h00 and 13h00 to 20h00, summer schedule (from June 24th to September 1st): Monday to Friday 9h00 to 12h00 and 13h00 to 16h30

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

### SERVICE CANADA CENTRE - VERDUN (MONTRÉAL)

4110 Wellington Street, 2nd floor, Verdun, Montréal, QC, H4G 1V7  
**1 800 622-6232 TTY:** 1 800 926-9105

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

**Services:** Gateway to federal government services. All Canadians \* Find a Service Canada office: [www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng](http://www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng) \* Benefits finder: [www.canada.ca/en/services/benefits/finder.html](http://www.canada.ca/en/services/benefits/finder.html) \* Job bulletin board: [www.jobbank.gc.ca/jobsearch/jobsearch](http://www.jobbank.gc.ca/jobsearch/jobsearch) \* Social Insurance Number (SIN) application. \* Passport application. \* Complaints office. \* Fraud prevention and reporting. Workers and businesses \* Employment insurance, sickness benefits and regular benefits. \* Special employment insurance benefits for parents of seriously ill children. \* Canada Summer Jobs (CSJ) for youth and students. \* Employment assistance: labour market information, training, etc. \* Wage Earner Protection Program. \* State pensions and savings schemes. \* Online information for businesses: business start-ups, workplace standards, etc. Veterans Affairs Canada \* Support and services related to mental and physical health. \* Education and employment: finding a job, returning to school, etc. \* Financial programs and services: income support, emergency financial assistance, etc. \* Housing and family life support. Immigration and citizenship \* Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. \* Assessment of credentials. \* Biometry. \* Find free newcomer services near you: [ircc.canada.ca/english/newcomers/services](http://ircc.canada.ca/english/newcomers/services) Seniors \* Canada Pension Plan retirement benefits. \* International benefits. \* Allowance and Allowance for the Survivor programs. \* Guaranteed Income Supplement. \* Old Age Security.

**Eligibility:** general public

**Coverage area:** Verdun

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

**Fees:** parking: free

**Financing:** federal

**Legal status:** federal government agency

## Associations and Federations

### LITERACY FOUNDATION

4080 Wellington Street, Suite 350, Verdun, Montréal, QC, H4G 1V4

**514 289-1178 Fax:** 514 289-9286

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

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

**Services:** Analysis of illiteracy issues and the solutions for eliminating it. \* The Gift of Reading: program targeting underprivileged children 0 to 12 years from across Québec, aimed at preventing reading and writing difficulties that can lead to dropping out of school and then illiteracy. \* Info-Alpha line and Adult Learnline: referral and support phone lines encouraging continuous training program and lifelong learning.

**Coverage area:** Province of Québec

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

**Fees:** none

**Financing:** grants, donations

**Legal status:** non-profit organization

## Difficulties and learning disabilities

### J'APPRENDS AVEC MON ENFANT

4400 LaSalle Boulevard, Verdun, Montréal, QC, H4G 2A8

**514 536-5263 Fax:** 514 536-5263

**Website:** [www.jame-mtl.org](http://www.jame-mtl.org)

**Email:** [info@jame-mtl.org](mailto:info@jame-mtl.org)

**Services:** \* Reading assistance and educational support. \* Home reading: weekly volunteer visit. \* Training workshops for parents. \* Reading and writing stimulation for 0 to 5 years old. \* Family literacy counselling, educational tools and training for professionals. \* Intervention in multi-ethnic and multilingual environments.

**Eligibility:** children 5 to 12 years old with learning difficulties in reading, children 0 to 5 years old and their parents

**Coverage area:** Verdun, Île-des-Sours, Saint-Laurent, Lachine, Saint-Pierre, LaSalle, Ville-Émard, Côte Saint-Paul, Pointe-Saint-Charles, Saint-Henri, Petite-Bourgogne

**Hours:** office: Monday to Thursday 9h00 to 17h00

**Fees:** none

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

**Legal status:** non-profit organization

## Homework assistance and tutoring

### ANCRE DES JEUNES (L')

3565 LaSalle Boulevard, Verdun, Montréal, QC, H4G 1Z5

**514 769-1654**

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

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

**Services:** Dropout prevention. \* Homework assistance. \* Awareness workshops. \* Summer day camp. \*

Dropout support program: academic training, individualized psychosocial support and arts and crafts workshops for 13 to 16-year-olds. \* Branché sur ton Avenir program: academic support and coaching for 16 to 20-year-olds enrolled in adult distance education.

**Eligibility:** youth in difficulty 9 to 13 years old, young dropouts 13 to 20 years old

**Coverage area:** Le Sud-Ouest, Lasalle, Lachine, Verdun

**Hours:** Monday to Thursday 9h00 to 17h00, Friday 9h00 to 13h30

**Fees:** variable

**Financing:** Centraide of Greater Montreal, donations, self-financing, provincial, municipal

**Legal status:** non-profit organization

### MAISON D'ACCUEIL DES NOUVEAUX ARRIVANTS - ÎLE DES SOEURS

1 Place du Commerce, Suite 320, Verdun, Montréal, QC, H3E 1A2

**438 837-9223**

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

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

**Services:** Organization that supports and helps the integration of newcomers. Food \* Food support program for children during school lunches: meals, supervision, activities. \* Food bank. \* Online directory of food banks. Material assistance, housing and income \* Assistance in house searching. \* Support in opening a bank account. \* Help in finding a job, information and professional integration. \* Donation of clothing and furniture. \* Tax clinic. Youth and Family \* Information and registration for public services: school registration, help in finding daycare, etc. \* Logistical support between parents and school and orientation in school services. \* Homework assistance. \* Social activities and educational conferences for parents. \* Distribution of school supplies. Immigration \* Translation and oaths of documents. \* Referral to legal and migration advisors. \* Information and assistance in accessing health services through the Interim Federal Health Program (IFHP). \* French courses for youth in welcome classes and for adults. Recreational activities \* Sports, arts and leisure activities. \* Winter festival.

**Eligibility:** immigrants and refugees, lunchtime food support: students from Île-des-Soeurs Elementary School

**Coverage area:** Verdun

**Hours:** Monday to Friday 9h00 to 16h00, food bank: Monday 15h30 to 18h30

**Fees:** variable

**Financing:** municipal, donations

**Legal status:** non-profit organization

### RECLAIM LITERACY

4322 Wellington Street, Verdun, Montréal, QC, H4G 1W4

**514 369-7835**

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

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

**Services:** Programs to help English-speaking adults with the development of their literacy skills and the promotion of life-long learning. \* One-on-one tutoring. \* Learning centre. \* Family literacy. \* Online tutoring. \* Tools to help seniors improve their digital literacy skills.

**Eligibility:** adults, seniors, families

**Coverage area:** Greater Montréal

**Hours:** office: Monday to Thursday 9h00 to 15h00

**Fees:** none

**Financing:** provincial, donations

**Legal status:** non-profit organization

## TOUJOURS ENSEMBLE

4926 de Verdun Street, Verdun, Montréal, QC, H4G 1N3

**514 761-7867 Fax:** 514 761-2614

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

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

**Services:** \* Educational activities: tutoring, scholarships, library. \* Recreational activities: after-school activities, day camp, trips. \* Sporting activities. \* Fight against poverty: school lunches. \* Christmas baskets. \* Sac à dos program: academic perseverance for primary school students. \* Pathways to Education program: prevention of dropout among high school students. \* Distribution of school supplies, for members.

**Eligibility:** youth 9 to 17 years old

**Coverage area:** Verdun, Pathways to Education program: between Moffat Street and Highway 15

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

**Fees:** contribution: \$25 per year

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

**Legal status:** non-profit organization

## Language courses

### ADULT LEARNLINE

4080 Wellington Street, Suite 350, Verdun, Montréal, QC, H4G 1V4

**1 888 488-3888**

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

**Email:** [ssaidj@fondationalphabetisation.org](mailto:ssaidj@fondationalphabetisation.org)

**Services:** Support, listening and referral service in education directing those who request it to the best training offers, throughout Québec, according to their needs. \* Referrals to training establishments that offer classes and programs matching learning needs. \* Answer questions about Pre-secondary courses, French courses, Upgrading your French, language skills, training (DVS, AVS, STC, etc.), Secondary cycles 1 and 2, College and university-level studies (ACS, DCS, certificate, Bachelor's degree, etc.), Distance learning, Lifelong learning (customized courses, language classes, computing courses, professional development, etc.), Recognition of acquired learning and competencies, Comparative evaluation (equivalence) of foreign diplomas, Student financial aid.

**Eligibility:** adults 16 years old and over, their close ones, counsellors, employers, workers from different networks

**Coverage area:** Province of Québec

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

**Fees:** none

**Financing:** grants, donations

**Legal status:** non-profit organization

**CENTRE SOCIAL D'AIDE AUX IMMIGRANTS - ÎLE-DES-SOEURS**

40 Place du Commerce Street, Suite 006, Verdun, Montréal, QC, H3E 1J6

**514 932-2953 Fax:** 514 932-4544

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

**Email:** [csai@centrecsai.org](mailto:csai@centrecsai.org)

**Services:** \* Reception and integration, information and guidance. \* Intervention and individual support. \* Assistance with immigration forms and citizenship application. \* Certification of documents. \* Tax clinic. \* Various information sessions. \* Employment services. \* Francization. \* Objectif Intégration sessions. \* Intercultural matching. \* Intercultural social workers.

**Eligibility:** permanent residents, international students, temporary workers, government-assisted refugees, privately sponsored refugees, asylum seekers

**Coverage area:** Montréal Island

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

**Fees:** letters of invitation: \$5, other services: none

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

**Legal status:** non-profit organization

**CENTRE SOCIAL D'AIDE AUX IMMIGRANTS - VERDUN**

3782 Wellington Street, Verdun, Montréal, QC, H4G 1V2

**514 932-2953 Fax:** 514 932-4544

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

**Email:** [csai@centrecsai.org](mailto:csai@centrecsai.org)

**Services:** \* Reception and integration. \* Information and guidance. \* Counselling and individual support. \* Assistance with immigration forms and citizenship application. \* Certification of documents. \* Sociocultural activities. \* Francization: part-time French classes. \* French and English conversation workshops. \* Day care. \* Volunteering. \* Tax clinic.

**Eligibility:** permanent residents for less than 5 years, foreign students, temporary workers, government-assisted refugees, asylum seekers

**Coverage area:** Montréal Island

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

**Fees:** certification: \$5, certified copies: \$5, other services: free

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

**Legal status:** non-profit organization

**INFO-ALPHA**

4080 Wellington Street, Suite 350, Verdun, Montréal, QC, H4G 1V4

**1 888 488-3888**

**Website:** [fondationalphabetisation.org/en/info-alpha](http://fondationalphabetisation.org/en/info-alpha)

**Email:** [ssaidj@fondationalphabetisation.org](mailto:ssaidj@fondationalphabetisation.org)

**Services:** Confidential telephone service that provides listening and referral to literacy training and basic training to adults experiencing difficulty with reading, writing and basic numeracy skills. \* Listening and referrals also in francization, English courses and French grammar.

**Eligibility:** adults 16 years old and over, their close ones and counsellors from different networks

**Coverage area:** Province of Québec

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

**Fees:** none

**Financing:** grants, donations

**Legal status:** non-profit organization

**MAISON D'ACCUEIL DES NOUVEAUX ARRIVANTS - ÎLE DES SOEURS**

1 Place du Commerce, Suite 320, Verdun, Montréal, QC, H3E 1A2

**438 837-9223**

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

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

**Services:** Organization that supports and helps the integration of newcomers. Food \* Food support program for children during school lunches: meals, supervision, activities. \* Food bank. \* Online directory of food banks. Material assistance, housing and income \* Assistance in house searching. \* Support in opening a bank account. \* Help in finding a job, information and professional integration. \* Donation of clothing and furniture. \* Tax clinic. Youth and Family \* Information and registration for public services: school registration, help in finding daycare, etc. \* Logistical support between parents and school and orientation in school services. \* Homework assistance. \* Social activities and educational conferences for parents. \* Distribution of school supplies. Immigration \* Translation and oaths of documents. \* Referral to legal and migration advisors. \* Information and assistance in accessing health services through the Interim Federal Health Program (IFHP). \* French courses for youth in welcome classes and for adults. Recreational activities \* Sports, arts and leisure activities. \* Winter festival.

**Eligibility:** immigrants and refugees, lunchtime food support: students from Île-des-Soeurs Elementary School

**Coverage area:** Verdun

**Hours:** Monday to Friday 9h00 to 16h00, food bank: Monday 15h30 to 18h30

**Fees:** variable

**Financing:** municipal, donations

**Legal status:** non-profit organization

## Literacy

### BIBLIOTHÈQUES DE MONTRÉAL - JACQUELINE-DE-REPENTIGNY LIBRARY

5955 Bannantyne Street, Verdun, Montréal, QC, H4H 1H6

514 765-7172

**Website:** [montreal.ca/en/places/bibliotheque-jacqueline-de-repentigny](http://montreal.ca/en/places/bibliotheque-jacqueline-de-repentigny)

**Email:** [questions\\_bibliosverdun@montreal.ca](mailto:questions_bibliosverdun@montreal.ca)

**Services:** \* Loan and consultation of books, audiovisual and digital documents. \* Computers, Internet access and printing devices. \* Story time. \* Book club for children. \* Book club for adults. \* Early literacy workshops. \* Workshops, conferences and exhibitions. \* Loan of music instruments. \* Loan of seeds.

**Eligibility:** general public

**Coverage area:** Montréal

**Hours:** Monday, Thursday and Friday 10h00 to 18h00, Tuesday and Wednesday 12h00 to 20h00, Saturday and Sunday 10h00 to 17h00

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

**Financing:** municipal, provincial

**Legal status:** municipal agency

### INFO-ALPHA

4080 Wellington Street, Suite 350, Verdun, Montréal, QC, H4G 1V4

1 888 488-3888

**Website:** [fondationalphabetisation.org/en/info-alpha](http://fondationalphabetisation.org/en/info-alpha)

**Email:** [ssaidj@fondationalphabetisation.org](mailto:ssaidj@fondationalphabetisation.org)

**Services:** Confidential telephone service that provides listening and referral to literacy training and basic training to adults experiencing difficulty with reading, writing and basic numeracy skills. \* Listening and referrals also in francization, English courses and French grammar.

**Eligibility:** adults 16 years old and over, their close ones and counsellors from different networks

**Coverage area:** Province of Québec

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

**Fees:** none

**Financing:** grants, donations

**Legal status:** non-profit organization

**J'APPRENDS AVEC MON ENFANT**

4400 LaSalle Boulevard, Verdun, Montréal, QC, H4G 2A8

**514 536-5263 Fax:** 514 536-5263

**Website:** [www.jame-mtl.org](http://www.jame-mtl.org)

**Email:** [info@jame-mtl.org](mailto:info@jame-mtl.org)

**Services:** \* Reading assistance and educational support. \* Home reading: weekly volunteer visit. \* Training workshops for parents. \* Reading and writing stimulation for 0 to 5 years old. \* Family literacy counselling, educational tools and training for professionals. \* Intervention in multi-ethnic and multilingual environments.

**Eligibility:** children 5 to 12 years old with learning difficulties in reading, children 0 to 5 years old and their parents

**Coverage area:** Verdun, Île-des-Sours, Saint-Laurent, Lachine, Saint-Pierre, LaSalle, Ville-Émard, Côte Saint-Paul, Pointe-Saint-Charles, Saint-Henri, Petite-Bourgogne

**Hours:** office: Monday to Thursday 9h00 to 17h00

**Fees:** none

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

**Legal status:** non-profit organization

**MONTRÉAL HOOKED ON SCHOOL**

4255 Wellington Street, Suite 200, Verdun, Montréal, QC, H4G 1V9

**514 286-2346 ext. 210**

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

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

**Services:** Organization that brings together regional actors to improve school perseverance and educational success of young people. \* Emergence, development and enhancement of actions that meet the needs of young people and their families. \* Mobilization of business people for school perseverance. \* Promoting reading in communities. \* Hooked on School Days.

**Eligibility:** organizations from all sectors

**Coverage area:** Montréal Island

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

**Financing:** municipal, provincial, grants

**Legal status:** non-profit organization

**PAUSE PARENTS-ENFANTS DE VERDUN**

4901 Wellington Street, Verdun, Montréal, QC, H4G 1X8

**514 768-7773 ext. 130 Fax:** 514 762-6048

**Website:** [www.centreppe.com](http://www.centreppe.com)

**Email:** [activites@ppev.ca](mailto:activites@ppev.ca)

**Services:** \* Information, listening and referral. \* Individual meetings. \* Week-end respite. \* Workshops: child development, parental skills, baby massage, etc. \* Parent-child activity programs. \* Nature-based and outings program. \* Coffee-meeting for parents. \* Early literacy workshops. \* Family library. \* Story time. \* Breastfeeding breaks. \* Pause plein air: free outdoor equipment loan centre.

**Eligibility:** families with children 0 to 5 years old

**Coverage area:** Verdun, Le Sud-Ouest

**Hours:** Monday to Friday 8h30 to 17h00

**Fees:** annual membership: \$5

**Financing:** donations, self-financing

**Legal status:** non-profit organization

**RECLAIM LITERACY**

4322 Wellington Street, Verdun, Montréal, QC, H4G 1W4

**514 369-7835**

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

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

**Services:** Programs to help English-speaking adults with the development of their literacy skills and the promotion of life-long learning. \* One-on-one tutoring. \* Learning centre. \* Family literacy. \* Online tutoring. \* Tools to help seniors improve their digital literacy skills.

**Eligibility:** adults, seniors, families

**Coverage area:** Greater Montréal

**Hours:** office: Monday to Thursday 9h00 to 15h00

**Fees:** none

**Financing:** provincial, donations

**Legal status:** non-profit organization

## Public education

### ADULT LEARNLINE

4080 Wellington Street, Suite 350, Verdun, Montréal, QC, H4G 1V4

**1 888 488-3888**

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

**Email:** [ssaidj@fondationalphabetisation.org](mailto:ssaidj@fondationalphabetisation.org)

**Services:** Support, listening and referral service in education directing those who request it to the best training offers, throughout Québec, according to their needs. \* Referrals to training establishments that offer classes and programs matching learning needs. \* Answer questions about Pre-secondary courses, French courses, Upgrading your French, language skills, training (DVS, AVS, STC, etc.), Secondary cycles 1 and 2, College and university-level studies (ACS, DCS, certificate, Bachelor's degree, etc.), Distance learning, Lifelong learning (customized courses, language classes, computing courses, professional development, etc.), Recognition of acquired learning and competencies, Comparative evaluation (equivalence) of foreign diplomas, Student financial aid.

**Eligibility:** adults 16 years old and over, their close ones, counsellors, employers, workers from different networks

**Coverage area:** Province of Québec

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

**Fees:** none

**Financing:** grants, donations

**Legal status:** non-profit organization

### INFO-ALPHA

4080 Wellington Street, Suite 350, Verdun, Montréal, QC, H4G 1V4

**1 888 488-3888**

**Website:** [fondationalphabetisation.org/en/info-alpha](http://fondationalphabetisation.org/en/info-alpha)

**Email:** [ssaidj@fondationalphabetisation.org](mailto:ssaidj@fondationalphabetisation.org)

**Services:** Confidential telephone service that provides listening and referral to literacy training and basic training to adults experiencing difficulty with reading, writing and basic numeracy skills. \* Listening and referrals also in francization, English courses and French grammar.

**Eligibility:** adults 16 years old and over, their close ones and counsellors from different networks

**Coverage area:** Province of Québec

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

**Fees:** none

**Financing:** grants, donations

**Legal status:** non-profit organization

## School perseverance

### ANCRE DES JEUNES (L')

3565 LaSalle Boulevard, Verdun, Montréal, QC, H4G 1Z5

**514 769-1654**

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

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

**Services:** Dropout prevention. \* Homework assistance. \* Awareness workshops. \* Summer day camp. \*

Dropout support program: academic training, individualized psychosocial support and arts and crafts workshops for 13 to 16-year-olds. \* Branché sur ton Avenir program: academic support and coaching for 16 to 20-year-olds enrolled in adult distance education.

**Eligibility:** youth in difficulty 9 to 13 years old, young dropouts 13 to 20 years old

**Coverage area:** Le Sud-Ouest, Lasalle, Lachine, Verdun

**Hours:** Monday to Thursday 9h00 to 17h00, Friday 9h00 to 13h30

**Fees:** variable

**Financing:** Centraide of Greater Montreal, donations, self-financing, provincial, municipal

**Legal status:** non-profit organization

### LITERACY FOUNDATION

4080 Wellington Street, Suite 350, Verdun, Montréal, QC, H4G 1V4

**514 289-1178 Fax:** 514 289-9286

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

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

**Services:** Analysis of illiteracy issues and the solutions for eliminating it. \* The Gift of Reading: program targeting underprivileged children 0 to 12 years from across Québec, aimed at preventing reading and writing difficulties that can lead to dropping out of school and then illiteracy. \* Info-Alpha line and Adult Learnline: referral and support phone lines encouraging continuous training program and lifelong learning.

**Coverage area:** Province of Québec

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

**Fees:** none

**Financing:** grants, donations

**Legal status:** non-profit organization

### MONTRÉAL HOOKED ON SCHOOL

4255 Wellington Street, Suite 200, Verdun, Montréal, QC, H4G 1V9

**514 286-2346 ext. 210**

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

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

**Services:** Organization that brings together regional actors to improve school perseverance and educational success of young people. \* Emergence, development and enhancement of actions that meet the needs of young people and their families. \* Mobilization of business people for school perseverance. \* Promoting reading in communities. \* Hooked on School Days.

**Eligibility:** organizations from all sectors

**Coverage area:** Montréal Island

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

**Financing:** municipal, provincial, grants

**Legal status:** non-profit organization

**TOUJOURS ENSEMBLE**

4926 de Verdun Street, Verdun, Montréal, QC, H4G 1N3

**514 761-7867** Fax: 514 761-2614

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

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

**Services:** \* Educational activities: tutoring, scholarships, library. \* Recreational activities: after-school activities, day camp, trips. \* Sporting activities. \* Fight against poverty: school lunches. \* Christmas baskets. \* Sac à dos program: academic perseverance for primary school students. \* Pathways to Education program: prevention of dropout among high school students. \* Distribution of school supplies, for members.

**Eligibility:** youth 9 to 17 years old

**Coverage area:** Verdun, Pathways to Education program: between Moffat Street and Highway 15

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

**Fees:** contribution: \$25 per year

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

**Legal status:** non-profit organization

**Employment and Income Support****ADVOCACY FOR WORKERS AND UNEMPLOYED****BUDGET MANAGEMENT AND CONSUMPTION****BUSINESS DEVELOPMENT****EMPLOYMENT SUPPORT AND TRAINING****EMPLOYMENT SUPPORT FOR IMMIGRANTS****EMPLOYMENT SUPPORT FOR WOMEN****EMPLOYMENT SUPPORT FOR YOUTH****TAX CLINICS****VOCATIONAL REHABILITATION AND DISABILITY-RELATED EMPLOYMENT**

## Advocacy for workers and unemployed

### LEGAL AID OFFICE - SUD-OUEST

4250 Wellington Street, Suite 200, Verdun, Montréal, QC, H4G 1W2

**514 864-2111 ext. 6550** Fax: 514 864-9451

**Website:** [www.aidejuridiquedemontreal.ca/en/find-a-service-point](http://www.aidejuridiquedemontreal.ca/en/find-a-service-point)

**Email:** [baj.sudouest@ccjm.qc.ca](mailto:baj.sudouest@ccjm.qc.ca)

**Services:** Legal aid office in civil and family Law.

**Eligibility:** person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law

**Coverage area:** Côte-Des-Neiges-Notre-Dame-De-Grâce, Lachine, Lasalle, Le Sud-Ouest, Westmount

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

**Fees:** people may be eligible for free legal aid or contributory legal aid between \$100 and 800, depending on their financial situation, see scale on the website

**Financing:** self-financing

**Legal status:** parapublic organization

## Budget management and consumption

### SERVICE CANADA CENTRE - VERDUN (MONTRÉAL)

4110 Wellington Street, 2nd floor, Verdun, Montréal, QC, H4G 1V7

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

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

**Services:** Gateway to federal government services. All Canadians \* Find a Service Canada office:

[www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng](http://www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng) \* Benefits finder:

[www.canada.ca/en/services/benefits/finder.html](http://www.canada.ca/en/services/benefits/finder.html) \* Job bulletin board: [www.jobbank.gc.ca/jobsearch/jobsearch](http://www.jobbank.gc.ca/jobsearch/jobsearch) \*

Social Insurance Number (SIN) application. \* Passport application. \* Complaints office. \* Fraud prevention and reporting. Workers and businesses \* Employment insurance, sickness benefits and regular benefits. \* Special

employment insurance benefits for parents of seriously ill children. \* Canada Summer Jobs (CSJ) for youth and students. \* Employment assistance: labour market information, training, etc. \* Wage Earner Protection Program.

\* State pensions and savings schemes. \* Online information for businesses: business start-ups, workplace

standards, etc. Veterans Affairs Canada \* Support and services related to mental and physical health. \*

Education and employment: finding a job, returning to school, etc. \* Financial programs and services: income

support, emergency financial assistance, etc. \* Housing and family life support. Immigration and citizenship \*

Online information: using the services of a representative, sponsoring a family member, immigrating as a

refugee, skills recognition, etc. \* Assessment of credentials. \* Biometry. \* Find free newcomer services near

you: [ircc.canada.ca/english/newcomers/services](http://ircc.canada.ca/english/newcomers/services) Seniors \* Canada Pension Plan retirement benefits. \*

International benefits. \* Allowance and Allowance for the Survivor programs. \* Guaranteed Income Supplement.

\* Old Age Security.

**Eligibility:** general public

**Coverage area:** Verdun

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

**Fees:** parking: free

**Financing:** federal

**Legal status:** federal government agency

## Business development

### CHANTIER D'AFRIQUE DU CANADA

4740 Wellington Street, Suite 203, Verdun, Montréal, QC, H4G 1X3

**514 767-6200** Fax: 514 766-9354

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

**Services:** Support for people from ethnocultural minorities, particularly of African origin, in their process of social, cultural and economic integration. \* Carrefour entrepreneur: training in entrepreneurial leadership and sales, individual and personalized coaching, conferences and networking, collaborative workshops, mentoring and Club entrepreneur. \* Women and leadership: coffee leadership, tontine circle, training, thematic workshops and business networking for women. \* Family and youth: educational talk, regional advisory committee, online education forums, contests, Jeunes ambassadeurs itinérants initiative, anti-racism and discrimination outreach, conferences and leadership training workshops. \* Winter clothing donations for women and children.

**Eligibility:** people of immigrant background and racialized groups, Afro-descendant people

**Coverage area:** Greater Montréal

**Hours:** by appointment, Monday to Friday 9h30 to 17h00

**Fees:** variable

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

**Legal status:** non-profit organization

## GRAND POTAGER

7000 LaSalle Boulevard, Verdun, Montréal, QC, H4H 2T1

**514 248-4901**

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

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

**Services:** Urban agriculture resource centre. \* Garden seedling production. \* Grouping of food security and seedling projects. \* Support and resources to urban agriculture community groups. \* Social economy development.

**Eligibility:** urban agriculture community organizations, citizens

**Coverage area:** Greater Montréal, priority to Verdun

**Hours:** by appointment

**Financing:** grants

**Legal status:** non-profit organization

## PME - MTL - GRAND SUD-OUEST

3617 Wellington Street, Verdun, Montréal, QC, H4G 1T9

**514 765-7060** Fax: 514 765-7142

**Website:** [pmemtl.com/en/sud-ouest](http://pmemtl.com/en/sud-ouest)

**Email:** [info@pmemtlgso.com](mailto:info@pmemtlgso.com)

**Services:** \* Business services, including social economy businesses: support, accompaniment, financing and training. \* Support for various developmental projects in the territory.

**Eligibility:** general public, businesses

**Coverage area:** LaSalle, Le Sud-Ouest, Verdun

**Hours:** Monday to Thursday 8h00 to 16h45, Friday 8h00 to 12h00

**Fees:** none

**Financing:** municipal, provincial, fondations

**Legal status:** non-profit organization

## SERVICE CANADA CENTRE - VERDUN (MONTRÉAL)

4110 Wellington Street, 2nd floor, Verdun, Montréal, QC, H4G 1V7

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

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

**Services:** Gateway to federal government services. All Canadians \* Find a Service Canada office: [www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng](http://www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng) \* Benefits finder: [www.canada.ca/en/services/benefits/finder.html](http://www.canada.ca/en/services/benefits/finder.html) \* Job bulletin board: [www.jobbank.gc.ca/jobsearch/jobsearch](http://www.jobbank.gc.ca/jobsearch/jobsearch) \* Social Insurance Number (SIN) application. \* Passport application. \* Complaints office. \* Fraud prevention and reporting. Workers and businesses \* Employment insurance, sickness benefits and regular benefits. \* Special employment insurance benefits for parents of seriously ill children. \* Canada Summer Jobs (CSJ) for youth and students. \* Employment assistance: labour market information, training, etc. \* Wage Earner Protection Program. \* State pensions and savings schemes. \* Online information for businesses: business start-ups, workplace standards, etc. Veterans Affairs Canada \* Support and services related to mental and physical health. \* Education and employment: finding a job, returning to school, etc. \* Financial programs and services: income support, emergency financial assistance, etc. \* Housing and family life support. Immigration and citizenship \* Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. \* Assessment of credentials. \* Biometry. \* Find free newcomer services near you: [ircc.canada.ca/english/newcomers/services](http://ircc.canada.ca/english/newcomers/services) Seniors \* Canada Pension Plan retirement benefits. \* International benefits. \* Allowance and Allowance for the Survivor programs. \* Guaranteed Income Supplement. \* Old Age Security.

**Eligibility:** general public

**Coverage area:** Verdun

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

**Fees:** parking: free

**Financing:** federal

**Legal status:** federal government agency

## Employment support and training

### CHANTIER D'AFRIQUE DU CANADA

4740 Wellington Street, Suite 203, Verdun, Montréal, QC, H4G 1X3

**514 767-6200 Fax:** 514 766-9354

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

**Services:** Support for people from ethnocultural minorities, particularly of African origin, in their process of social, cultural and economic integration. \* Carrefour entrepreneur: training in entrepreneurial leadership and sales, individual and personalized coaching, conferences and networking, collaborative workshops, mentoring and Club entrepreneur. \* Women and leadership: coffee leadership, tontine circle, training, thematic workshops and business networking for women. \* Family and youth: educational talk, regional advisory committee, online education forums, contests, Jeunes ambassadeurs itinérants initiative, anti-racism and discrimination outreach, conferences and leadership training workshops. \* Winter clothing donations for women and children.

**Eligibility:** people of immigrant background and racialized groups, Afro-descendant people

**Coverage area:** Greater Montréal

**Hours:** by appointment, Monday to Friday 9h30 to 17h00

**Fees:** variable

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

**Legal status:** non-profit organization

### CIBLE RETOUR À L'EMPLOI

4740 Wellington Street, Suite 302, Verdun, Montréal, QC, H4G 1X3

**514 362-7340 Fax:** 514 362-8583

**Website:** [cibleretour.com/en](http://cibleretour.com/en)

**Email:** [info@cibleretour.com](mailto:info@cibleretour.com)

**Services:** \* Individual job search assistance: search techniques, assistance, resume and cover letter writing assistance and vocational guidance. \* Career transition for artists and freelance workers.

**Eligibility:** people 16 years and over searching for a job

**Coverage area:** Montréal Island

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

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

### **PME - MTL - GRAND SUD-OUEST**

3617 Wellington Street, Verdun, Montréal, QC, H4G 1T9

**514 765-7060 Fax:** 514 765-7142

**Website:** pmemtl.com/en/sud-ouest

**Email:** info@pmentlgso.com

**Services:** \* Business services, including social economy businesses: support, accompaniment, financing and training. \* Support for various developmental projects in the territory.

**Eligibility:** general public, businesses

**Coverage area:** LaSalle, Le Sud-Ouest, Verdun

**Hours:** Monday to Thursday 8h00 to 16h45, Friday 8h00 to 12h00

**Fees:** none

**Financing:** municipal, provincial, fondations

**Legal status:** non-profit organization

## **Employment support for immigrants**

### **ADULT LEARNLINE**

4080 Wellington Street, Suite 350, Verdun, Montréal, QC, H4G 1V4

**1 888 488-3888**

**Website:** infoapprendre.org/en

**Email:** ssaidj@fondationalphabetisation.org

**Services:** Support, listening and referral service in education directing those who request it to the best training offers, throughout Québec, according to their needs. \* Referrals to training establishments that offer classes and programs matching learning needs. \* Answer questions about Pre-secondary courses, French courses, Upgrading your French, language skills, training (DVS, AVS, STC, etc.), Secondary cycles 1 and 2, College and university-level studies (ACS, DCS, certificate, Bachelor's degree, etc.), Distance learning, Lifelong learning (customized courses, language classes, computing courses, professional development, etc.), Recognition of acquired learning and competencies, Comparative evaluation (equivalence) of foreign diplomas, Student financial aid.

**Eligibility:** adults 16 years old and over, their close ones, counsellors, employers, workers from different networks

**Coverage area:** Province of Québec

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

**Fees:** none

**Financing:** grants, donations

**Legal status:** non-profit organization

### **CASA C.A.F.I. (CENTRE D'AIDE AUX FAMILLES IMMIGRANTES)**

5315 Wellington Street, Verdun, Montréal, QC, H4H 1N3

**514 844-3340 Fax:** 514 844-1416

**Website:** centrecasacafi.org

**Email:** casacafi@msn.com

**Services:** Guidance, information and assistance. \* Job search assistance. \* Emergency and regular food assistance. \* Christmas baskets for food assistance regulars. \* Collective kitchens. \* Baby food. \* Community meals. \* Information on immigration laws. \* Cultural activities. \* Daycare. \* Workshops for parents. \* Workshops on rights and on resources. \* Recovery and donation of used items: clothing, household items, mattresses, books, toys, sports equipment, appliances, furniture.

**Eligibility:** immigrants, people from cultural minorities

**Coverage area:** Verdun

**Hours:** Monday to Friday 9h00 to 17h00, food bank: Monday to Friday 10h00 to 16h30, by appointment

**Fees:** food bank: \$7

**Financing:** fundraising campaigns, self-financing, provincial, municipal

**Legal status:** non-profit organization

### **CENTRE SOCIAL D'AIDE AUX IMMIGRANTS - ÎLE-DES-SOEURS**

40 Place du Commerce Street, Suite 006, Verdun, Montréal, QC, H3E 1J6

**514 932-2953 Fax:** 514 932-4544

**Website:** www.centrecsai.org

**Email:** csai@centrecsai.org

**Services:** \* Reception and integration, information and guidance. \* Intervention and individual support. \* Assistance with immigration forms and citizenship application. \* Certification of documents. \* Tax clinic. \* Various information sessions. \* Employment services. \* Francization. \* Objectif Intégration sessions. \* Intercultural matching. \* Intercultural social workers.

**Eligibility:** permanent residents, international students, temporary workers, government-assisted refugees, privately sponsored refugees, asylum seekers

**Coverage area:** Montréal Island

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

**Fees:** letters of invitation: \$5, other services: none

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

**Legal status:** non-profit organization

### **CHANTIER D'AFRIQUE DU CANADA**

4740 Wellington Street, Suite 203, Verdun, Montréal, QC, H4G 1X3

**514 767-6200 Fax:** 514 766-9354

**Email:** info@chafric.ca

**Services:** Support for people from ethnocultural minorities, particularly of African origin, in their process of social, cultural and economic integration. \* Carrefour entreprendre: training in entrepreneurial leadership and sales, individual and personalized coaching, conferences and networking, collaborative workshops, mentoring and Club entreprendre. \* Women and leadership: coffee leadership, tontine circle, training, thematic workshops and business networking for women. \* Family and youth: educational talk, regional advisory committee, online education forums, contests, Jeunes ambassadeurs itinérants initiative, anti-racism and discrimination outreach, conferences and leadership training workshops. \* Winter clothing donations for women and children.

**Eligibility:** people of immigrant background and racialized groups, Afro-descendant people

**Coverage area:** Greater Montréal

**Hours:** by appointment, Monday to Friday 9h30 to 17h00

**Fees:** variable

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

**Legal status:** non-profit organization

### **MAAH FOUNDATION**

Confidential Address

**514 678-4499**

**Website:** www.villageafricain-maah.org

**Email:** info@maah.ca

**Services:** \* Promotion of African culture and social inclusion. \* Information and referral related to job search and social assistance.

**Eligibility:** people on a low income, mostly of African origin

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h00 to 17h30

**Fees:** none

**Financing:** donations, self-financing

**Legal status:** non-profit organization

**MAISON D'ACCUEIL DES NOUVEAUX ARRIVANTS - ÎLE DES SOEURS**

1 Place du Commerce, Suite 320, Verdun, Montréal, QC, H3E 1A2

**438 837-9223**

**Website:** manamtl.org

**Email:** info@manamtl.org

**Services:** Organization that supports and helps the integration of newcomers. Food \* Food support program for children during school lunches: meals, supervision, activities. \* Food bank. \* Online directory of food banks. Material assistance, housing and income \* Assistance in house searching. \* Support in opening a bank account. \* Help in finding a job, information and professional integration. \* Donation of clothing and furniture. \* Tax clinic. Youth and Family \* Information and registration for public services: school registration, help in finding daycare, etc. \* Logistical support between parents and school and orientation in school services. \* Homework assistance. \* Social activities and educational conferences for parents. \* Distribution of school supplies. Immigration \* Translation and oaths of documents. \* Referral to legal and migration advisors. \* Information and assistance in accessing health services through the Interim Federal Health Program (IFHP). \* French courses for youth in welcome classes and for adults. Recreational activities \* Sports, arts and leisure activities. \* Winter festival.

**Eligibility:** immigrants and refugees, lunchtime food support: students from Île-des-Soeurs Elementary School

**Coverage area:** Verdun

**Hours:** Monday to Friday 9h00 to 16h00, food bank: Monday 15h30 to 18h30

**Fees:** variable

**Financing:** municipal, donations

**Legal status:** non-profit organization

**PME - MTL - GRAND SUD-OUEST**

3617 Wellington Street, Verdun, Montréal, QC, H4G 1T9

**514 765-7060 Fax:** 514 765-7142

**Website:** pmemtl.com/en/sud-ouest

**Email:** info@pmemtlgso.com

**Services:** \* Business services, including social economy businesses: support, accompaniment, financing and training. \* Support for various developmental projects in the territory.

**Eligibility:** general public, businesses

**Coverage area:** LaSalle, Le Sud-Ouest, Verdun

**Hours:** Monday to Thursday 8h00 to 16h45, Friday 8h00 to 12h00

**Fees:** none

**Financing:** municipal, provincial, fondations

**Legal status:** non-profit organization

**SERVICE CANADA CENTRE - VERDUN (MONTRÉAL)**

4110 Wellington Street, 2nd floor, Verdun, Montréal, QC, H4G 1V7

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

**Website:** www.canada.ca

**Services:** Gateway to federal government services. All Canadians \* Find a Service Canada office: [www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng](http://www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng) \* Benefits finder: [www.canada.ca/en/services/benefits/finder.html](http://www.canada.ca/en/services/benefits/finder.html) \* Job bulletin board: [www.jobbank.gc.ca/jobsearch/jobsearch](http://www.jobbank.gc.ca/jobsearch/jobsearch) \* Social Insurance Number (SIN) application. \* Passport application. \* Complaints office. \* Fraud prevention and reporting. Workers and businesses \* Employment insurance, sickness benefits and regular benefits. \* Special employment insurance benefits for parents of seriously ill children. \* Canada Summer Jobs (CSJ) for youth and students. \* Employment assistance: labour market information, training, etc. \* Wage Earner Protection Program. \* State pensions and savings schemes. \* Online information for businesses: business start-ups, workplace standards, etc. Veterans Affairs Canada \* Support and services related to mental and physical health. \* Education and employment: finding a job, returning to school, etc. \* Financial programs and services: income support, emergency financial assistance, etc. \* Housing and family life support. Immigration and citizenship \* Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. \* Assessment of credentials. \* Biometry. \* Find free newcomer services near you: [ircc.canada.ca/english/newcomers/services](http://ircc.canada.ca/english/newcomers/services) Seniors \* Canada Pension Plan retirement benefits. \* International benefits. \* Allowance and Allowance for the Survivor programs. \* Guaranteed Income Supplement. \* Old Age Security.

**Eligibility:** general public

**Coverage area:** Verdun

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

**Fees:** parking: free

**Financing:** federal

**Legal status:** federal government agency

## Employment support for women

### CHANTIER D'AFRIQUE DU CANADA

4740 Wellington Street, Suite 203, Verdun, Montréal, QC, H4G 1X3

**514 767-6200 Fax:** 514 766-9354

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

**Services:** Support for people from ethnocultural minorities, particularly of African origin, in their process of social, cultural and economic integration. \* Carrefour entrepreneur: training in entrepreneurial leadership and sales, individual and personalized coaching, conferences and networking, collaborative workshops, mentoring and Club entrepreneur. \* Women and leadership: coffee leadership, tontine circle, training, thematic workshops and business networking for women. \* Family and youth: educational talk, regional advisory committee, online education forums, contests, Jeunes ambassadeurs itinérants initiative, anti-racism and discrimination outreach, conferences and leadership training workshops. \* Winter clothing donations for women and children.

**Eligibility:** people of immigrant background and racialized groups, Afro-descendant people

**Coverage area:** Greater Montréal

**Hours:** by appointment, Monday to Friday 9h30 to 17h00

**Fees:** variable

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

**Legal status:** non-profit organization

## Employment support for youth

### CANADIAN RED CROSS - QUÉBEC DIVISION

6 Place du Commerce, Verdun, Montréal, QC, H3E 1P4

**1 800 363-7305 Fax:** 514 362-9991

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

**Email:** [comptezsurnous@croixrouge.ca](mailto:comptezsurnous@croixrouge.ca)

**Services:** \* Emergency relief and humanitarian services in times of disaster or conflict in Canada and around the world. \* First aid, babysitting and CPR classes. \* Find a course: [myrc.redcross.ca/en](http://myrc.redcross.ca/en)

**Eligibility:** disaster relief services: victims of residential fires, forest fires, hurricanes, floods and other emergencies

**Coverage area:** Province of Québec

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

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

### **CARREFOUR JEUNESSE-EMPLOI DE VERDUN**

4005 Wellington Street, Verdun, Montréal, QC, H4G 1V6

**514 767-9971 ext. 211 Fax:** 514 767-5707

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

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

**Services:** Assistance with socioprofessional integration. \* Job search assistance. \* Career choice or return to school. \* Professional reorientation. \* Départ@9 program. \* Support for school retention. \* Personal autonomy development. \* Customer approach and cash register training. \* Various workshops and one-off projects. \* Volunteering project. \* Job search and training room: work stations with Internet, printer, photocopier, scanner and fax machine. \* Varied services offered to high schools and adult school.

**Eligibility:** youth and adults 15 to 35 years old

**Coverage area:** Verdun

**Hours:** Monday and Wednesday to Friday 9h00 to 12h00 and 13h00 to 16h30, Tuesday 9h00 to 12h00 and 13h00 to 20h00, summer schedule (from June 24th to September 1st): Monday to Friday 9h00 to 12h00 and 13h00 to 16h30

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

### **CHANTIER D'AFRIQUE DU CANADA**

4740 Wellington Street, Suite 203, Verdun, Montréal, QC, H4G 1X3

**514 767-6200 Fax:** 514 766-9354

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

**Services:** Support for people from ethnocultural minorities, particularly of African origin, in their process of social, cultural and economic integration. \* Carrefour entreprendre: training in entrepreneurial leadership and sales, individual and personalized coaching, conferences and networking, collaborative workshops, mentoring and Club entreprendre. \* Women and leadership: coffee leadership, tontine circle, training, thematic workshops and business networking for women. \* Family and youth: educational talk, regional advisory committee, online education forums, contests, Jeunes ambassadeurs itinérants initiative, anti-racism and discrimination outreach, conferences and leadership training workshops. \* Winter clothing donations for women and children.

**Eligibility:** people of immigrant background and racialized groups, Afro-descendant people

**Coverage area:** Greater Montréal

**Hours:** by appointment, Monday to Friday 9h30 to 17h00

**Fees:** variable

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

**Legal status:** non-profit organization

## **Tax clinics**

### **DAWSON BOYS & GIRLS CLUB - TAX CLINIC**

666 Woodland Street, Verdun, Montréal, QC, H4H 1V8

**514 767-9967 ext. 229 Fax:** 514 767-7336

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

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

**Services:** Tax clinic by appointment.

**Eligibility:** people on a low income 50 years and over

**Coverage area:** Verdun and surroundings

**Hours:** 2025 clinic: registration starts in February by phone, appointments in March and April

**Fees:** \$5 for members, \$15 for non-members

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

**Legal status:** non-profit organization

### **MAISON D'ACCUEIL DES NOUVEAUX ARRIVANTS - TAX CLINIC**

1 du Commerce Place, Suite 320, Verdun, Montréal, QC, H3E 1A2

**438 837-9223**

**Website:** manamtl.org

**Email:** info@manamtl.org

**Services:** Tax clinic by appointment.

**Eligibility:** families on a low income

**Coverage area:** Verdun

**Hours:** 2025 Tax Clinic: From March 4th to 28th, Tuesday 10h00 to 13h00 and 14h00 to 18h00, Wednesday to Friday 10h00 to 13h00 and 14h00 to 16h00

**Fees:** \$30 per declaration

**Financing:** municipal, donations

**Legal status:** non-profit organization

## **Vocational rehabilitation and disability-related employment**

### **AMALGAME MONTRÉAL**

5970 Bannantyne Street, Verdun, Montréal, QC, H4H 1H8

**514 362-9551**

**Website:** www.amalgamemontreal.com

**Email:** contact@amalgamemontreal.com

**Services:** Participatory management organization. \* Day activity reproducing the labour market by providing packaging and manual assembly services. \* Customized training adapted to the members' needs.

**Eligibility:** adults living with one or more physical disabilities

**Capacity:** 20 people

**Coverage area:** Greater Montréal

**Hours:** Monday to Thursday 8h00 to 16h00, Friday 8h00 to 15h00

**Financing:** fundraising campaigns, donations, self-financing

**Legal status:** non-profit organization

### **CHANTIER D'AFRIQUE DU CANADA**

4740 Wellington Street, Suite 203, Verdun, Montréal, QC, H4G 1X3

**514 767-6200** Fax: 514 766-9354

**Email:** info@chafric.ca

**Services:** Support for people from ethnocultural minorities, particularly of African origin, in their process of social, cultural and economic integration. \* Carrefour entreprendre: training in entrepreneurial leadership and sales, individual and personalized coaching, conferences and networking, collaborative workshops, mentoring and Club entreprendre. \* Women and leadership: coffee leadership, tontine circle, training, thematic workshops and business networking for women. \* Family and youth: educational talk, regional advisory committee, online education forums, contests, Jeunes ambassadeurs itinérants initiative, anti-racism and discrimination outreach, conferences and leadership training workshops. \* Winter clothing donations for women and children.

**Eligibility:** people of immigrant background and racialized groups, Afro-descendant people

**Coverage area:** Greater Montréal

**Hours:** by appointment, Monday to Friday 9h30 to 17h00

**Fees:** variable

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

**Legal status:** non-profit organization

**SERVICE CANADA CENTRE - VERDUN (MONTRÉAL)**

4110 Wellington Street, 2nd floor, Verdun, Montréal, QC, H4G 1V7

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

**Services:** Gateway to federal government services. All Canadians \* Find a Service Canada office: [www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng](http://www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng) \* Benefits finder: [www.canada.ca/en/services/benefits/finder.html](http://www.canada.ca/en/services/benefits/finder.html) \* Job bulletin board: [www.jobbank.gc.ca/jobsearch/jobsearch](http://www.jobbank.gc.ca/jobsearch/jobsearch) \* Social Insurance Number (SIN) application. \* Passport application. \* Complaints office. \* Fraud prevention and reporting. Workers and businesses \* Employment insurance, sickness benefits and regular benefits. \* Special employment insurance benefits for parents of seriously ill children. \* Canada Summer Jobs (CSJ) for youth and students. \* Employment assistance: labour market information, training, etc. \* Wage Earner Protection Program. \* State pensions and savings schemes. \* Online information for businesses: business start-ups, workplace standards, etc. Veterans Affairs Canada \* Support and services related to mental and physical health. \* Education and employment: finding a job, returning to school, etc. \* Financial programs and services: income support, emergency financial assistance, etc. \* Housing and family life support. Immigration and citizenship \* Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. \* Assessment of credentials. \* Biometry. \* Find free newcomer services near you: [ircc.canada.ca/english/newcomers/services](http://ircc.canada.ca/english/newcomers/services) Seniors \* Canada Pension Plan retirement benefits. \* International benefits. \* Allowance and Allowance for the Survivor programs. \* Guaranteed Income Supplement. \* Old Age Security.

**Eligibility:** general public**Coverage area:** Verdun**Hours:** Monday to Friday 8h30 to 16h00**Fees:** parking: free**Financing:** federal**Legal status:** federal government agency

**Food**

**CHRISTMAS BASKET**

**COLLECTIVE KITCHENS AND COOKING WORKSHOPS**

**COMMUNITY GARDENS AND MARKETS**

**FOOD ASSISTANCE**

**FOOD AID FOR PREGNANT WOMEN AND CHILDREN**

**FOOD ASSISTANCE COORDINATION**

**FOOD ASSISTANCE IN SCHOOLS**

**LOW COST OR FREE MEALS**

**PREPARED MEALS AND MEALS-ON-WHEELS**

## Christmas basket

### ASSOCIATION ENTRE TES MAINS

383 de L'Église Street, Verdun, Montréal, QC, H4G 2M5  
**514 767-2444**

**Website:** www.entretesmains.com

**Email:** associationentretesmains@videotron.ca

**Services:** \* Recovery and sale of second-hand clothing, toys and items at affordable prices. \* Used items recovery on site and collected at-home: food, clothes, small household items, toys, books, small furniture. \* Information and referral.

**Eligibility:** people in need

**Coverage area:** donations recovery : Verdun, Lasalle, Le Sud-Ouest, information and referrals : Verdun

**Hours:** Tuesday and Wednesday 10h00 to 16h00, Thursday, Friday and Saturday 10h00 to 17h00

**Financing:** self-financing, grants

**Legal status:** non-profit organization

### CASA C.A.F.I. (CENTRE D'AIDE AUX FAMILLES IMMIGRANTES)

5315 Wellington Street, Verdun, Montréal, QC, H4H 1N3

**514 844-3340 Fax:** 514 844-1416

**Website:** centrecasacafi.org

**Email:** casacafi@msn.com

**Services:** Guidance, information and assistance. \* Job search assistance. \* Emergency and regular food assistance. \* Christmas baskets for food assistance regulars. \* Collective kitchens. \* Baby food. \* Community meals. \* Information on immigration laws. \* Cultural activities. \* Daycare. \* Workshops for parents. \* Workshops on rights and on resources. \* Recovery and donation of used items: clothing, household items, mattresses, books, toys, sports equipment, appliances, furniture.

**Eligibility:** immigrants, people from cultural minorities

**Coverage area:** Verdun

**Hours:** Monday to Friday 9h00 to 17h00, food bank: Monday to Friday 10h00 to 16h30, by appointment

**Fees:** food bank: \$7

**Financing:** fundraising campaigns, self-financing, provincial, municipal

**Legal status:** non-profit organization

### FABRIQUE OF THE PARISH OF SAINT WILLIBRORD'S (THE)

351 Willibrord Street, Verdun, Montréal, QC, H4G 2T7

**514 769-9678 Fax:** 514 761-1717

**Website:** www.stwill.ca

**Email:** office@stwill.ca

**Services:** \* Food Bank. \* Donations and low cost sales of used household items. \* Christmas baskets with food and household products.

**Eligibility:** people on a low income, people in need of assistance and community support

**Coverage area:** Verdun

**Hours:** food bank: Wednesday and Friday 13h00 to 14h30, donations: Tuesday to Friday 9h30 to 12h00

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

### SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE DE VERDUN

284A de l'Église Street, Verdun, Montréal, QC, H4G 2M4

**514 768-2093**

**Website:** ssvpverdun.wordpress.com

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

**Eligibility:** people on a low income

**Coverage area:** Verdun

**Hours:** by appointment

**Fees:** none

**Financing:** donations, self-financing

**Legal status:** non-profit organization

### **TOUJOURS ENSEMBLE**

4926 de Verdun Street, Verdun, Montréal, QC, H4G 1N3

**514 761-7867 Fax:** 514 761-2614

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

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

**Services:** \* Educational activities: tutoring, scholarships, library. \* Recreational activities: after-school activities, day camp, trips. \* Sporting activities. \* Fight against poverty: school lunches. \* Christmas baskets. \* Sac à dos program: academic perseverance for primary school students. \* Pathways to Education program: prevention of dropout among high school students. \* Distribution of school supplies, for members.

**Eligibility:** youth 9 to 17 years old

**Coverage area:** Verdun, Pathways to Education program: between Moffat Street and Highway 15

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

**Fees:** contribution: \$25 per year

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

**Legal status:** non-profit organization

## **Collective kitchens and cooking workshops**

### **CASA C.A.F.I. (CENTRE D'AIDE AUX FAMILLES IMMIGRANTES)**

5315 Wellington Street, Verdun, Montréal, QC, H4H 1N3

**514 844-3340 Fax:** 514 844-1416

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

**Email:** [casacafi@msn.com](mailto:casacafi@msn.com)

**Services:** Guidance, information and assistance. \* Job search assistance. \* Emergency and regular food assistance. \* Christmas baskets for food assistance regulars. \* Collective kitchens. \* Baby food. \* Community meals. \* Information on immigration laws. \* Cultural activities. \* Daycare. \* Workshops for parents. \* Workshops on rights and on resources. \* Recovery and donation of used items: clothing, household items, mattresses, books, toys, sports equipment, appliances, furniture.

**Eligibility:** immigrants, people from cultural minorities

**Coverage area:** Verdun

**Hours:** Monday to Friday 9h00 to 17h00, food bank: Monday to Friday 10h00 to 16h30, by appointment

**Fees:** food bank: \$7

**Financing:** fundraising campaigns, self-financing, provincial, municipal

**Legal status:** non-profit organization

### **MAMIES IMMIGRANTES POUR LE DÉVELOPPEMENT ET L'INTÉGRATION**

4250 Bannantyne Avenue, Suite 102, Verdun, Montréal, QC, H4G 3J4

**514 903-1380**

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

**Email:** [lesmamies2002@gmail.com](mailto:lesmamies2002@gmail.com)

**Services:** \* Information, referral, guidance and support. \* Interpreting services. \* Collective kitchens. \* At-home visits. \* Friendly calls. \* Respite for caregivers: home respite, hospital accompaniment, health walks, friendly visits at home in cases of hospitalization. \* Social development support: storytelling in schools and homes, theater plays. \* Intercultural meetings. \* Introduction to sewing.

**Eligibility:** immigrant and quebec women 50 years and over, caregivers

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h30 to 17h00

**Fees:** annual membership: \$10, respite: \$15 per hour and \$6 for transport

**Financing:** contributions, grants

**Legal status:** non-profit organization

## Community gardens and markets

### BGC DAWSON

666 Woodland Street, Verdun, Montréal, QC, H4H 1V8

**514 767-9967 Fax:** 514 767-7336

**Website:** www.bgcdawson.ca

**Email:** info@bgcdawson.ca

**Services:** \* Social, recreational and educational programs: parent-child, after school, teen, young adult and senior groups. \* Room rental for community organizations. \* Summer day camp for children and teenagers. \* Un plant de tomates à la fois: collective garden. \* Respite for parents of children 6 months to 5 years old. \* Tax clinic. \* Residential snow removal.

**Eligibility:** parent-child group: children 0 to 5 years old, afterschool group: children 5 to 12 years old, teen group: youth 13 to 17 years old, young adult group: people 18 to 30 years old, senior group: seniors 50 years and over

**Coverage area:** Verdun and surroundings

**Hours:** Wednesday and Friday 8h00 to 21h00, Monday 8h00 to 18h00, Tuesday and Thursday 8h00 to 23h00

**Fees:** membership: \$15, activities: variable

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

**Legal status:** non-profit organization

### COOPÉRATIVE DE SOLIDARITÉ ABONDANCE URBAINE SOLIDAIRE

6049 LaSalle Boulevard, Verdun, Montréal, QC, H4H 2T1

**Website:** coopcaus.org/en\_ca

**Email:** info@coopcaus.ca

**Services:** Cooperative for the promotion of local food. \* Food bank. \* Online local food market. \* Farmers' markets. \* Multi-CAUS, general store at 6049 LaSalle Boulevard, Verdun, H4H 1M8. \* Community garden in greenhouse. \* Kiosks Les saveurs d'été: food kiosks. \* Compost production, food waste recovery. \* Community centre and meeting room. \* Local cinema. \* Public restrooms.

**Eligibility:** people who want to eat locally produced food, food producers

**Capacity:** 110

**Coverage area:** Montréal Island, mainly Verdun

**Hours:** food bank: Wednesdays 15h30 to 17h30, farmer's market from June 7th to November 1st 2023:

Wednesday 15h00 to 17h00 (5955 Bannantyne Street, Verdun), Multi-CAUS: Wednesday, Thursday and Friday 15h00 to 19h00, Saturday and Sunday 10h00 to 17h00

**Fees:** consumer members: \$10 per year, producer and worker members: variable, community garden: \$500 per year, food bank: \$7 per week

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

**Legal status:** non-profit organization

### GRAND POTAGER

7000 LaSalle Boulevard, Verdun, Montréal, QC, H4H 2T1

**514 248-4901**

**Website:** grandpotager.ca/en

**Email:** services@grandpotager.org

**Services:** Urban agriculture resource centre. \* Garden seedling production. \* Grouping of food security and seedling projects. \* Support and resources to urban agriculture community groups. \* Social economy development.

**Eligibility:** urban agriculture community organizations, citizens

**Coverage area:** Greater Montréal, priority to Verdun

**Hours:** by appointment

**Financing:** grants

**Legal status:** non-profit organization

## Food Assistance

### CASA C.A.F.I. (CENTRE D'AIDE AUX FAMILLES IMMIGRANTES)

5315 Wellington Street, Verdun, Montréal, QC, H4H 1N3

**514 844-3340 Fax:** 514 844-1416

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

**Email:** [casacafi@msn.com](mailto:casacafi@msn.com)

**Services:** Guidance, information and assistance. \* Job search assistance. \* Emergency and regular food assistance. \* Christmas baskets for food assistance regulars. \* Collective kitchens. \* Baby food. \* Community meals. \* Information on immigration laws. \* Cultural activities. \* Daycare. \* Workshops for parents. \* Workshops on rights and on resources. \* Recovery and donation of used items: clothing, household items, mattresses, books, toys, sports equipment, appliances, furniture.

**Eligibility:** immigrants, people from cultural minorities

**Coverage area:** Verdun

**Hours:** Monday to Friday 9h00 to 17h00, food bank: Monday to Friday 10h00 to 16h30, by appointment

**Fees:** food bank: \$7

**Financing:** fundraising campaigns, self-financing, provincial, municipal

**Legal status:** non-profit organization

### COOPÉRATIVE DE SOLIDARITÉ ABONDANCE URBAINE SOLIDAIRE

6049 LaSalle Boulevard, Verdun, Montréal, QC, H4H 2T1

**Website:** [coopcaus.org/en\\_ca](http://coopcaus.org/en_ca)

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

**Services:** Cooperative for the promotion of local food. \* Food bank. \* Online local food market. \* Farmers' markets. \* Multi-CAUS, general store at 6049 LaSalle Boulevard, Verdun, H4H 1M8. \* Community garden in greenhouse. \* Kiosks Les saveurs d'été: food kiosks. \* Compost production, food waste recovery. \* Community centre and meeting room. \* Local cinema. \* Public restrooms.

**Eligibility:** people who want to eat locally produced food, food producers

**Capacity:** 110

**Coverage area:** Montréal Island, mainly Verdun

**Hours:** food bank: Wednesdays 15h30 to 17h30, farmer's market from June 7th to November 1st 2023:

Wednesday 15h00 to 17h00 (5955 Bannantyne Street, Verdun), Multi-CAUS: Wednesday, Thursday and Friday 15h00 to 19h00, Saturday and Sunday 10h00 to 17h00

**Fees:** consumer members: \$10 per year, producer and worker members: variable, community garden: \$500 per year, food bank: \$7 per week

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

**Legal status:** non-profit organization

### FABRIQUE OF THE PARISH OF SAINT WILLIBRORD'S (THE)

351 Willibrord Street, Verdun, Montréal, QC, H4G 2T7

**514 769-9678 Fax:** 514 761-1717

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

**Email:** [office@stwill.ca](mailto:office@stwill.ca)

**Services:** \* Food Bank. \* Donations and low cost sales of used household items. \* Christmas baskets with food and household products.

**Eligibility:** people on a low income, people in need of assistance and community support

**Coverage area:** Verdun

**Hours:** food bank: Wednesday and Friday 13h00 to 14h30, donations: Tuesday to Friday 9h30 to 12h00

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

### MAISON D'ACCUEIL DES NOUVEAUX ARRIVANTS - ÎLE DES SOEURS

1 Place du Commerce, Suite 320, Verdun, Montréal, QC, H3E 1A2

**438 837-9223**

**Website:** manamtl.org

**Email:** info@manamtl.org

**Services:** Organization that supports and helps the integration of newcomers. Food \* Food support program for children during school lunches: meals, supervision, activities. \* Food bank. \* Online directory of food banks. Material assistance, housing and income \* Assistance in house searching. \* Support in opening a bank account. \* Help in finding a job, information and professional integration. \* Donation of clothing and furniture. \* Tax clinic. Youth and Family \* Information and registration for public services: school registration, help in finding daycare, etc. \* Logistical support between parents and school and orientation in school services. \* Homework assistance. \* Social activities and educational conferences for parents. \* Distribution of school supplies. Immigration \* Translation and oaths of documents. \* Referral to legal and migration advisors. \* Information and assistance in accessing health services through the Interim Federal Health Program (IFHP). \* French courses for youth in welcome classes and for adults. Recreational activities \* Sports, arts and leisure activities. \* Winter festival.

**Eligibility:** immigrants and refugees, lunchtime food support: students from Île-des-Soeurs Elementary School

**Coverage area:** Verdun

**Hours:** Monday to Friday 9h00 to 16h00, food bank: Monday 15h30 to 18h30

**Fees:** variable

**Financing:** municipal, donations

**Legal status:** non-profit organization

### RÉSEAU D'ENTRAIDE DE VERDUN

5132 Wellington Street, Verdun, Montréal, QC, H4G 1Y2

**514 762-0705**

**Email:** info@entraideverdun.org

**Services:** \* Food assistance. \* Bonhomme à lunettes service point.

**Eligibility:** people in need

**Coverage area:** Verdun and Le Sud-Ouest, food assistance: Verdun

**Hours:** Monday 10h00 to 17h00, food distribution: Monday 16h00 à 18h00, bonhomme à lunettes: Thursday

**Fees:** food assistance: \$7

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

**Legal status:** non-profit organization

### RÉSEAU-BÉNÉVOLE DE VERDUN

3215 LaSalle Boulevard, Verdun, Montréal, QC, H4G 1Z1

**514 761-1773**

**Website:** reseau-benevoles-verdun.org/wp

**Email:** r.b.v@videotron.ca

**Services:** \* Grouping of volunteers. \* Friendly visits. \* Meals on wheels. \* Food baskets.

**Eligibility:** people 60 years and over or with a loss of autonomy, food baskets: people 60 years and over on a low income

**Coverage area:** Verdun, Nuns' Island

**Hours:** Monday to Friday 6h00 to 14h00, food bank: Tuesday 8h00 to 11h00

**Fees:** meals on wheels: \$5 per meal, food bank: \$5

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

**SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE DE VERDUN**

284A de l'Église Street, Verdun, Montréal, QC, H4G 2M4

**514 768-2093**

**Website:** ssvpverdun.wordpress.com

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

**Eligibility:** people on a low income

**Coverage area:** Verdun

**Hours:** by appointment

**Fees:** none

**Financing:** donations, self-financing

**Legal status:** non-profit organization

**Food aid for pregnant women and children****CASA C.A.F.I. (CENTRE D'AIDE AUX FAMILLES IMMIGRANTES)**

5315 Wellington Street, Verdun, Montréal, QC, H4H 1N3

**514 844-3340 Fax:** 514 844-1416

**Website:** centrecasacafi.org

**Email:** casacafi@msn.com

**Services:** Guidance, information and assistance. \* Job search assistance. \* Emergency and regular food assistance. \* Christmas baskets for food assistance regulars. \* Collective kitchens. \* Baby food. \* Community meals. \* Information on immigration laws. \* Cultural activities. \* Daycare. \* Workshops for parents. \* Workshops on rights and on resources. \* Recovery and donation of used items: clothing, household items, mattresses, books, toys, sports equipment, appliances, furniture.

**Eligibility:** immigrants, people from cultural minorities

**Coverage area:** Verdun

**Hours:** Monday to Friday 9h00 to 17h00, food bank: Monday to Friday 10h00 to 16h30, by appointment

**Fees:** food bank: \$7

**Financing:** fundraising campaigns, self-financing, provincial, municipal

**Legal status:** non-profit organization

**Food assistance coordination****ASSOCIATION ENTRE TES MAINS**

383 de L'Église Street, Verdun, Montréal, QC, H4G 2M5

**514 767-2444**

**Website:** www.entretesmains.com

**Email:** associationentretesmains@videotron.ca

**Services:** \* Recovery and sale of second-hand clothing, toys and items at affordable prices. \* Used items recovery on site and collected at-home: food, clothes, small household items, toys, books, small furniture. \* Information and referral.

**Eligibility:** people in need

**Coverage area:** donations recovery : Verdun, Lasalle, Le Sud-Ouest, information and referrals : Verdun

**Hours:** Tuesday and Wednesday 10h00 to 16h00, Thursday, Friday and Saturday 10h00 to 17h00

**Financing:** self-financing, grants

**Legal status:** non-profit organization

**CONCERTATION EN DÉVELOPPEMENT SOCIAL DE VERDUN**

4555 Verdun Street, Verdun, Montréal, QC, H4G 1M4

**514 396-5363**

**Website:** cdsv.org

**Email:** coordination@cdiv.org

**Services:** Neighbourhood table. \* Improvement of living conditions and access to housing. \* Fight against poverty and food insecurity. \* Fight for a better social justice.

**Eligibility:** citizens, community organizations, institutional and economic development organisations, borough representatives, school boards

**Coverage area:** Verdun

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

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

**Legal status:** non-profit organization

**FABRIQUE OF THE PARISH OF SAINT WILLIBRORD'S (THE)**

351 Willibrord Street, Verdun, Montréal, QC, H4G 2T7

**514 769-9678 Fax:** 514 761-1717

**Website:** www.stwill.ca

**Email:** office@stwill.ca

**Services:** \* Food Bank. \* Donations and low cost sales of used household items. \* Christmas baskets with food and household products.

**Eligibility:** people on a low income, people in need of assistance and community support

**Coverage area:** Verdun

**Hours:** food bank: Wednesday and Friday 13h00 to 14h30, donations: Tuesday to Friday 9h30 to 12h00

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

**GRAND POTAGER**

7000 LaSalle Boulevard, Verdun, Montréal, QC, H4H 2T1

**514 248-4901**

**Website:** grandpotager.ca/en

**Email:** services@grandpotager.org

**Services:** Urban agriculture resource centre. \* Garden seedling production. \* Grouping of food security and seedling projects. \* Support and resources to urban agriculture community groups. \* Social economy development.

**Eligibility:** urban agriculture community organizations, citizens

**Coverage area:** Greater Montréal, priority to Verdun

**Hours:** by appointment

**Financing:** grants

**Legal status:** non-profit organization

**RÉSEAU-BÉNÉVOLE DE VERDUN**

3215 LaSalle Boulevard, Verdun, Montréal, QC, H4G 1Z1

**514 761-1773**

**Website:** reseau-benevoles-verdun.org/wp

**Email:** r.b.v@videotron.ca

**Services:** \* Grouping of volunteers. \* Friendly visits. \* Meals on wheels. \* Food baskets.

**Eligibility:** people 60 years and over or with a loss of autonomy, food baskets: people 60 years and over on a low income

**Coverage area:** Verdun, Nuns' Island

**Hours:** Monday to Friday 6h00 to 14h00, food bank: Tuesday 8h00 to 11h00

**Fees:** meals on wheels: \$5 per meal, food bank: \$5

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

## Food assistance in schools

### MAISON D'ACCUEIL DES NOUVEAUX ARRIVANTS - ÎLE DES SOEURS

1 Place du Commerce, Suite 320, Verdun, Montréal, QC, H3E 1A2

**438 837-9223**

**Website:** manamtl.org

**Email:** info@manamtl.org

**Services:** Organization that supports and helps the integration of newcomers. Food \* Food support program for children during school lunches: meals, supervision, activities. \* Food bank. \* Online directory of food banks. Material assistance, housing and income \* Assistance in house searching. \* Support in opening a bank account. \* Help in finding a job, information and professional integration. \* Donation of clothing and furniture. \* Tax clinic. Youth and Family \* Information and registration for public services: school registration, help in finding daycare, etc. \* Logistical support between parents and school and orientation in school services. \* Homework assistance. \* Social activities and educational conferences for parents. \* Distribution of school supplies. Immigration \* Translation and oaths of documents. \* Referral to legal and migration advisors. \* Information and assistance in accessing health services through the Interim Federal Health Program (IFHP). \* French courses for youth in welcome classes and for adults. Recreational activities \* Sports, arts and leisure activities. \* Winter festival.

**Eligibility:** immigrants and refugees, lunchtime food support: students from Île-des-Soeurs Elementary School

**Coverage area:** Verdun

**Hours:** Monday to Friday 9h00 to 16h00, food bank: Monday 15h30 to 18h30

**Fees:** variable

**Financing:** municipal, donations

**Legal status:** non-profit organization

### TOUJOURS ENSEMBLE

4926 de Verdun Street, Verdun, Montréal, QC, H4G 1N3

**514 761-7867 Fax:** 514 761-2614

**Website:** toujoursensemble.org/en

**Email:** info@toujoursensemble.org

**Services:** \* Educational activities: tutoring, scholarships, library. \* Recreational activities: after-school activities, day camp, trips. \* Sporting activities. \* Fight against poverty: school lunches. \* Christmas baskets. \* Sac à dos program: academic perseverance for primary school students. \* Pathways to Education program: prevention of dropout among high school students. \* Distribution of school supplies, for members.

**Eligibility:** youth 9 to 17 years old

**Coverage area:** Verdun, Pathways to Education program: between Moffat Street and Highway 15

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

**Fees:** contribution: \$25 per year

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

**Legal status:** non-profit organization

## Low cost or free meals

### CASA C.A.F.I. (CENTRE D'AIDE AUX FAMILLES IMMIGRANTES)

5315 Wellington Street, Verdun, Montréal, QC, H4H 1N3

**514 844-3340 Fax:** 514 844-1416

**Website:** centrecasacafi.org

**Email:** casacafi@msn.com

**Services:** Guidance, information and assistance. \* Job search assistance. \* Emergency and regular food assistance. \* Christmas baskets for food assistance regulars. \* Collective kitchens. \* Baby food. \* Community meals. \* Information on immigration laws. \* Cultural activities. \* Daycare. \* Workshops for parents. \* Workshops on rights and on resources. \* Recovery and donation of used items: clothing, household items, mattresses, books, toys, sports equipment, appliances, furniture.

**Eligibility:** immigrants, people from cultural minorities

**Coverage area:** Verdun

**Hours:** Monday to Friday 9h00 to 17h00, food bank: Monday to Friday 10h00 to 16h30, by appointment

**Fees:** food bank: \$7

**Financing:** fundraising campaigns, self-financing, provincial, municipal

**Legal status:** non-profit organization

## CENTRE DES FEMMES DE VERDUN

3488 de Verdun Street, Verdun, Montréal, QC, H4G 1V4

514 767-0384

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

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

**Services:** Welcoming, safe, inclusive and feminist space seeking to ensure rights and interests advocacy for women and gender-diverse people, in a perspective of social change. \* Reception, listening and referral. \* Pre-abortion consultation. \* Socialization activities: lunch talks, creative evenings, etc. \* Workshops and discussion activities on various social issues. \* Global wellness activities: Pilates, walking club, yoga, meditation, etc. \* Mobilizations and collective actions. \* Involvement and volunteering. \* Distribution of menstruation supplies and pregnancy tests.

**Eligibility:** women, gender-diverse people

**Coverage area:** mostly Verdun

**Hours:** schedule subject to change, consult the seasonal program or call for opening hours

**Fees:** none

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

**Legal status:** non-profit organization

## HÔPITAL DE VERDUN - CAFÉTÉRIA

4000 LaSalle Boulevard, Verdun, Montréal, QC, H4G 2A3

514 362-1000

**Website:** [ciusss-centresudmtl.gouv.qc.ca/actualite/lhopital-de-verdun-devient-un-hopital-encore-plus-solidaire](http://ciusss-centresudmtl.gouv.qc.ca/actualite/lhopital-de-verdun-devient-un-hopital-encore-plus-solidaire)

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

**Services:** Cafeteria. \* Hot meals. \* Frozen meals to go.

**Eligibility:** people treated at the CIUSSS Centre-Sud and identified by social workers

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 6h30 to 19h30, Saturday and Sunday 7h00 to 19h00

**Fees:** plate of the day: \$4.75 to \$5.25, frozen soup: \$3.50 for 4 servings, frozen sauce: \$7 to \$9.50 for 4 servings, frozen main dishes: \$5.50 for 2 servings, \$8 to \$10.50 for 4 servings

**Financing:** provincial

**Legal status:** parapublic organization

## PROJET P.A.L - ALTERNATIVE RESOURCE IN MENTAL HEALTH

861 de l'Église Street, Verdun, Montréal, QC, H4G 2N3

514 767-4701 Fax: 514 767-5304

**Website:** [www.projetpal.com](http://www.projetpal.com)

**Email:** [info@projetpal.com](mailto:info@projetpal.com)

**Services:** \* Community centre with activities, outings and special events. \* Community meals. \* Logi-P.A.L.: affordable housing. \* Maison Cap: transitional housing with intensive monitoring. \* Sous le toit de P.A.L.: permanent housing with community support. \* Advocacy of rights. \* Christmas dinner and celebration.

**Eligibility:** people living with mental health problems

**Coverage area:** Le Sud-Ouest in priority, Verdun

**Hours:** variable

**Fees:** membership: \$2

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

**Legal status:** non-profit organization

## Prepared meals and Meals-on-wheels

### HÔPITAL DE VERDUN - CAFÉTÉRIA

4000 LaSalle Boulevard, Verdun, Montréal, QC, H4G 2A3

**514 362-1000**

**Website:** [ciusss-centresudmtl.gouv.qc.ca/actualite/lhopital-de-verdun-devient-un-hopital-encore-plus-solidaire](http://ciusss-centresudmtl.gouv.qc.ca/actualite/lhopital-de-verdun-devient-un-hopital-encore-plus-solidaire)

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

**Services:** Cafeteria. \* Hot meals. \* Frozen meals to go.

**Eligibility:** people treated at the CIUSSS Centre-Sud and identified by social workers

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 6h30 to 19h30, Saturday and Sunday 7h00 to 19h00

**Fees:** plate of the day: \$4.75 to \$5.25, frozen soup: \$3.50 for 4 servings, frozen sauce: \$7 to \$9.50 for 4 servings, frozen main dishes: \$5.50 for 2 servings, \$8 to \$10.50 for 4 servings

**Financing:** provincial

**Legal status:** parapublic organization

### RÉSEAU-BÉNÉVOLE DE VERDUN

3215 LaSalle Boulevard, Verdun, Montréal, QC, H4G 1Z1

**514 761-1773**

**Website:** [reseau-benevoles-verdun.org/wp](http://reseau-benevoles-verdun.org/wp)

**Email:** [r.b.v@videotron.ca](mailto:r.b.v@videotron.ca)

**Services:** \* Grouping of volunteers. \* Friendly visits. \* Meals on wheels. \* Food baskets.

**Eligibility:** people 60 years and over or with a loss of autonomy, food baskets: people 60 years and over on a low income

**Coverage area:** Verdun, Nuns' Island

**Hours:** Monday to Friday 6h00 to 14h00, food bank: Tuesday 8h00 to 11h00

**Fees:** meals on wheels: \$5 per meal, food bank: \$5

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

**Government services**

**FEDERAL SERVICES**

**INCOME STATEMENTS**

**MUNICIPAL SERVICES**

**OFFICIAL DOCUMENTS**

**PROVINCIAL SERVICES**

## Federal services

### SERVICE CANADA CENTRE - VERDUN (MONTRÉAL)

4110 Wellington Street, 2nd floor, Verdun, Montréal, QC, H4G 1V7

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

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

**Services:** Gateway to federal government services. All Canadians \* Find a Service Canada office: [www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng](http://www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng) \* Benefits finder: [www.canada.ca/en/services/benefits/finder.html](http://www.canada.ca/en/services/benefits/finder.html) \* Job bulletin board: [www.jobbank.gc.ca/jobsearch/jobsearch](http://www.jobbank.gc.ca/jobsearch/jobsearch) \* Social Insurance Number (SIN) application. \* Passport application. \* Complaints office. \* Fraud prevention and reporting. Workers and businesses \* Employment insurance, sickness benefits and regular benefits. \* Special employment insurance benefits for parents of seriously ill children. \* Canada Summer Jobs (CSJ) for youth and students. \* Employment assistance: labour market information, training, etc. \* Wage Earner Protection Program. \* State pensions and savings schemes. \* Online information for businesses: business start-ups, workplace standards, etc. Veterans Affairs Canada \* Support and services related to mental and physical health. \* Education and employment: finding a job, returning to school, etc. \* Financial programs and services: income support, emergency financial assistance, etc. \* Housing and family life support. Immigration and citizenship \* Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. \* Assessment of credentials. \* Biometry. \* Find free newcomer services near you: [ircc.canada.ca/english/newcomers/services](http://ircc.canada.ca/english/newcomers/services) Seniors \* Canada Pension Plan retirement benefits. \* International benefits. \* Allowance and Allowance for the Survivor programs. \* Guaranteed Income Supplement. \* Old Age Security.

**Eligibility:** general public

**Coverage area:** Verdun

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

**Fees:** parking: free

**Financing:** federal

**Legal status:** federal government agency

## Income statements

### VERDUN - BOROUGH

4555 Verdun Street, Verdun, Montréal, QC, H4G 1M4

**311** Fax: 514 765-7006

**Website:** [montreal.ca/en/verdun](http://montreal.ca/en/verdun)

**Email:** [verdun@montreal.ca](mailto:verdun@montreal.ca)

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

**Coverage area:** Verdun

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

**Fees:** durable menstrual products grant: \$50 refund

**Financing:** municipal

**Legal status:** municipal agency

## Municipal services

### COOPÉRATIVE DE SOLIDARITÉ ABONDANCE URBAINE SOLIDAIRE

6049 LaSalle Boulevard, Verdun, Montréal, QC, H4H 2T1

**Website:** [coopcaus.org/en\\_ca](http://coopcaus.org/en_ca)

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

**Services:** Cooperative for the promotion of local food. \* Food bank. \* Online local food market. \* Farmers' markets. \* Multi-CAUS, general store at 6049 LaSalle Boulevard, Verdun, H4H 1M8. \* Community garden in greenhouse. \* Kiosks Les saveurs d'été: food kiosks. \* Compost production, food waste recovery. \* Community centre and meeting room. \* Local cinema. \* Public restrooms.

**Eligibility:** people who want to eat locally produced food, food producers

**Capacity:** 110

**Coverage area:** Montréal Island, mainly Verdun

**Hours:** food bank: Wednesdays 15h30 to 17h30, farmer's market from June 7th to November 1st 2023:

Wednesday 15h00 to 17h00 (5955 Bannantyne Street, Verdun), Multi-CAUS: Wednesday, Thursday and Friday 15h00 to 19h00, Saturday and Sunday 10h00 to 17h00

**Fees:** consumer members: \$10 per year, producer and worker members: variable, community garden: \$500 per year, food bank: \$7 per week

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

**Legal status:** non-profit organization

### MAISON DE L'ENVIRONNEMENT DE VERDUN

673 1st Avenue, Verdun, Montréal, QC, H4G 2V8

**514 765-8378**

**Email:** [infoenvironnement.verdun@montreal.ca](mailto:infoenvironnement.verdun@montreal.ca)

**Services:** Development and promotion of environmental projects. \* Information and accompaniment. \* Collective composting bins. \* Booths, workshops, activities and information events. \* Promotion of recycling and food waste collection. \* Urban biodiversity and greening advice. \* Biannual shoreline cleanups. \* Citizen mobilization for green lanes in Verdun.

**Eligibility:** general public

**Coverage area:** Verdun

**Hours:** Monday, Wednesday and Thursday 13h00 to 17h00, Tuesday 13h00 to 19h00

**Fees:** none

**Financing:** grants, self-financing

**Legal status:** non-profit organization

### SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 16 - ÎLE-DES-SOEURS, VERDUN

750 Willibrord Street, Verdun, Montréal, QC, H4G 2T9

**514 280-0116** Fax: 514 280-0616

**Website:** [spvm.qc.ca/en/pdq16](http://spvm.qc.ca/en/pdq16)

**Email:** [pdq16@spvm.qc.ca](mailto:pdq16@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. \* Supervised space for meeting and exchanging goods, for people with whom a transaction on online sales sites has been made.

**Eligibility:** citizens and residents of the neighbourhood

**Coverage area:** Île-des-Soeurs, Verdun

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

**Financing:** municipal, provincial

**Legal status:** municipal agency

**VERDUN - BOROUGH**

4555 Verdun Street, Verdun, Montréal, QC, H4G 1M4

**311 Fax:** 514 765-7006

**Website:** montreal.ca/en/verdun

**Email:** verdun@montreal.ca

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

**Coverage area:** Verdun

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

**Fees:** durable menstrual products grant: \$50 refund

**Financing:** municipal

**Legal status:** municipal agency

**Official documents****CENTRE SOCIAL D'AIDE AUX IMMIGRANTS - ÎLE-DES-SOEURS**

40 Place du Commerce Street, Suite 006, Verdun, Montréal, QC, H3E 1J6

**514 932-2953 Fax:** 514 932-4544

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

**Email:** csai@centrecsai.org

**Services:** \* Reception and integration, information and guidance. \* Intervention and individual support. \* Assistance with immigration forms and citizenship application. \* Certification of documents. \* Tax clinic. \* Various information sessions. \* Employment services. \* Francization. \* Objectif Intégration sessions. \* Intercultural matching. \* Intercultural social workers.

**Eligibility:** permanent residents, international students, temporary workers, government-assisted refugees, privately sponsored refugees, asylum seekers

**Coverage area:** Montréal Island

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

**Fees:** letters of invitation: \$5, other services: none

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

**Legal status:** non-profit organization

**CENTRE SOCIAL D'AIDE AUX IMMIGRANTS - VERDUN**

3782 Wellington Street, Verdun, Montréal, QC, H4G 1V2

**514 932-2953 Fax:** 514 932-4544

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

**Email:** csai@centrecsai.org

**Services:** \* Reception and integration. \* Information and guidance. \* Counselling and individual support. \* Assistance with immigration forms and citizenship application. \* Certification of documents. \* Sociocultural activities. \* Francization: part-time French classes. \* French and English conversation workshops. \* Day care. \* Volunteering. \* Tax clinic.

**Eligibility:** permanent residents for less than 5 years, foreign students, temporary workers, government-assisted refugees, asylum seekers

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30  
**Fees:** certification: \$5, certified copies: \$5, other services: free  
**Financing:** provincial, donations, Centraide of Greater Montréal  
**Legal status:** non-profit organization

### **SERVICE CANADA CENTRE - VERDUN (MONTRÉAL)**

4110 Wellington Street, 2nd floor, Verdun, Montréal, QC, H4G 1V7  
**1 800 622-6232 TTY:** 1 800 926-9105

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

**Services:** Gateway to federal government services. All Canadians \* Find a Service Canada office: [www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng](http://www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng) \* Benefits finder: [www.canada.ca/en/services/benefits/finder.html](http://www.canada.ca/en/services/benefits/finder.html) \* Job bulletin board: [www.jobbank.gc.ca/jobsearch/jobsearch](http://www.jobbank.gc.ca/jobsearch/jobsearch) \* Social Insurance Number (SIN) application. \* Passport application. \* Complaints office. \* Fraud prevention and reporting. Workers and businesses \* Employment insurance, sickness benefits and regular benefits. \* Special employment insurance benefits for parents of seriously ill children. \* Canada Summer Jobs (CSJ) for youth and students. \* Employment assistance: labour market information, training, etc. \* Wage Earner Protection Program. \* State pensions and savings schemes. \* Online information for businesses: business start-ups, workplace standards, etc. Veterans Affairs Canada \* Support and services related to mental and physical health. \* Education and employment: finding a job, returning to school, etc. \* Financial programs and services: income support, emergency financial assistance, etc. \* Housing and family life support. Immigration and citizenship \* Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. \* Assessment of credentials. \* Biometry. \* Find free newcomer services near you: [ircc.canada.ca/english/newcomers/services](http://ircc.canada.ca/english/newcomers/services) Seniors \* Canada Pension Plan retirement benefits. \* International benefits. \* Allowance and Allowance for the Survivor programs. \* Guaranteed Income Supplement. \* Old Age Security.

**Eligibility:** general public

**Coverage area:** Verdun

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

**Fees:** parking: free

**Financing:** federal

**Legal status:** federal government agency

### **SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 16 - ÎLE-DES-SOEURS, VERDUN**

750 Willibrord Street, Verdun, Montréal, QC, H4G 2T9

**514 280-0116 Fax:** 514 280-0616

**Website:** [spvm.qc.ca/en/pdq16](http://spvm.qc.ca/en/pdq16)

**Email:** [pdq16@spvm.qc.ca](mailto:pdq16@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. \* Supervised space for meeting and exchanging goods, for people with whom a transaction on online sales sites has been made.

**Eligibility:** citizens and residents of the neighbourhood

**Coverage area:** Île-des-Soeurs, Verdun

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

**Financing:** municipal, provincial

**Legal status:** municipal agency

### **VERDUN - BOROUGH**

4555 Verdun Street, Verdun, Montréal, QC, H4G 1M4

**311 Fax:** 514 765-7006

**Website:** [montreal.ca/en/verdun](http://montreal.ca/en/verdun)

**Email:** [verdun@montreal.ca](mailto:verdun@montreal.ca)

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

**Coverage area:** Verdun

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

**Fees:** durable menstrual products grant: \$50 refund

**Financing:** municipal

**Legal status:** municipal agency

## Provincial services

### LEGAL AID OFFICE - SUD-OUEST

4250 Wellington Street, Suite 200, Verdun, Montréal, QC, H4G 1W2

**514 864-2111 ext. 6550 Fax:** 514 864-9451

**Website:** [www.aidejuridiquedemontreal.ca/en/find-a-service-point](http://www.aidejuridiquedemontreal.ca/en/find-a-service-point)

**Email:** [baj.sudouest@ccjm.qc.ca](mailto:baj.sudouest@ccjm.qc.ca)

**Services:** Legal aid office in civil and family Law.

**Eligibility:** person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law

**Coverage area:** Côte-Des-Neiges-Notre-Dame-De-Grâce, Lachine, Lasalle, Le Sud-Ouest, Westmount

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

**Fees:** people may be eligible for free legal aid or contributory legal aid between \$100 and 800, depending on their financial situation, see scale on the website

**Financing:** self-financing

**Legal status:** parapublic organization

**Health**

**EYE CARE**

**FAMILY PLANNING**

**PATIENT SUPPORT ASSOCIATIONS**

**PUBLIC HEALTH**

## Eye care

### RÉSEAU D'ENTRAIDE DE VERDUN

5132 Wellington Street, Verdun, Montréal, QC, H4G 1Y2

**514 762-0705**

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

**Services:** \* Food assistance. \* Bonhomme à lunettes service point.

**Eligibility:** people in need

**Coverage area:** Verdun and Le Sud-Ouest, food assistance: Verdun

**Hours:** Monday 10h00 to 17h00, food distribution: Monday 16h00 à 18h00, bonhomme à lunettes: Thursday

**Fees:** food assistance: \$7

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

**Legal status:** non-profit organization

## Family planning

### CENTRE DES FEMMES DE VERDUN

3488 de Verdun Street, Verdun, Montréal, QC, H4G 1V4

**514 767-0384**

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

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

**Services:** Welcoming, safe, inclusive and feminist space seeking to ensure rights and interests advocacy for women and gender-diverse people, in a perspective of social change. \* Reception, listening and referral. \* Pre-abortion consultation. \* Socialization activities: lunch talks, creative evenings, etc. \* Workshops and discussion activities on various social issues. \* Global wellness activities: Pilates, walking club, yoga, meditation, etc. \* Mobilizations and collective actions. \* Involvement and volunteering. \* Distribution of menstruation supplies and pregnancy tests.

**Eligibility:** women, gender-diverse people

**Coverage area:** mostly Verdun

**Hours:** schedule subject to change, consult the seasonal program or call for opening hours

**Fees:** none

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

**Legal status:** non-profit organization

### MAISON BLEUE: MILIEU DE VIE PRÉVENTIF À L'ENFANCE (LA) - POINT DE SERVICE DE VERDUN

4936 de Verdun Street, Verdun, Montréal, QC, H4G 1N3

**514 564-4936** Fax: 438 383-4936

**Website:** [maisonbleue.info/en](http://maisonbleue.info/en)

**Email:** [info@maisonbleue.info](mailto:info@maisonbleue.info)

**Services:** Social perinatal services provided by an interdisciplinary team of health care and social services professionals. \* Pregnancy and family health follow-up: individual or group prenatal follow-up, prenatal classes, medical consultation, accompaniment at birth if needed, etc. \* Child and family follow-up during the 0-5 years period: postnatal follow-up, vaccination, medical monitoring, parenting support, psycho-education, development evaluation, referral, etc. \* Psychosocial assessment and follow-up: initial assessment and intervention plan, psychosocial counselling, psychological and ethnopsychiatric follow-up and advocacy. \* Group meetings: health meetings for the family, among-parents groups, discussions for the fathers of la Maison Bleue and baby massage group. \* Activities for children and for parent-children.

**Eligibility:** pregnant individuals living in a vulnerable situation and who need accompaniment, their families

**Coverage area:** CIUSSS du Centre-Sud-de-l'île-de-Montréal territory: Faubourgs, Le Plateau-Mont-Royal, Saint-Louis-du-Parc, Verdun, Côte-Saint-Paul, Ville-Émard, Saint-Henri, Petite-Bourgogne, Griffintown

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

**Fees:** none

**Financing:** provincial, municipal, donations

**Legal status:** non-profit organization

## Patient support associations

### ASSOCIATION BÉGALEMENT COMMUNICATION

5010 Wellington Street, Suite 200, Verdun, Montréal, QC, H4G 1X9

**514 273-1427**

**Website:** [abcbegalement.com](http://abcbegalement.com)

**Email:** [info@abcbegalement.com](mailto:info@abcbegalement.com)

**Services:** Support for adults who stutter and awareness of stuttering among the general population. \* Online and in person self-help group meetings. \* Therapy for adults who stutter. \* Conferences, events, publications. \* Books and objects related to stuttering. \* Podcast: Je je je suis un podcast. \* Referral.

**Eligibility:** adults who stutter

**Capacity:** 10 to 12 people per meeting

**Coverage area:** Province of Québec

**Financing:** donations, grants

**Legal status:** non-profit organization

### CLSC DE VERDUN

400 de l'Église Street, Verdun, Montréal, QC, H4G 2M4

**514 766-0546 ext. 1**

**Website:** [sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=1158](http://sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=1158)

**Services:** Frontline services for routine health and social services. \* Health insurance card authentication. \* Bandage change and follow-up. \* Nurse consultation. \* Contraception. \* Emergency oral contraception. \* Prenatal classes. \* Screening. \* Distribution of new injection material to drug users (free service). \* Interpreter on request. \* Recovery of used needles and syringes. \* Breastfeeding room. \* Blood sugar test. \* General vaccination. \* Flu vaccination.

**Coverage area:** Le Sud-Ouest, Verdun

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

**Financing:** provincial

**Legal status:** parapublic organization

### MCGILL UNIVERSITY RESEARCH CENTRE FOR STUDIES IN AGING

6825 LaSalle Boulevard, Verdun, Montréal, QC, H4H 1R3

**514 766-2010 Fax: 514 888-4050**

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

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

**Services:** Neurology and gerontology research centre. \* Alzheimer's and cognitive diseases clinic: risk assessment, early diagnosis, treatment, follow-up and referral. \* Support group for family members of people living with a cognitive problem. \* Information line. \* Education and training. \* Brainy Boomers Lecture Series: online lectures. \* Exercise for the elderly on Youtube: [click here](#)

**Eligibility:** neurology clinic: people living with a cognitive impairment or Parkinson's disease, people with a parent suffering from neurocognitive impairment

**Coverage area:** Greater Montréal

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

**Fees:** none

**Financing:** provincial

**Legal status:** parapublic organization

## Public Health

### BIBLIOTHÈQUES DE MONTRÉAL - JACQUELINE-DE-REPENTIGNY LIBRARY

5955 Bannantyne Street, Verdun, Montréal, QC, H4H 1H6

**514 765-7172**

**Website:** [montreal.ca/en/places/bibliotheque-jacqueline-de-repentigny](http://montreal.ca/en/places/bibliotheque-jacqueline-de-repentigny)

**Email:** [questions\\_bibliosverdun@montreal.ca](mailto:questions_bibliosverdun@montreal.ca)

**Services:** \* Loan and consultation of books, audiovisual and digital documents. \* Computers, Internet access and printing devices. \* Story time. \* Book club for children. \* Book club for adults. \* Early literacy workshops. \* Workshops, conferences and exhibitions. \* Loan of music instruments. \* Loan of seeds.

**Eligibility:** general public

**Coverage area:** Montréal

**Hours:** Monday, Thursday and Friday 10h00 to 18h00, Tuesday and Wednesday 12h00 to 20h00, Saturday and Sunday 10h00 to 17h00

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

**Financing:** municipal, provincial

**Legal status:** municipal agency

### BOUGER ET VIVRE

4501 Bannantyne Street, Verdun, Montréal, QC, H4G 1E3

**438 836-1559**

**Email:** [bouger.vivre@gmail.com](mailto:bouger.vivre@gmail.com)

**Services:** Organization helping seniors stay in their homes and improve the quality of life of adults with mobility problems or chronic illnesses. \* Individualized fitness programs under the supervision of a kinesiologist. \* Group activities: muscle strengthening, walking with sticks, adapted boxing.

**Eligibility:** seniors, adults living with mobility problem or chronic illness

**Coverage area:** Montréal Island

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

**Fees:** annual subscription: \$20, subscription package: \$23 for 1 month, \$120 for 6 months, \$240 for 1 year

**Financing:** self-financing, donations

**Legal status:** non-profit organization

### CANADIAN RED CROSS - PREVENTION AND SAFETY

6 Place du Commerce, Verdun, Montréal, QC, H3E 1P4

**1 877 356-3226 Fax:** 514 362-9991

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

**Services:** \* Promotion of safe choices. \* Promotion of physical condition improvement. \* Prevention of injuries.

**Eligibility:** general public

**Coverage area:** Canada

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

**Financing:** fundraising campaigns, self-financing

**Legal status:** non-profit organization

### CANADIAN RED CROSS - QUÉBEC DIVISION

6 Place du Commerce, Verdun, Montréal, QC, H3E 1P4

**1 800 363-7305 Fax:** 514 362-9991

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

**Email:** [comptezsurnous@croixrouge.ca](mailto:comptezsurnous@croixrouge.ca)

**Services:** \* Emergency relief and humanitarian services in times of disaster or conflict in Canada and around the world. \* First aid, babysitting and CPR classes. \* Find a course: [myrc.redcross.ca/en](http://myrc.redcross.ca/en)

**Eligibility:** disaster relief services: victims of residential fires, forest fires, hurricanes, floods and other emergencies

**Coverage area:** Province of Québec

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

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

### CLSC DE VERDUN

400 de l'Église Street, Verdun, Montréal, QC, H4G 2M4

**514 766-0546 ext. 1**

**Website:** [sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=1158](http://sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=1158)

**Services:** Frontline services for routine health and social services. \* Health insurance card authentication. \* Bandage change and follow-up. \* Nurse consultation. \* Contraception. \* Emergency oral contraception. \* Prenatal classes. \* Screening. \* Distribution of new injection material to drug users (free service). \* Interpreter on request. \* Recovery of used needles and syringes. \* Breastfeeding room. \* Blood sugar test. \* General vaccination. \* Flu vaccination.

**Coverage area:** Le Sud-Ouest, Verdun

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

**Financing:** provincial

**Legal status:** parapublic organization

### FONDATION JACQUES-DE CHAMPLAIN

299 de la Rotonde Street, Verdun, Montréal, QC, H3E 0C6

**1 877 548-3332**

**Website:** [www.jacquesdechamplain.com](http://www.jacquesdechamplain.com)

**Email:** [info@jacquesdechamplain.com](mailto:info@jacquesdechamplain.com)

**Services:** Improving resuscitation care and medical research in the cardiovascular field in Quebec. \* AED application - directory of defibrillators in public places in Quebec: [www.jacquesdechamplain.com/projet-dea](http://www.jacquesdechamplain.com/projet-dea)

**Eligibility:** general public

**Coverage area:** le Québec

**Financing:** provincial

**Legal status:** non-profit organization

### VERDUN - BOROUGH

4555 Verdun Street, Verdun, Montréal, QC, H4G 1M4

**311 Fax: 514 765-7006**

**Website:** [montreal.ca/en/verdun](http://montreal.ca/en/verdun)

**Email:** [verdun@montreal.ca](mailto:verdun@montreal.ca)

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

**Coverage area:** Verdun

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

**Fees:** durable menstrual products grant: \$50 refund

**Financing:** municipal

**Legal status:** municipal agency

## **Homelessness**

**DAY AND EVENING CENTRES**

**MOBILE UNITS AND STREET WORK**

**TRANSITIONAL HOUSING**

## Day and evening centres

### BIBLIOTHÈQUES DE MONTRÉAL - JACQUELINE-DE-REPENTIGNY LIBRARY

5955 Bannantyne Street, Verdun, Montréal, QC, H4H 1H6

**514 765-7172**

**Website:** [montreal.ca/en/places/bibliotheque-jacqueline-de-repentigny](http://montreal.ca/en/places/bibliotheque-jacqueline-de-repentigny)

**Email:** [questions\\_bibliosverdun@montreal.ca](mailto:questions_bibliosverdun@montreal.ca)

**Services:** \* Loan and consultation of books, audiovisual and digital documents. \* Computers, Internet access and printing devices. \* Story time. \* Book club for children. \* Book club for adults. \* Early literacy workshops. \* Workshops, conferences and exhibitions. \* Loan of music instruments. \* Loan of seeds.

**Eligibility:** general public

**Coverage area:** Montréal

**Hours:** Monday, Thursday and Friday 10h00 to 18h00, Tuesday and Wednesday 12h00 to 20h00, Saturday and Sunday 10h00 to 17h00

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

**Financing:** municipal, provincial

**Legal status:** municipal agency

### COOPÉRATIVE DE SOLIDARITÉ ABONDANCE URBAINE SOLIDAIRE

6049 LaSalle Boulevard, Verdun, Montréal, QC, H4H 2T1

**Website:** [coopcaus.org/en\\_ca](http://coopcaus.org/en_ca)

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

**Services:** Cooperative for the promotion of local food. \* Food bank. \* Online local food market. \* Farmers' markets. \* Multi-CAUS, general store at 6049 LaSalle Boulevard, Verdun, H4H 1M8. \* Community garden in greenhouse. \* Kiosks Les saveurs d'été: food kiosks. \* Compost production, food waste recovery. \* Community centre and meeting room. \* Local cinema. \* Public restrooms.

**Eligibility:** people who want to eat locally produced food, food producers

**Capacity:** 110

**Coverage area:** Montréal Island, mainly Verdun

**Hours:** food bank: Wednesdays 15h30 to 17h30, farmer's market from June 7th to November 1st 2023:

Wednesday 15h00 to 17h00 (5955 Bannantyne Street, Verdun), Multi-CAUS: Wednesday, Thursday and Friday 15h00 to 19h00, Saturday and Sunday 10h00 to 17h00

**Fees:** consumer members: \$10 per year, producer and worker members: variable, community garden: \$500 per year, food bank: \$7 per week

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

**Legal status:** non-profit organization

## Mobile units and street work

### TRAVAIL DE RUE ACTION COMMUNAUTAIRE - FIXED SITE

400 de l'Église Street, Verdun, Montréal, QC, H4G 2M4

**514 798-1200** Fax: 514 798-1201

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

**Email:** [communication@letrac.org](mailto:communication@letrac.org)

**Services:** \* Injection and inhalation equipment exchange. \* Listening, accompaniment and referral. \* Naloxone kits distribution. \* Distribution of fentanyl test strips. \* Prevention of STIS.

**Coverage area:** Le Sud-Ouest, Ville-Émard, Côte-Saint-Paul, Saint-Henri, Pointe-Saint-Charles, Verdun

**Hours:** Monday to Friday 16h00 to 21h00

**Fees:** none

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

**Legal status:** non-profit organization

## Transitional housing

### MAISON DES FAMILLES DE VERDUN (LA)

259 1st Avenue, Verdun, Montréal, QC, H4G 2V6

**514 762-3399** Fax: 514 769-9216

**Website:** [www.famillesverdun.com](http://www.famillesverdun.com)

**Email:** [mfv.inscription@gmail.com](mailto:mfv.inscription@gmail.com)

**Services:** \* Respite. \* Recreational and sporting activities, family outings. \* Workshops and conferences for parents. \* Temporary housing for fathers with psychosocial assistance. \* Support and discussion group on parenting and family issues. \* Nobody's perfect program: education, information and support for parents of children under 5 years old. \* Karibou program: parent-child motor skills development workshops for children 12 months to 4 years old. \* Ruche d'art: free time for artistic activities between parents and their children 3 to 12 years old. \* School preparation for children 0 to 5 years old. \* Support and referral.

**Eligibility:** families with children 0 to 12 years old, respite children 6 months to 5 years old.

**Capacity:** support group: 10 to 12 people per meeting

**Coverage area:** Verdun, Le Sud-Ouest

**Hours:** Monday to Thursday variable hours between 9h00 to 16h30, weekend activities and other events, monthly calendar on Facebook and the website.

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

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

**Legal status:** non-profit organization

## **Housing**

**ADVOCACY FOR HOUSING**

**EMERGENCY**

**HOUSING COOPERATIVES AND CORPORATIONS**

**HOUSING SEARCH ASSISTANCE**

## Advocacy for housing

### VERDUN CITIZENS' ACTION COMMITTEE

3972 de Verdun Street, Verdun, Montréal, QC, H4G 1K9

**514 769-2228 ext. 101**

**Website:** [cacv-verdun.org/en](http://cacv-verdun.org/en)

**Email:** [accueil@cacv-verdun.org](mailto:accueil@cacv-verdun.org)

**Services:** Helping tenants understand their rights and options. \* Expertise in the fields of housing and urban planning: individual or group counselling, referral towards concerned resources, telephone consultation services, information meetings. \* Popular education workshops. \* Coffee-meetings.

**Eligibility:** tenants

**Coverage area:** Verdun

**Hours:** by appointment from 9h00 to 17h00

**Fees:** free

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

**Legal status:** non-profit organization

## Emergency

### BIBLIOTHÈQUES DE MONTRÉAL - JACQUELINE-DE-REPENTIGNY LIBRARY

5955 Bannantyne Street, Verdun, Montréal, QC, H4H 1H6

**514 765-7172**

**Website:** [montreal.ca/en/places/bibliotheque-jacqueline-de-repentigny](http://montreal.ca/en/places/bibliotheque-jacqueline-de-repentigny)

**Email:** [questions\\_bibliosverdun@montreal.ca](mailto:questions_bibliosverdun@montreal.ca)

**Services:** \* Loan and consultation of books, audiovisual and digital documents. \* Computers, Internet access and printing devices. \* Story time. \* Book club for children. \* Book club for adults. \* Early literacy workshops. \* Workshops, conferences and exhibitions. \* Loan of music instruments. \* Loan of seeds.

**Eligibility:** general public

**Coverage area:** Montréal

**Hours:** Monday, Thursday and Friday 10h00 to 18h00, Tuesday and Wednesday 12h00 to 20h00, Saturday and Sunday 10h00 to 17h00

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

**Financing:** municipal, provincial

**Legal status:** municipal agency

### CANADIAN RED CROSS - QUÉBEC DIVISION

6 Place du Commerce, Verdun, Montréal, QC, H3E 1P4

**1 800 363-7305 Fax: 514 362-9991**

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

**Email:** [comptezsurnous@croixrouge.ca](mailto:comptezsurnous@croixrouge.ca)

**Services:** \* Emergency relief and humanitarian services in times of disaster or conflict in Canada and around the world. \* First aid, babysitting and CPR classes. \* Find a course: [myrc.redcross.ca/en](http://myrc.redcross.ca/en)

**Eligibility:** disaster relief services: victims of residential fires, forest fires, hurricanes, floods and other emergencies

**Coverage area:** Province of Québec

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

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

**VERDUN - BOROUGH**

4555 Verdun Street, Verdun, Montréal, QC, H4G 1M4

**311 Fax:** 514 765-7006

**Website:** montreal.ca/en/verdun

**Email:** verdun@montreal.ca

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

**Coverage area:** Verdun

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

**Fees:** durable menstrual products grant: \$50 refund

**Financing:** municipal

**Legal status:** municipal agency

**Housing cooperatives and corporations****VERDUN CITIZENS' ACTION COMMITTEE**

3972 de Verdun Street, Verdun, Montréal, QC, H4G 1K9

**514 769-2228 ext. 101**

**Website:** [cacv-verdun.org/en](http://cacv-verdun.org/en)

**Email:** [accueil@cacv-verdun.org](mailto:accueil@cacv-verdun.org)

**Services:** Helping tenants understand their rights and options. \* Expertise in the fields of housing and urban planning: individual or group counselling, referral towards concerned resources, telephone consultation services, information meetings. \* Popular education workshops. \* Coffee-meetings.

**Eligibility:** tenants

**Coverage area:** Verdun

**Hours:** by appointment from 9h00 to 17h00

**Fees:** free

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

**Legal status:** non-profit organization

**Housing search assistance****MAISON D'ACCUEIL DES NOUVEAUX ARRIVANTS - ÎLE DES SOEURS**

1 Place du Commerce, Suite 320, Verdun, Montréal, QC, H3E 1A2

**438 837-9223**

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

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

## Housing

**Services:** Organization that supports and helps the integration of newcomers. Food \* Food support program for children during school lunches: meals, supervision, activities. \* Food bank. \* Online directory of food banks. Material assistance, housing and income \* Assistance in house searching. \* Support in opening a bank account. \* Help in finding a job, information and professional integration. \* Donation of clothing and furniture. \* Tax clinic. Youth and Family \* Information and registration for public services: school registration, help in finding daycare, etc. \* Logistical support between parents and school and orientation in school services. \* Homework assistance. \* Social activities and educational conferences for parents. \* Distribution of school supplies. Immigration \* Translation and oaths of documents. \* Referral to legal and migration advisors. \* Information and assistance in accessing health services through the Interim Federal Health Program (IFHP). \* French courses for youth in welcome classes and for adults. Recreational activities \* Sports, arts and leisure activities. \* Winter festival.

**Eligibility:** immigrants and refugees, lunchtime food support: students from Île-des-Soeurs Elementary School

**Coverage area:** Verdun

**Hours:** Monday to Friday 9h00 to 16h00, food bank: Monday 15h30 to 18h30

**Fees:** variable

**Financing:** municipal, donations

**Legal status:** non-profit organization

## **Immigration and cultural communities**

### **FRENCH COURSES**

### **IMMIGRATION AND SPONSORSHIP**

### **INTERPRETATION AND TRANSLATION**

### **MULTICULTURAL ORGANIZATIONS**

### **RECOGNITION OF PRIOR LEARNING AND DIPLOMAS**

### **SETTLEMENT SERVICES FOR NEWCOMERS**

## French courses

### ADULT LEARNLINE

4080 Wellington Street, Suite 350, Verdun, Montréal, QC, H4G 1V4

**1 888 488-3888**

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

**Email:** [ssaidj@fondationalphabetisation.org](mailto:ssaidj@fondationalphabetisation.org)

**Services:** Support, listening and referral service in education directing those who request it to the best training offers, throughout Québec, according to their needs. \* Referrals to training establishments that offer classes and programs matching learning needs. \* Answer questions about Pre-secondary courses, French courses, Upgrading your French, language skills, training (DVS, AVS, STC, etc.), Secondary cycles 1 and 2, College and university-level studies (ACS, DCS, certificate, Bachelor's degree, etc.), Distance learning, Lifelong learning (customized courses, language classes, computing courses, professional development, etc.), Recognition of acquired learning and competencies, Comparative evaluation (equivalence) of foreign diplomas, Student financial aid.

**Eligibility:** adults 16 years old and over, their close ones, counsellors, employers, workers from different networks

**Coverage area:** Province of Québec

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

**Fees:** none

**Financing:** grants, donations

**Legal status:** non-profit organization

### CENTRE SOCIAL D'AIDE AUX IMMIGRANTS - ÎLE-DES-SOEURS

40 Place du Commerce Street, Suite 006, Verdun, Montréal, QC, H3E 1J6

**514 932-2953 Fax:** 514 932-4544

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

**Email:** [csai@centrecsai.org](mailto:csai@centrecsai.org)

**Services:** \* Reception and integration, information and guidance. \* Intervention and individual support. \* Assistance with immigration forms and citizenship application. \* Certification of documents. \* Tax clinic. \* Various information sessions. \* Employment services. \* Francization. \* Objectif Intégration sessions. \* Intercultural matching. \* Intercultural social workers.

**Eligibility:** permanent residents, international students, temporary workers, government-assisted refugees, privately sponsored refugees, asylum seekers

**Coverage area:** Montréal Island

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

**Fees:** letters of invitation: \$5, other services: none

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

**Legal status:** non-profit organization

### CENTRE SOCIAL D'AIDE AUX IMMIGRANTS - VERDUN

3782 Wellington Street, Verdun, Montréal, QC, H4G 1V2

**514 932-2953 Fax:** 514 932-4544

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

**Email:** [csai@centrecsai.org](mailto:csai@centrecsai.org)

**Services:** \* Reception and integration. \* Information and guidance. \* Counselling and individual support. \* Assistance with immigration forms and citizenship application. \* Certification of documents. \* Sociocultural activities. \* Francization: part-time French classes. \* French and English conversation workshops. \* Day care. \* Volunteering. \* Tax clinic.

**Eligibility:** permanent residents for less than 5 years, foreign students, temporary workers, government-assisted refugees, asylum seekers

**Coverage area:** Montréal Island

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

**Fees:** certification: \$5, certified copies: \$5, other services: free

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

**Legal status:** non-profit organization

### INFO-ALPHA

4080 Wellington Street, Suite 350, Verdun, Montréal, QC, H4G 1V4

**1 888 488-3888**

**Website:** [fondationalphabetisation.org/en/info-alpha](http://fondationalphabetisation.org/en/info-alpha)

**Email:** [ssaidj@fondationalphabetisation.org](mailto:ssaidj@fondationalphabetisation.org)

**Services:** Confidential telephone service that provides listening and referral to literacy training and basic training to adults experiencing difficulty with reading, writing and basic numeracy skills. \* Listening and referrals also in francization, English courses and French grammar.

**Eligibility:** adults 16 years old and over, their close ones and counsellors from different networks

**Coverage area:** Province of Québec

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

**Fees:** none

**Financing:** grants, donations

**Legal status:** non-profit organization

### MAISON D'ACCUEIL DES NOUVEAUX ARRIVANTS - ÎLE DES SOEURS

1 Place du Commerce, Suite 320, Verdun, Montréal, QC, H3E 1A2

**438 837-9223**

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

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

**Services:** Organization that supports and helps the integration of newcomers. Food \* Food support program for children during school lunches: meals, supervision, activities. \* Food bank. \* Online directory of food banks. Material assistance, housing and income \* Assistance in house searching. \* Support in opening a bank account. \* Help in finding a job, information and professional integration. \* Donation of clothing and furniture. \* Tax clinic. Youth and Family \* Information and registration for public services: school registration, help in finding daycare, etc. \* Logistical support between parents and school and orientation in school services. \* Homework assistance. \* Social activities and educational conferences for parents. \* Distribution of school supplies. Immigration \* Translation and oaths of documents. \* Referral to legal and migration advisors. \* Information and assistance in accessing health services through the Interim Federal Health Program (IFHP). \* French courses for youth in welcome classes and for adults. Recreational activities \* Sports, arts and leisure activities. \* Winter festival.

**Eligibility:** immigrants and refugees, lunchtime food support: students from Île-des-Soeurs Elementary School

**Coverage area:** Verdun

**Hours:** Monday to Friday 9h00 to 16h00, food bank: Monday 15h30 to 18h30

**Fees:** variable

**Financing:** municipal, donations

**Legal status:** non-profit organization

## Immigration and sponsorship

### CENTRE SOCIAL D'AIDE AUX IMMIGRANTS - ÎLE-DES-SOEURS

40 Place du Commerce Street, Suite 006, Verdun, Montréal, QC, H3E 1J6

**514 932-2953 Fax:** 514 932-4544

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

**Email:** [csai@centrecsai.org](mailto:csai@centrecsai.org)

**Services:** \* Reception and integration, information and guidance. \* Intervention and individual support. \* Assistance with immigration forms and citizenship application. \* Certification of documents. \* Tax clinic. \* Various information sessions. \* Employment services. \* Francization. \* Objectif Intégration sessions. \* Intercultural matching. \* Intercultural social workers.

**Eligibility:** permanent residents, international students, temporary workers, government-assisted refugees, privately sponsored refugees, asylum seekers

**Coverage area:** Montréal Island

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

**Fees:** letters of invitation: \$5, other services: none

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

**Legal status:** non-profit organization

### **CENTRE SOCIAL D'AIDE AUX IMMIGRANTS - VERDUN**

3782 Wellington Street, Verdun, Montréal, QC, H4G 1V2

**514 932-2953 Fax:** 514 932-4544

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

**Email:** [csai@centrecsai.org](mailto:csai@centrecsai.org)

**Services:** \* Reception and integration. \* Information and guidance. \* Counselling and individual support. \* Assistance with immigration forms and citizenship application. \* Certification of documents. \* Sociocultural activities. \* Francization: part-time French classes. \* French and English conversation workshops. \* Day care. \* Volunteering. \* Tax clinic.

**Eligibility:** permanent residents for less than 5 years, foreign students, temporary workers, government-assisted refugees, asylum seekers

**Coverage area:** Montréal Island

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

**Fees:** certification: \$5, certified copies: \$5, other services: free

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

**Legal status:** non-profit organization

### **MAISON D'ACCUEIL DES NOUVEAUX ARRIVANTS - ÎLE DES SOEURS**

1 Place du Commerce, Suite 320, Verdun, Montréal, QC, H3E 1A2

**438 837-9223**

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

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

**Services:** Organization that supports and helps the integration of newcomers. Food \* Food support program for children during school lunches: meals, supervision, activities. \* Food bank. \* Online directory of food banks. Material assistance, housing and income \* Assistance in house searching. \* Support in opening a bank account. \* Help in finding a job, information and professional integration. \* Donation of clothing and furniture. \* Tax clinic. Youth and Family \* Information and registration for public services: school registration, help in finding daycare, etc. \* Logistical support between parents and school and orientation in school services. \* Homework assistance. \* Social activities and educational conferences for parents. \* Distribution of school supplies. Immigration \* Translation and oaths of documents. \* Referral to legal and migration advisors. \* Information and assistance in accessing health services through the Interim Federal Health Program (IFHP). \* French courses for youth in welcome classes and for adults. Recreational activities \* Sports, arts and leisure activities. \* Winter festival.

**Eligibility:** immigrants and refugees, lunchtime food support: students from Île-des-Soeurs Elementary School

**Coverage area:** Verdun

**Hours:** Monday to Friday 9h00 to 16h00, food bank: Monday 15h30 to 18h30

**Fees:** variable

**Financing:** municipal, donations

**Legal status:** non-profit organization

### **SERVICE CANADA CENTRE - VERDUN (MONTRÉAL)**

4110 Wellington Street, 2nd floor, Verdun, Montréal, QC, H4G 1V7

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

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

**Services:** Gateway to federal government services. All Canadians \* Find a Service Canada office: [www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng](http://www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng) \* Benefits finder: [www.canada.ca/en/services/benefits/finder.html](http://www.canada.ca/en/services/benefits/finder.html) \* Job bulletin board: [www.jobbank.gc.ca/jobsearch/jobsearch](http://www.jobbank.gc.ca/jobsearch/jobsearch) \* Social Insurance Number (SIN) application. \* Passport application. \* Complaints office. \* Fraud prevention and reporting. Workers and businesses \* Employment insurance, sickness benefits and regular benefits. \* Special employment insurance benefits for parents of seriously ill children. \* Canada Summer Jobs (CSJ) for youth and students. \* Employment assistance: labour market information, training, etc. \* Wage Earner Protection Program. \* State pensions and savings schemes. \* Online information for businesses: business start-ups, workplace standards, etc. Veterans Affairs Canada \* Support and services related to mental and physical health. \* Education and employment: finding a job, returning to school, etc. \* Financial programs and services: income support, emergency financial assistance, etc. \* Housing and family life support. Immigration and citizenship \* Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. \* Assessment of credentials. \* Biometry. \* Find free newcomer services near you: [ircc.canada.ca/english/newcomers/services](http://ircc.canada.ca/english/newcomers/services) Seniors \* Canada Pension Plan retirement benefits. \* International benefits. \* Allowance and Allowance for the Survivor programs. \* Guaranteed Income Supplement. \* Old Age Security.

**Eligibility:** general public

**Coverage area:** Verdun

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

**Fees:** parking: free

**Financing:** federal

**Legal status:** federal government agency

## Interpretation and translation

### MAISON D'ACCUEIL DES NOUVEAUX ARRIVANTS - ÎLE DES SOEURS

1 Place du Commerce, Suite 320, Verdun, Montréal, QC, H3E 1A2

**438 837-9223**

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

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

**Services:** Organization that supports and helps the integration of newcomers. Food \* Food support program for children during school lunches: meals, supervision, activities. \* Food bank. \* Online directory of food banks. Material assistance, housing and income \* Assistance in house searching. \* Support in opening a bank account. \* Help in finding a job, information and professional integration. \* Donation of clothing and furniture. \* Tax clinic. Youth and Family \* Information and registration for public services: school registration, help in finding daycare, etc. \* Logistical support between parents and school and orientation in school services. \* Homework assistance. \* Social activities and educational conferences for parents. \* Distribution of school supplies. Immigration \* Translation and oaths of documents. \* Referral to legal and migration advisors. \* Information and assistance in accessing health services through the Interim Federal Health Program (IFHP). \* French courses for youth in welcome classes and for adults. Recreational activities \* Sports, arts and leisure activities. \* Winter festival.

**Eligibility:** immigrants and refugees, lunchtime food support: students from Île-des-Soeurs Elementary School

**Coverage area:** Verdun

**Hours:** Monday to Friday 9h00 to 16h00, food bank: Monday 15h30 to 18h30

**Fees:** variable

**Financing:** municipal, donations

**Legal status:** non-profit organization

### MAMIES IMMIGRANTES POUR LE DÉVELOPPEMENT ET L'INTÉGRATION

4250 Bannantyne Avenue, Suite 102, Verdun, Montréal, QC, H4G 3J4

**514 903-1380**

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

**Email:** [lesmamies2002@gmail.com](mailto:lesmamies2002@gmail.com)

**Services:** \* Information, referral, guidance and support. \* Interpreting services. \* Collective kitchens. \* At-home visits. \* Friendly calls. \* Respite for caregivers: home respite, hospital accompaniment, health walks, friendly visits at home in cases of hospitalization. \* Social development support: storytelling in schools and homes, theater plays. \* Intercultural meetings. \* Introduction to sewing.

**Eligibility:** immigrant and quebec women 50 years and over, caregivers

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h30 to 17h00

**Fees:** annual membership: \$10, respite: \$15 per hour and \$6 for transport

**Financing:** contributions, grants

**Legal status:** non-profit organization

## Multicultural organizations

### CENTRE SOCIAL D'AIDE AUX IMMIGRANTS - ÎLE-DES-SOEURS

40 Place du Commerce Street, Suite 006, Verdun, Montréal, QC, H3E 1J6

**514 932-2953 Fax:** 514 932-4544

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

**Email:** [csai@centrecsai.org](mailto:csai@centrecsai.org)

**Services:** \* Reception and integration, information and guidance. \* Intervention and individual support. \* Assistance with immigration forms and citizenship application. \* Certification of documents. \* Tax clinic. \* Various information sessions. \* Employment services. \* Francization. \* Objectif Intégration sessions. \* Intercultural matching. \* Intercultural social workers.

**Eligibility:** permanent residents, international students, temporary workers, government-assisted refugees, privately sponsored refugees, asylum seekers

**Coverage area:** Montréal Island

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

**Fees:** letters of invitation: \$5, other services: none

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

**Legal status:** non-profit organization

### CENTRE SOCIAL D'AIDE AUX IMMIGRANTS - VERDUN

3782 Wellington Street, Verdun, Montréal, QC, H4G 1V2

**514 932-2953 Fax:** 514 932-4544

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

**Email:** [csai@centrecsai.org](mailto:csai@centrecsai.org)

**Services:** \* Reception and integration. \* Information and guidance. \* Counselling and individual support. \* Assistance with immigration forms and citizenship application. \* Certification of documents. \* Sociocultural activities. \* Francization: part-time French classes. \* French and English conversation workshops. \* Day care. \* Volunteering. \* Tax clinic.

**Eligibility:** permanent residents for less than 5 years, foreign students, temporary workers, government-assisted refugees, asylum seekers

**Coverage area:** Montréal Island

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

**Fees:** certification: \$5, certified copies: \$5, other services: free

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

**Legal status:** non-profit organization

### CHANTIER D'AFRIQUE DU CANADA

4740 Wellington Street, Suite 203, Verdun, Montréal, QC, H4G 1X3

**514 767-6200 Fax:** 514 766-9354

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

**Services:** Support for people from ethnocultural minorities, particularly of African origin, in their process of social, cultural and economic integration. \* Carrefour entreprendre: training in entrepreneurial leadership and sales, individual and personalized coaching, conferences and networking, collaborative workshops, mentoring and Club entreprendre. \* Women and leadership: coffee leadership, tontine circle, training, thematic workshops and business networking for women. \* Family and youth: educational talk, regional advisory committee, online education forums, contests, Jeunes ambassadeurs itinérants initiative, anti-racism and discrimination outreach, conferences and leadership training workshops. \* Winter clothing donations for women and children.

**Eligibility:** people of immigrant background and racialized groups, Afro-descendant people

**Coverage area:** Greater Montréal

**Hours:** by appointment, Monday to Friday 9h30 to 17h00

**Fees:** variable

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

**Legal status:** non-profit organization

## MAAH FOUNDATION

Confidential Address

**514 678-4499**

**Website:** [www.villageafricain-maah.org](http://www.villageafricain-maah.org)

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

**Services:** \* Promotion of African culture and social inclusion. \* Information and referral related to job search and social assistance.

**Eligibility:** people on a low income, mostly of African origin

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h00 to 17h30

**Fees:** none

**Financing:** donations, self-financing

**Legal status:** non-profit organization

## MAISON D'ACCUEIL DES NOUVEAUX ARRIVANTS - ÎLE DES SOEURS

1 Place du Commerce, Suite 320, Verdun, Montréal, QC, H3E 1A2

**438 837-9223**

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

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

**Services:** Organization that supports and helps the integration of newcomers. Food \* Food support program for children during school lunches: meals, supervision, activities. \* Food bank. \* Online directory of food banks. Material assistance, housing and income \* Assistance in house searching. \* Support in opening a bank account. \* Help in finding a job, information and professional integration. \* Donation of clothing and furniture. \* Tax clinic. Youth and Family \* Information and registration for public services: school registration, help in finding daycare, etc. \* Logistical support between parents and school and orientation in school services. \* Homework assistance. \* Social activities and educational conferences for parents. \* Distribution of school supplies. Immigration \* Translation and oaths of documents. \* Referral to legal and migration advisors. \* Information and assistance in accessing health services through the Interim Federal Health Program (IFHP). \* French courses for youth in welcome classes and for adults. Recreational activities \* Sports, arts and leisure activities. \* Winter festival.

**Eligibility:** immigrants and refugees, lunchtime food support: students from Île-des-Soeurs Elementary School

**Coverage area:** Verdun

**Hours:** Monday to Friday 9h00 to 16h00, food bank: Monday 15h30 to 18h30

**Fees:** variable

**Financing:** municipal, donations

**Legal status:** non-profit organization

**MAMIES IMMIGRANTES POUR LE DÉVELOPPEMENT ET L'INTÉGRATION**

4250 Bannantyne Avenue, Suite 102, Verdun, Montréal, QC, H4G 3J4

**514 903-1380**

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

**Email:** [lesmamies2002@gmail.com](mailto:lesmamies2002@gmail.com)

**Services:** \* Information, referral, guidance and support. \* Interpreting services. \* Collective kitchens. \* At-home visits. \* Friendly calls. \* Respite for caregivers: home respite, hospital accompaniment, health walks, friendly visits at home in cases of hospitalization. \* Social development support: storytelling in schools and homes, theater plays. \* Intercultural meetings. \* Introduction to sewing.

**Eligibility:** immigrant and quebec women 50 years and over, caregivers

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h30 to 17h00

**Fees:** annual membership: \$10, respite: \$15 per hour and \$6 for transport

**Financing:** contributions, grants

**Legal status:** non-profit organization

**Recognition of prior learning and diplomas****ADULT LEARNLINE**

4080 Wellington Street, Suite 350, Verdun, Montréal, QC, H4G 1V4

**1 888 488-3888**

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

**Email:** [ssaidj@fondationalphabetisation.org](mailto:ssaidj@fondationalphabetisation.org)

**Services:** Support, listening and referral service in education directing those who request it to the best training offers, throughout Québec, according to their needs. \* Referrals to training establishments that offer classes and programs matching learning needs. \* Answer questions about Pre-secondary courses, French courses, Upgrading your French, language skills, training (DVS, AVS, STC, etc.), Secondary cycles 1 and 2, College and university-level studies (ACS, DCS, certificate, Bachelor's degree, etc.), Distance learning, Lifelong learning (customized courses, language classes, computing courses, professional development, etc.), Recognition of acquired learning and competencies, Comparative evaluation (equivalence) of foreign diplomas, Student financial aid.

**Eligibility:** adults 16 years old and over, their close ones, counsellors, employers, workers from different networks

**Coverage area:** Province of Québec

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

**Fees:** none

**Financing:** grants, donations

**Legal status:** non-profit organization

**SERVICE CANADA CENTRE - VERDUN (MONTRÉAL)**

4110 Wellington Street, 2nd floor, Verdun, Montréal, QC, H4G 1V7

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

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

**Services:** Gateway to federal government services. All Canadians \* Find a Service Canada office: [www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng](http://www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng) \* Benefits finder: [www.canada.ca/en/services/benefits/finder.html](http://www.canada.ca/en/services/benefits/finder.html) \* Job bulletin board: [www.jobbank.gc.ca/jobsearch/jobsearch](http://www.jobbank.gc.ca/jobsearch/jobsearch) \* Social Insurance Number (SIN) application. \* Passport application. \* Complaints office. \* Fraud prevention and reporting. Workers and businesses \* Employment insurance, sickness benefits and regular benefits. \* Special employment insurance benefits for parents of seriously ill children. \* Canada Summer Jobs (CSJ) for youth and students. \* Employment assistance: labour market information, training, etc. \* Wage Earner Protection Program. \* State pensions and savings schemes. \* Online information for businesses: business start-ups, workplace standards, etc. Veterans Affairs Canada \* Support and services related to mental and physical health. \* Education and employment: finding a job, returning to school, etc. \* Financial programs and services: income support, emergency financial assistance, etc. \* Housing and family life support. Immigration and citizenship \* Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. \* Assessment of credentials. \* Biometry. \* Find free newcomer services near you: [ircc.canada.ca/english/newcomers/services](http://ircc.canada.ca/english/newcomers/services) Seniors \* Canada Pension Plan retirement benefits. \* International benefits. \* Allowance and Allowance for the Survivor programs. \* Guaranteed Income Supplement. \* Old Age Security.

**Eligibility:** general public

**Coverage area:** Verdun

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

**Fees:** parking: free

**Financing:** federal

**Legal status:** federal government agency

## Settlement services for newcomers

### ADULT LEARNLINE

4080 Wellington Street, Suite 350, Verdun, Montréal, QC, H4G 1V4

**1 888 488-3888**

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

**Email:** [ssaidj@fondationalphabetisation.org](mailto:ssaidj@fondationalphabetisation.org)

**Services:** Support, listening and referral service in education directing those who request it to the best training offers, throughout Québec, according to their needs. \* Referrals to training establishments that offer classes and programs matching learning needs. \* Answer questions about Pre-secondary courses, French courses, Upgrading your French, language skills, training (DVS, AVS, STC, etc.), Secondary cycles 1 and 2, College and university-level studies (ACS, DCS, certificate, Bachelor's degree, etc.), Distance learning, Lifelong learning (customized courses, language classes, computing courses, professional development, etc.), Recognition of acquired learning and competencies, Comparative evaluation (equivalence) of foreign diplomas, Student financial aid.

**Eligibility:** adults 16 years old and over, their close ones, counsellors, employers, workers from different networks

**Coverage area:** Province of Québec

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

**Fees:** none

**Financing:** grants, donations

**Legal status:** non-profit organization

### CASA C.A.F.I. (CENTRE D'AIDE AUX FAMILLES IMMIGRANTES)

5315 Wellington Street, Verdun, Montréal, QC, H4H 1N3

**514 844-3340** Fax: 514 844-1416

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

**Email:** [casacafi@msn.com](mailto:casacafi@msn.com)

**Services:** Guidance, information and assistance. \* Job search assistance. \* Emergency and regular food assistance. \* Christmas baskets for food assistance regulars. \* Collective kitchens. \* Baby food. \* Community meals. \* Information on immigration laws. \* Cultural activities. \* Daycare. \* Workshops for parents. \* Workshops on rights and on resources. \* Recovery and donation of used items: clothing, household items, mattresses, books, toys, sports equipment, appliances, furniture.

**Eligibility:** immigrants, people from cultural minorities

**Coverage area:** Verdun

**Hours:** Monday to Friday 9h00 to 17h00, food bank: Monday to Friday 10h00 to 16h30, by appointment

**Fees:** food bank: \$7

**Financing:** fundraising campaigns, self-financing, provincial, municipal

**Legal status:** non-profit organization

### **CENTRE SOCIAL D'AIDE AUX IMMIGRANTS - ÎLE-DES-SOEURS**

40 Place du Commerce Street, Suite 006, Verdun, Montréal, QC, H3E 1J6

**514 932-2953 Fax:** 514 932-4544

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

**Email:** [csai@centrecsai.org](mailto:csai@centrecsai.org)

**Services:** \* Reception and integration, information and guidance. \* Intervention and individual support. \* Assistance with immigration forms and citizenship application. \* Certification of documents. \* Tax clinic. \* Various information sessions. \* Employment services. \* Francization. \* Objectif Intégration sessions. \* Intercultural matching. \* Intercultural social workers.

**Eligibility:** permanent residents, international students, temporary workers, government-assisted refugees, privately sponsored refugees, asylum seekers

**Coverage area:** Montréal Island

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

**Fees:** letters of invitation: \$5, other services: none

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

**Legal status:** non-profit organization

### **CENTRE SOCIAL D'AIDE AUX IMMIGRANTS - VERDUN**

3782 Wellington Street, Verdun, Montréal, QC, H4G 1V2

**514 932-2953 Fax:** 514 932-4544

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

**Email:** [csai@centrecsai.org](mailto:csai@centrecsai.org)

**Services:** \* Reception and integration. \* Information and guidance. \* Counselling and individual support. \* Assistance with immigration forms and citizenship application. \* Certification of documents. \* Sociocultural activities. \* Francization: part-time French classes. \* French and English conversation workshops. \* Day care. \* Volunteering. \* Tax clinic.

**Eligibility:** permanent residents for less than 5 years, foreign students, temporary workers, government-assisted refugees, asylum seekers

**Coverage area:** Montréal Island

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

**Fees:** certification: \$5, certified copies: \$5, other services: free

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

**Legal status:** non-profit organization

### **CHANTIER D'AFRIQUE DU CANADA**

4740 Wellington Street, Suite 203, Verdun, Montréal, QC, H4G 1X3

**514 767-6200 Fax:** 514 766-9354

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

**Services:** Support for people from ethnocultural minorities, particularly of African origin, in their process of social, cultural and economic integration. \* Carrefour entreprendre: training in entrepreneurial leadership and sales, individual and personalized coaching, conferences and networking, collaborative workshops, mentoring and Club entreprendre. \* Women and leadership: coffee leadership, tontine circle, training, thematic workshops and business networking for women. \* Family and youth: educational talk, regional advisory committee, online education forums, contests, Jeunes ambassadeurs itinérants initiative, anti-racism and discrimination outreach, conferences and leadership training workshops. \* Winter clothing donations for women and children.

**Eligibility:** people of immigrant background and racialized groups, Afro-descendant people

**Coverage area:** Greater Montréal

**Hours:** by appointment, Monday to Friday 9h30 to 17h00

**Fees:** variable

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

**Legal status:** non-profit organization

## INFO-ALPHA

4080 Wellington Street, Suite 350, Verdun, Montréal, QC, H4G 1V4

**1 888 488-3888**

**Website:** [fondationalphabetisation.org/en/info-alpha](http://fondationalphabetisation.org/en/info-alpha)

**Email:** [ssaidj@fondationalphabetisation.org](mailto:ssaidj@fondationalphabetisation.org)

**Services:** Confidential telephone service that provides listening and referral to literacy training and basic training to adults experiencing difficulty with reading, writing and basic numeracy skills. \* Listening and referrals also in francization, English courses and French grammar.

**Eligibility:** adults 16 years old and over, their close ones and counsellors from different networks

**Coverage area:** Province of Québec

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

**Fees:** none

**Financing:** grants, donations

**Legal status:** non-profit organization

## MAAH FOUNDATION

Confidential Address

**514 678-4499**

**Website:** [www.villageafricain-maah.org](http://www.villageafricain-maah.org)

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

**Services:** \* Promotion of African culture and social inclusion. \* Information and referral related to job search and social assistance.

**Eligibility:** people on a low income, mostly of African origin

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h00 to 17h30

**Fees:** none

**Financing:** donations, self-financing

**Legal status:** non-profit organization

## MAISON D'ACCUEIL DES NOUVEAUX ARRIVANTS - ÎLE DES SOEURS

1 Place du Commerce, Suite 320, Verdun, Montréal, QC, H3E 1A2

**438 837-9223**

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

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

**Services:** Organization that supports and helps the integration of newcomers. Food \* Food support program for children during school lunches: meals, supervision, activities. \* Food bank. \* Online directory of food banks. Material assistance, housing and income \* Assistance in house searching. \* Support in opening a bank account. \* Help in finding a job, information and professional integration. \* Donation of clothing and furniture. \* Tax clinic. Youth and Family \* Information and registration for public services: school registration, help in finding daycare, etc. \* Logistical support between parents and school and orientation in school services. \* Homework assistance. \* Social activities and educational conferences for parents. \* Distribution of school supplies. Immigration \* Translation and oaths of documents. \* Referral to legal and migration advisors. \* Information and assistance in accessing health services through the Interim Federal Health Program (IFHP). \* French courses for youth in welcome classes and for adults. Recreational activities \* Sports, arts and leisure activities. \* Winter festival.

**Eligibility:** immigrants and refugees, lunchtime food support: students from Île-des-Soeurs Elementary School

**Coverage area:** Verdun

**Hours:** Monday to Friday 9h00 to 16h00, food bank: Monday 15h30 to 18h30

**Fees:** variable

**Financing:** municipal, donations

**Legal status:** non-profit organization

### MAISON D'ACCUEIL DES NOUVEAUX ARRIVANTS - TAX CLINIC

1 du Commerce Place, Suite 320, Verdun, Montréal, QC, H3E 1A2

**438 837-9223**

**Website:** manamtl.org

**Email:** info@manamtl.org

**Services:** Tax clinic by appointment.

**Eligibility:** families on a low income

**Coverage area:** Verdun

**Hours:** 2025 Tax Clinic: From March 4th to 28th, Tuesday 10h00 to 13h00 and 14h00 to 18h00, Wednesday to Friday 10h00 to 13h00 and 14h00 to 16h00

**Fees:** \$30 per declaration

**Financing:** municipal, donations

**Legal status:** non-profit organization

### MAMIES IMMIGRANTES POUR LE DÉVELOPPEMENT ET L'INTÉGRATION

4250 Bannantyne Avenue, Suite 102, Verdun, Montréal, QC, H4G 3J4

**514 903-1380**

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

**Email:** lesmamies2002@gmail.com

**Services:** \* Information, referral, guidance and support. \* Interpreting services. \* Collective kitchens. \* At-home visits. \* Friendly calls. \* Respite for caregivers: home respite, hospital accompaniment, health walks, friendly visits at home in cases of hospitalization. \* Social development support: storytelling in schools and homes, theater plays. \* Intercultural meetings. \* Introduction to sewing.

**Eligibility:** immigrant and quebec women 50 years and over, caregivers

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h30 to 17h00

**Fees:** annual membership: \$10, respite: \$15 per hour and \$6 for transport

**Financing:** contributions, grants

**Legal status:** non-profit organization

### PME - MTL - GRAND SUD-OUEST

3617 Wellington Street, Verdun, Montréal, QC, H4G 1T9

**514 765-7060 Fax:** 514 765-7142

**Website:** pmemtl.com/en/sud-ouest

**Email:** info@pmemtlgso.com

**Services:** \* Business services, including social economy businesses: support, accompaniment, financing and training. \* Support for various developmental projects in the territory.

**Eligibility:** general public, businesses

**Coverage area:** LaSalle, Le Sud-Ouest, Verdun

**Hours:** Monday to Thursday 8h00 to 16h45, Friday 8h00 to 12h00

**Fees:** none

**Financing:** municipal, provincial, fondations

**Legal status:** non-profit organization

### **SERVICE CANADA CENTRE - VERDUN (MONTRÉAL)**

4110 Wellington Street, 2nd floor, Verdun, Montréal, QC, H4G 1V7

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

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

**Services:** Gateway to federal government services. All Canadians \* Find a Service Canada office: [www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng](http://www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng) \* Benefits finder: [www.canada.ca/en/services/benefits/finder.html](http://www.canada.ca/en/services/benefits/finder.html) \* Job bulletin board: [www.jobbank.gc.ca/jobsearch/jobsearch](http://www.jobbank.gc.ca/jobsearch/jobsearch) \* Social Insurance Number (SIN) application. \* Passport application. \* Complaints office. \* Fraud prevention and reporting. Workers and businesses \* Employment insurance, sickness benefits and regular benefits. \* Special employment insurance benefits for parents of seriously ill children. \* Canada Summer Jobs (CSJ) for youth and students. \* Employment assistance: labour market information, training, etc. \* Wage Earner Protection Program. \* State pensions and savings schemes. \* Online information for businesses: business start-ups, workplace standards, etc. Veterans Affairs Canada \* Support and services related to mental and physical health. \* Education and employment: finding a job, returning to school, etc. \* Financial programs and services: income support, emergency financial assistance, etc. \* Housing and family life support. Immigration and citizenship \* Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. \* Assessment of credentials. \* Biometry. \* Find free newcomer services near you: [ircc.canada.ca/english/newcomers/services](http://ircc.canada.ca/english/newcomers/services) Seniors \* Canada Pension Plan retirement benefits. \* International benefits. \* Allowance and Allowance for the Survivor programs. \* Guaranteed Income Supplement. \* Old Age Security.

**Eligibility:** general public

**Coverage area:** Verdun

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

**Fees:** parking: free

**Financing:** federal

**Legal status:** federal government agency

## **Indigenous Peoples**

### **EMPLOYMENT**

### **GOVERNMENT SERVICES**

## Employment

### EMPLOYMENT AND TRAINING SERVICE CENTRE OF MONTRÉAL

1090 de l'Église Street, Suite 202, Verdun, Montréal, QC, H4G 2N5

**514 283-0901** Fax: 514 283-0158

**Website:** [www.cdrhpnq-fnhrdcq.ca/?lang=en](http://www.cdrhpnq-fnhrdcq.ca/?lang=en)

**Email:** [jjerome@cdrhpnq.qc.ca](mailto:jjerome@cdrhpnq.qc.ca)

**Services:** Development of employment for indigenous people. \* Job search assistance. \* Professional integration.

**Eligibility:** indigenous people

**Coverage area:** Montréal Island

**Fees:** none

**Financing:** provincial

**Legal status:** parapublic organization

### IVIRTIVIK

4590 de Verdun Street, Suite 200, Verdun, Montréal, QC, H4G 1M3

**514 564-3051** Fax: 514 419-2439

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

**Email:** [csescu@ivirtivik.org](mailto:csescu@ivirtivik.org)

**Services:** Employment assistance program of a duration of six months for 30 hours per week. \* Job search workshops, help with resumes, interview preparation. \* Communication and general culture workshops. \* Assistance with labor market integration or return to school. \* French and computer basic courses for participants.

**Eligibility:** Inuit 18 years old and over

**Coverage area:** Greater Montréal

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

## Government services

### SERVICE CANADA CENTRE - VERDUN (MONTRÉAL)

4110 Wellington Street, 2nd floor, Verdun, Montréal, QC, H4G 1V7

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

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

**Services:** Gateway to federal government services. All Canadians \* Find a Service Canada office: [www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng](http://www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng) \* Benefits finder: [www.canada.ca/en/services/benefits/finder.html](http://www.canada.ca/en/services/benefits/finder.html) \* Job bulletin board: [www.jobbank.gc.ca/jobsearch/jobsearch](http://www.jobbank.gc.ca/jobsearch/jobsearch) \* Social Insurance Number (SIN) application. \* Passport application. \* Complaints office. \* Fraud prevention and reporting. Workers and businesses \* Employment insurance, sickness benefits and regular benefits. \* Special employment insurance benefits for parents of seriously ill children. \* Canada Summer Jobs (CSJ) for youth and students. \* Employment assistance: labour market information, training, etc. \* Wage Earner Protection Program. \* State pensions and savings schemes. \* Online information for businesses: business start-ups, workplace standards, etc. Veterans Affairs Canada \* Support and services related to mental and physical health. \* Education and employment: finding a job, returning to school, etc. \* Financial programs and services: income support, emergency financial assistance, etc. \* Housing and family life support. Immigration and citizenship \* Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. \* Assessment of credentials. \* Biometry. \* Find free newcomer services near you: [ircc.canada.ca/english/newcomers/services](http://ircc.canada.ca/english/newcomers/services) Seniors \* Canada Pension Plan retirement benefits. \* International benefits. \* Allowance and Allowance for the Survivor programs. \* Guaranteed Income Supplement. \* Old Age Security.

**Eligibility:** general public

**Coverage area:** Verdun

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

**Fees:** parking: free

**Financing:** federal

**Legal status:** federal government agency

## **Justice and Advocacy**

### **ADVOCACY GROUPS**

### **CONSUMER PROTECTION AND COMPLAINTS**

### **LEGAL ASSISTANCE AND INFORMATION**

## Advocacy groups

### ACTION PRÉVENTION VERDUN

4609 de Verdun Street, Suite 3, Verdun, Montréal, QC, H4G 1M6

**514 769-8079**

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

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

**Services:** \* Coordination, development, planning and management support of safety and well-being programs. \* Preventive actions, information sessions and citizen involvement. \* Representative of the Montreal Urban Safety Tandem program. \* Community outreach work for vulnerable seniors 50 years old and over (ITMAV): phone listening, psychosocial support, referrals and friendly visits. \* Free and confidential mediation between citizens or organizations. \* La Station: Nun's Island intergenerational community centre, open admission for teenagers from 12 to 17 years old. \* Camp de l'île: summer and spring break day camp for 4 to 12 year olds.

**Eligibility:** children, teens, adults, women, seniors, families

**Coverage area:** Verdun

**Hours:** La Station: Monday to Friday 10h00 to 20h00

**Financing:** grants

**Legal status:** non-profit organization

### ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES

1090 de l'Église Street, Suite 204, Verdun, Montréal, QC, H4G 2N5

**1 877 935-1551 ext. 0**

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

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

**Services:** Advocacy for seniors to improve their living conditions on matters such as income, housing, home care, transportation and health.

**Eligibility:** pre-retired and retired people 50 years old and over

**Coverage area:** Province of Québec

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

**Fees:** annual membership: \$20 per person

**Financing:** provincial, membership fees

**Legal status:** non-profit organization

### CENTRE DES FEMMES DE VERDUN

3488 de Verdun Street, Verdun, Montréal, QC, H4G 1V4

**514 767-0384**

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

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

**Services:** Welcoming, safe, inclusive and feminist space seeking to ensure rights and interests advocacy for women and gender-diverse people, in a perspective of social change. \* Reception, listening and referral. \* Pre-abortion consultation. \* Socialization activities: lunch talks, creative evenings, etc. \* Workshops and discussion activities on various social issues. \* Global wellness activities: Pilates, walking club, yoga, meditation, etc. \* Mobilizations and collective actions. \* Involvement and volunteering. \* Distribution of menstruation supplies and pregnancy tests.

**Eligibility:** women, gender-diverse people

**Coverage area:** mostly Verdun

**Hours:** schedule subject to change, consult the seasonal program or call for opening hours

**Fees:** none

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

**Legal status:** non-profit organization

**DOUGLAS MENTAL HEALTH UNIVERSITY INSTITUTE USERS' COMMITTEE**

6875 LaSalle Boulevard, Suite D-0104, Verdun, Montréal, QC, H4H 1R3

**514 761-6131 ext. 2286**

**Website:** [ciusss-ouestmtl.gouv.qc.ca/en/users-info/users-rights/users](http://ciusss-ouestmtl.gouv.qc.ca/en/users-info/users-rights/users)

**Email:** [comusagers@douglas.mcgill.ca](mailto:comusagers@douglas.mcgill.ca)

**Services:** Users committee. \* Information on the rights and obligations of users. \* Advocacy. \* Assistance in the proceedings when making a complaint.

**Eligibility:** users of the Douglas Mental Health University Institute

**Coverage area:** Montréal Island

**Financing:** municipal

**Legal status:** parapublic organization

**LITERACY FOUNDATION**

4080 Wellington Street, Suite 350, Verdun, Montréal, QC, H4G 1V4

**514 289-1178 Fax:** 514 289-9286

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

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

**Services:** Analysis of illiteracy issues and the solutions for eliminating it. \* The Gift of Reading: program targeting underprivileged children 0 to 12 years from across Québec, aimed at preventing reading and writing difficulties that can lead to dropping out of school and then illiteracy. \* Info-Alpha line and Adult Learnline: referral and support phone lines encouraging continuous training program and lifelong learning.

**Coverage area:** Province of Québec

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

**Fees:** none

**Financing:** grants, donations

**Legal status:** non-profit organization

**MAISON DE L'ENVIRONNEMENT DE VERDUN**

673 1st Avenue, Verdun, Montréal, QC, H4G 2V8

**514 765-8378**

**Email:** [infoenvironnement.verdun@montreal.ca](mailto:infoenvironnement.verdun@montreal.ca)

**Services:** Development and promotion of environmental projects. \* Information and accompaniment. \* Collective composting bins. \* Booths, workshops, activities and information events. \* Promotion of recycling and food waste collection. \* Urban biodiversity and greening advice. \* Biannual shoreline cleanups. \* Citizen mobilization for green lanes in Verdun.

**Eligibility:** general public

**Coverage area:** Verdun

**Hours:** Monday, Wednesday and Thursday 13h00 to 17h00, Tuesday 13h00 to 19h00

**Fees:** none

**Financing:** grants, self-financing

**Legal status:** non-profit organization

**PROJET P.A.L - ALTERNATIVE RESOURCE IN MENTAL HEALTH**

861 de l'Église Street, Verdun, Montréal, QC, H4G 2N3

**514 767-4701 Fax:** 514 767-5304

**Website:** [www.projetpal.com](http://www.projetpal.com)

**Email:** [info@projetpal.com](mailto:info@projetpal.com)

**Services:** \* Community centre with activities, outings and special events. \* Community meals. \* Logi-P.A.L.: affordable housing. \* Maison Cap: transitional housing with intensive monitoring. \* Sous le toit de P.A.L.: permanent housing with community support. \* Advocacy of rights. \* Christmas dinner and celebration.

**Eligibility:** people living with mental health problems

**Coverage area:** Le Sud-Ouest in priority, Verdun

**Hours:** variable

**Fees:** membership: \$2

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

**Legal status:** non-profit organization

### TABLE DE CONCERTATION DES RESSOURCES POUR AÎNÉS DE VERDUN

4501 Bannantyne Street, Suite 125, Verdun, Montréal, QC, H4G 1E3

**438 820-5119**

**Website:** [www.ainesov.com](http://www.ainesov.com)

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

**Services:** Consultation of organizations working with senior citizens. \* Collective advocacy. \* Promotion of activities for seniors. \* Active aging support. \* Promotion of health and safety services. \* Events and conferences.

**Eligibility:** seniors, organizations working with seniors

**Coverage area:** Verdun

**Fees:** none

**Financing:** grants

**Legal status:** non-profit organization

### VERDUN CITIZENS' ACTION COMMITTEE

3972 de Verdun Street, Verdun, Montréal, QC, H4G 1K9

**514 769-2228 ext. 101**

**Website:** [cacv-verdun.org/en](http://cacv-verdun.org/en)

**Email:** [accueil@cacv-verdun.org](mailto:accueil@cacv-verdun.org)

**Services:** Helping tenants understand their rights and options. \* Expertise in the fields of housing and urban planning: individual or group counselling, referral towards concerned resources, telephone consultation services, information meetings. \* Popular education workshops. \* Coffee-meetings.

**Eligibility:** tenants

**Coverage area:** Verdun

**Hours:** by appointment from 9h00 to 17h00

**Fees:** free

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

**Legal status:** non-profit organization

## Consumer protection and complaints

### DOUGLAS MENTAL HEALTH UNIVERSITY INSTITUTE USERS' COMMITTEE

6875 LaSalle Boulevard, Suite D-0104, Verdun, Montréal, QC, H4H 1R3

**514 761-6131 ext. 2286**

**Website:** [ciusss-ouestmtl.gouv.qc.ca/en/users-info/users-rights/users](http://ciusss-ouestmtl.gouv.qc.ca/en/users-info/users-rights/users)

**Email:** [comusagers@douglas.mcgill.ca](mailto:comusagers@douglas.mcgill.ca)

**Services:** Users committee. \* Information on the rights and obligations of users. \* Advocacy. \* Assistance in the proceedings when making a complaint.

**Eligibility:** users of the Douglas Mental Health University Institute

**Coverage area:** Montréal Island

**Financing:** municipal

**Legal status:** parapublic organization

### SERVICE CANADA CENTRE - VERDUN (MONTRÉAL)

4110 Wellington Street, 2nd floor, Verdun, Montréal, QC, H4G 1V7

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

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

**Services:** Gateway to federal government services. All Canadians \* Find a Service Canada office: [www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng](http://www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng) \* Benefits finder: [www.canada.ca/en/services/benefits/finder.html](http://www.canada.ca/en/services/benefits/finder.html) \* Job bulletin board: [www.jobbank.gc.ca/jobsearch/jobsearch](http://www.jobbank.gc.ca/jobsearch/jobsearch) \* Social Insurance Number (SIN) application. \* Passport application. \* Complaints office. \* Fraud prevention and reporting. Workers and businesses \* Employment insurance, sickness benefits and regular benefits. \* Special employment insurance benefits for parents of seriously ill children. \* Canada Summer Jobs (CSJ) for youth and students. \* Employment assistance: labour market information, training, etc. \* Wage Earner Protection Program. \* State pensions and savings schemes. \* Online information for businesses: business start-ups, workplace standards, etc. Veterans Affairs Canada \* Support and services related to mental and physical health. \* Education and employment: finding a job, returning to school, etc. \* Financial programs and services: income support, emergency financial assistance, etc. \* Housing and family life support. Immigration and citizenship \* Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. \* Assessment of credentials. \* Biometry. \* Find free newcomer services near you: [ircc.canada.ca/english/newcomers/services](http://ircc.canada.ca/english/newcomers/services) Seniors \* Canada Pension Plan retirement benefits. \* International benefits. \* Allowance and Allowance for the Survivor programs. \* Guaranteed Income Supplement. \* Old Age Security.

**Eligibility:** general public

**Coverage area:** Verdun

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

**Fees:** parking: free

**Financing:** federal

**Legal status:** federal government agency

## Legal assistance and information

### ACTION PRÉVENTION VERDUN

4609 de Verdun Street, Suite 3, Verdun, Montréal, QC, H4G 1M6

**514 769-8079**

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

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

**Services:** \* Coordination, development, planning and management support of safety and well-being programs. \* Preventive actions, information sessions and citizen involvement. \* Representative of the Montreal Urban Safety Tandem program. \* Community outreach work for vulnerable seniors 50 years old and over (ITMAV): phone listening, psychosocial support, referrals and friendly visits. \* Free and confidential mediation between citizens or organizations. \* La Station: Nun's Island intergenerational community centre, open admission for teenagers from 12 to 17 years old. \* Camp de l'île: summer and spring break day camp for 4 to 12 year olds.

**Eligibility:** children, teens, adults, women, seniors, families

**Coverage area:** Verdun

**Hours:** La Station: Monday to Friday 10h00 to 20h00

**Financing:** grants

**Legal status:** non-profit organization

### ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES

1090 de l'Église Street, Suite 204, Verdun, Montréal, QC, H4G 2N5

**1 877 935-1551 ext. 0**

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

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

**Services:** Advocacy for seniors to improve their living conditions on matters such as income, housing, home care, transportation and health.

**Eligibility:** pre-retired and retired people 50 years old and over

**Coverage area:** Province of Québec

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

**Fees:** annual membership: \$20 per person

**Financing:** provincial, membership fees

**Legal status:** non-profit organization

### **CASA C.A.F.I. (CENTRE D'AIDE AUX FAMILLES IMMIGRANTES)**

5315 Wellington Street, Verdun, Montréal, QC, H4H 1N3

**514 844-3340 Fax:** 514 844-1416

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

**Email:** [casacafi@msn.com](mailto:casacafi@msn.com)

**Services:** Guidance, information and assistance. \* Job search assistance. \* Emergency and regular food assistance. \* Christmas baskets for food assistance regulars. \* Collective kitchens. \* Baby food. \* Community meals. \* Information on immigration laws. \* Cultural activities. \* Daycare. \* Workshops for parents. \* Workshops on rights and on resources. \* Recovery and donation of used items: clothing, household items, mattresses, books, toys, sports equipment, appliances, furniture.

**Eligibility:** immigrants, people from cultural minorities

**Coverage area:** Verdun

**Hours:** Monday to Friday 9h00 to 17h00, food bank: Monday to Friday 10h00 to 16h30, by appointment

**Fees:** food bank: \$7

**Financing:** fundraising campaigns, self-financing, provincial, municipal

**Legal status:** non-profit organization

### **LEGAL AID OFFICE - SUD-OUEST**

4250 Wellington Street, Suite 200, Verdun, Montréal, QC, H4G 1W2

**514 864-2111 ext. 6550 Fax:** 514 864-9451

**Website:** [www.aidejuridiquedemontreal.ca/en/find-a-service-point](http://www.aidejuridiquedemontreal.ca/en/find-a-service-point)

**Email:** [baj.sudouest@ccjm.qc.ca](mailto:baj.sudouest@ccjm.qc.ca)

**Services:** Legal aid office in civil and family Law.

**Eligibility:** person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law

**Coverage area:** Côte-Des-Neiges-Notre-Dame-De-Grâce, Lachine, Lasalle, Le Sud-Ouest, Westmount

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

**Fees:** people may be eligible for free legal aid or contributory legal aid between \$100 and 800, depending on their financial situation, see scale on the website

**Financing:** self-financing

**Legal status:** parapublic organization

### **VERDUN - BOROUGH**

4555 Verdun Street, Verdun, Montréal, QC, H4G 1M4

**311 Fax:** 514 765-7006

**Website:** [montreal.ca/en/verdun](http://montreal.ca/en/verdun)

**Email:** [verdun@montreal.ca](mailto:verdun@montreal.ca)

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

**Coverage area:** Verdun

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

**Fees:** durable menstrual products grant: \$50 refund

**Financing:** municipal

**Legal status:** municipal agency

## **Mental Health and addictions**

**ADDICTION PREVENTION**

**ADDICTION TREATMENT**

**COMMUNITY SUPPORT IN MENTAL HEALTH**

**CRISIS CENTRES AND SUICIDE PREVENTION**

**MENTAL HEALTH ADVOCACY GROUPS**

**PSYCHIATRIC SERVICES**

**SELF-HELP GROUPS FOR ADDICTION ISSUES**

## Addiction prevention

### SERVICES DE PROXIMITÉS EN DÉPENDANCE - CENTRE-SUD SUD-OUEST-VERDUN

400 de l'Église Street, Verdun, Montréal, QC, H4G 2M4

**514 385-1232**

**Email:** [accueil.psychosocial.sov.ccsmtl@ssss.gouv.qc.ca](mailto:accueil.psychosocial.sov.ccsmtl@ssss.gouv.qc.ca)

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

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

**Coverage area:** Sud-Ouest, Verdun

**Legal status:** provincial government agency

## Addiction treatment

### DOUGLAS MENTAL HEALTH UNIVERSITY INSTITUTE (THE)

6875 LaSalle Boulevard, Verdun, Montréal, QC, H4H 1R3

**514 761-6131 Fax:** 514 888-4067

**Website:** [www.douglas.qc.ca/?locale=en](http://www.douglas.qc.ca/?locale=en)

**Services:** Psychiatric institution affiliated to McGill University. \* Specialized and superspecialized care in mental health. \* Psychiatric emergency. \* Child and adolescent psychiatry program and geriatric psychiatry program. \* Eating disorders psychiatry program. \* Psychotic disorders program, with a specialized component for adults with heavy and persistent troubles. \* Mood, anxiety and impulsivity disorders program. \* Substance abuse treatment program.

**Coverage area:** Province of Québec

**Financing:** provincial

**Legal status:** parapublic organization

### HÔPITAL DE VERDUN

4000 LaSalle Boulevard, Verdun, Montréal, QC, H4G 2A3

**514 362-1000**

**Website:** [ciusss-centresudmtl.gouv.qc.ca/etablissement/hopital-de-verdun](http://ciusss-centresudmtl.gouv.qc.ca/etablissement/hopital-de-verdun)

**Services:** Emergency and specialized medical cares. \* Intensive cares unit. \* Tests centre. \* Outpatient specialized clinics: general and vascular surgery, dermatology, maxillofacial, nephrology, endocrinology, ophthalmology, rheumatology, microbiology, internal medicine, orthopedics, urology and plastic surgery. \* Medical imaging and radiology. \* Detoxification.

**Coverage area:** Province of Québec

**Hours:** 24 hours / 7 days, tests centre: Monday to Friday 7h00 to 14h45, by appointment, office: every day 8h00 to 16h00

**Financing:** provincial

**Legal status:** parapublic organization

### SERVICES DE PROXIMITÉS EN DÉPENDANCE - CENTRE-SUD SUD-OUEST-VERDUN

400 de l'Église Street, Verdun, Montréal, QC, H4G 2M4

**514 385-1232**

**Email:** [accueil.psychosocial.sov.ccsmtl@ssss.gouv.qc.ca](mailto:accueil.psychosocial.sov.ccsmtl@ssss.gouv.qc.ca)

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

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

**Coverage area:** Sud-Ouest, Verdun

**Legal status:** provincial government agency

## Community support in mental health

### DOUGLAS MENTAL HEALTH UNIVERSITY INSTITUTE (THE)

6875 LaSalle Boulevard, Verdun, Montréal, QC, H4H 1R3

**514 761-6131 Fax:** 514 888-4067

**Website:** [www.douglas.qc.ca/?locale=en](http://www.douglas.qc.ca/?locale=en)

**Services:** Psychiatric institution affiliated to McGill University. \* Specialized and superspecialized care in mental health. \* Psychiatric emergency. \* Child and adolescent psychiatry program and geriatric psychiatry program. \* Eating disorders psychiatry program. \* Psychotic disorders program, with a specialized component for adults with heavy and persistent troubles. \* Mood, anxiety and impulsivity disorders program. \* Substance abuse treatment program.

**Coverage area:** Province of Québec

**Financing:** provincial

**Legal status:** parapublic organization

### DOUGLAS MENTAL HEALTH UNIVERSITY INSTITUTE - WELLINGTON CENTRE

4932 Wellington Street, Verdun, Montréal, QC, H4G 1X6

**514 768-2668 ext. 328 Fax:** 514 768-6960

**Website:** [www.douglas.qc.ca/page/centre-wellington?locale=en](http://www.douglas.qc.ca/page/centre-wellington?locale=en)

**Services:** Recovery and support services. \* Welcoming and consultation committee. \* Wellness services. \* Work integration services. \* Educational and recovery services. \* Therapeutic and personal growth groups. \* Peer helper service.

**Eligibility:** people living with mental health disorders

**Capacity:** 50 people

**Coverage area:** Montréal Island

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

**Fees:** none

**Financing:** provincial

**Legal status:** parapublic organization

### INSTITUT UNIVERSITAIRE EN SANTÉ MENTALE DOUGLAS - PROGRAMME PEPP

6875 LaSalle Boulevard, Wilson Pavilion, Verdun, Montréal, QC, H4H 1R3

**514 761-6131 ext. 3371**

**Website:** [www.douglas.qc.ca/pages/view?section\\_id=165](http://www.douglas.qc.ca/pages/view?section_id=165)

**Services:** Specialized clinic for young people aged 14 to 35 experiencing an untreated first psychotic episode. \* Reception and assessment. \* Treatment and rehabilitation. \* 2-year psychiatric and psychosocial follow-up.

**Eligibility:** people aged 14 to 35 who have had a first episode of psychosis and have never been treated or have not taken antipsychotic medication for more than 30 days

**Coverage area:** LaSalle, Verdun, Le Sud-Ouest, Côte-des-Neiges-Notre-Dame-de-Grâce, Lachine, Montréal-Ouest, Westmount

**Financing:** provincial

**Legal status:** parapublic organization

### PARENTS ET AMIS DU BIEN-ÊTRE MENTAL DU SUD-OUEST DE MONTRÉAL

1195 de l'Église Street, Verdun, Montréal, QC, H4G 2P1

**514 368-4824 ext. 1**

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

**Email:** [informations@pabemsom.org](mailto:informations@pabemsom.org)

**Services:** \* Information, hotline, individual meetings, awareness. \* Respite-assistance program for families. \* Self-help and exchange weekly open group between caregivers, with a moderator. \* Assistance to parents of teenagers experiencing difficulties related to their mental health. \* Program for youth 12 to 17 years old with a relative who is suffering from a mental health problem. \* Training and workshops.

**Eligibility:** immediate relatives of a person with a mental illness

**Coverage area:** Le Sud-Ouest, Verdun

**Hours:** Monday to Thursday 10h00 to 18h00, Friday 11h00 to 18h00

**Financing:** provincial, foundations

**Legal status:** non-profit organization

## PROJET P.A.L - ALTERNATIVE RESOURCE IN MENTAL HEALTH

861 de l'Église Street, Verdun, Montréal, QC, H4G 2N3

**514 767-4701 Fax:** 514 767-5304

**Website:** [www.projetpal.com](http://www.projetpal.com)

**Email:** [info@projetpal.com](mailto:info@projetpal.com)

**Services:** \* Community centre with activities, outings and special events. \* Community meals. \* Logi-P.A.L.: affordable housing. \* Maison Cap: transitional housing with intensive monitoring. \* Sous le toit de P.A.L.: permanent housing with community support. \* Advocacy of rights. \* Christmas dinner and celebration.

**Eligibility:** people living with mental health problems

**Coverage area:** Le Sud-Ouest in priority, Verdun

**Hours:** variable

**Fees:** membership: \$2

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

**Legal status:** non-profit organization

## SERVICE CANADA CENTRE - VERDUN (MONTRÉAL)

4110 Wellington Street, 2nd floor, Verdun, Montréal, QC, H4G 1V7

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

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

**Services:** Gateway to federal government services. All Canadians \* Find a Service Canada office: [www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng](http://www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng) \* Benefits finder: [www.canada.ca/en/services/benefits/finder.html](http://www.canada.ca/en/services/benefits/finder.html) \* Job bulletin board: [www.jobbank.gc.ca/jobsearch/jobsearch](http://www.jobbank.gc.ca/jobsearch/jobsearch) \* Social Insurance Number (SIN) application. \* Passport application. \* Complaints office. \* Fraud prevention and reporting. Workers and businesses \* Employment insurance, sickness benefits and regular benefits. \* Special employment insurance benefits for parents of seriously ill children. \* Canada Summer Jobs (CSJ) for youth and students. \* Employment assistance: labour market information, training, etc. \* Wage Earner Protection Program. \* State pensions and savings schemes. \* Online information for businesses: business start-ups, workplace standards, etc. Veterans Affairs Canada \* Support and services related to mental and physical health. \* Education and employment: finding a job, returning to school, etc. \* Financial programs and services: income support, emergency financial assistance, etc. \* Housing and family life support. Immigration and citizenship \* Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. \* Assessment of credentials. \* Biometry. \* Find free newcomer services near you: [ircc.canada.ca/english/newcomers/services](http://ircc.canada.ca/english/newcomers/services) Seniors \* Canada Pension Plan retirement benefits. \* International benefits. \* Allowance and Allowance for the Survivor programs. \* Guaranteed Income Supplement. \* Old Age Security.

**Eligibility:** general public

**Coverage area:** Verdun

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

**Fees:** parking: free

**Financing:** federal

**Legal status:** federal government agency

## Crisis centres and suicide prevention

### DOUGLAS MENTAL HEALTH UNIVERSITY INSTITUTE (THE)

6875 LaSalle Boulevard, Verdun, Montréal, QC, H4H 1R3

**514 761-6131** Fax: 514 888-4067

**Website:** [www.douglas.qc.ca/?locale=en](http://www.douglas.qc.ca/?locale=en)

**Services:** Psychiatric institution affiliated to McGill University. \* Specialized and superspecialized care in mental health. \* Psychiatric emergency. \* Child and adolescent psychiatry program and geriatric psychiatry program. \* Eating disorders psychiatry program. \* Psychotic disorders program, with a specialized component for adults with heavy and persistent troubles. \* Mood, anxiety and impulsivity disorders program. \* Substance abuse treatment program.

**Coverage area:** Province of Québec

**Financing:** provincial

**Legal status:** parapublic organization

## Mental health advocacy groups

### ACCESS OPEN MINDS

Douglas Research Centre, 6625 Lasalle Boulevard, Verdun, Montréal, QC, H4H 1R3

**1 833 761-6131**

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

**Email:** [access@douglas.mcgill.ca](mailto:access@douglas.mcgill.ca)

**Services:** Research and evaluation project to improve mental health care for youth. \* Resources and research reports available online. \* 17 participating service sites located in 6 provinces and 1 territory: culturally relevant mental health services, physical health and sexual health services, traditional Indigenous programming and support, other social services.

**Eligibility:** service site: people 11 to 25 years old, their close ones, online resources: researchers working in the field of youth mental health, general public

**Coverage area:** Canada

**Financing:** fédéral, provincial

**Legal status:** non-profit organization

### PARENTS ET AMIS DU BIEN-ÊTRE MENTAL DU SUD-OUEST DE MONTRÉAL

1195 de l'Église Street, Verdun, Montréal, QC, H4G 2P1

**514 368-4824 ext. 1**

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

**Email:** [informations@pabemsom.org](mailto:informations@pabemsom.org)

**Services:** \* Information, hotline, individual meetings, awareness. \* Respite-assistance program for families. \* Self-help and exchange weekly open group between caregivers, with a moderator. \* Assistance to parents of teenagers experiencing difficulties related to their mental health. \* Program for youth 12 to 17 years old with a relative who is suffering from a mental health problem. \* Training and workshops.

**Eligibility:** immediate relatives of a person with a mental illness

**Coverage area:** Le Sud-Ouest, Verdun

**Hours:** Monday to Thursday 10h00 to 18h00, Friday 11h00 to 18h00

**Financing:** provincial, foundations

**Legal status:** non-profit organization

**PROJET P.A.L - ALTERNATIVE RESOURCE IN MENTAL HEALTH**

861 de l'Église Street, Verdun, Montréal, QC, H4G 2N3

**514 767-4701 Fax:** 514 767-5304

**Website:** www.projetpal.com

**Email:** info@projetpal.com

**Services:** \* Community centre with activities, outings and special events. \* Community meals. \* Logi-P.A.L.: affordable housing. \* Maison Cap: transitional housing with intensive monitoring. \* Sous le toit de P.A.L.: permanent housing with community support. \* Advocacy of rights. \* Christmas dinner and celebration.

**Eligibility:** people living with mental health problems

**Coverage area:** Le Sud-Ouest in priority, Verdun

**Hours:** variable

**Fees:** membership: \$2

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

**Legal status:** non-profit organization

**Psychiatric services****DOUGLAS MENTAL HEALTH UNIVERSITY INSTITUTE (THE)**

6875 LaSalle Boulevard, Verdun, Montréal, QC, H4H 1R3

**514 761-6131 Fax:** 514 888-4067

**Website:** www.douglas.qc.ca/?locale=en

**Services:** Psychiatric institution affiliated to McGill University. \* Specialized and superspecialized care in mental health. \* Psychiatric emergency. \* Child and adolescent psychiatry program and geriatric psychiatry program. \* Eating disorders psychiatry program. \* Psychotic disorders program, with a specialized component for adults with heavy and persistent troubles. \* Mood, anxiety and impulsivity disorders program. \* Substance abuse treatment program.

**Coverage area:** Province of Québec

**Financing:** provincial

**Legal status:** parapublic organization

**Self-help groups for addiction issues****SERVICES DE PROXIMITÉS EN DÉPENDANCE - CENTRE-SUD SUD-OUEST-VERDUN**

400 de l'Église Street, Verdun, Montréal, QC, H4G 2M4

**514 385-1232**

**Email:** accueil.psychosocial.sov.ccsmtl@ssss.gouv.qc.ca

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

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

**Coverage area:** Sud-Ouest, Verdun

**Legal status:** provincial government agency

**Seniors**

**CAREGIVERS**

**COMMUNITY AND RECREATION CENTRES**

**DAY CENTRES AND RESPITE**

**FRIENDLY VISITS AND SAFETY CALLS**

**HOME SUPPORT**

**HOUSING FOR SENIORS**

**INTERGENERATIONAL ACTIVITIES**

**MEALS ON WHEELS**

**SENIORS' ADVOCACY AND ASSISTANCE ASSOCIATIONS**

**VOLUNTEER TRANSPORTATION**

## Caregivers

### MAMIES IMMIGRANTES POUR LE DÉVELOPPEMENT ET L'INTÉGRATION

4250 Bannantyne Avenue, Suite 102, Verdun, Montréal, QC, H4G 3J4

**514 903-1380**

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

**Email:** [lesmamies2002@gmail.com](mailto:lesmamies2002@gmail.com)

**Services:** \* Information, referral, guidance and support. \* Interpreting services. \* Collective kitchens. \* At-home visits. \* Friendly calls. \* Respite for caregivers: home respite, hospital accompaniment, health walks, friendly visits at home in cases of hospitalization. \* Social development support: storytelling in schools and homes, theater plays. \* Intercultural meetings. \* Introduction to sewing.

**Eligibility:** immigrant and quebec women 50 years and over, caregivers

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h30 to 17h00

**Fees:** annual membership: \$10, respite: \$15 per hour and \$6 for transport

**Financing:** contributions, grants

**Legal status:** non-profit organization

## Community and Recreation Centres

### BGC DAWSON

666 Woodland Street, Verdun, Montréal, QC, H4H 1V8

**514 767-9967 Fax:** 514 767-7336

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

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

**Services:** \* Social, recreational and educational programs: parent-child, after school, teen, young adult and senior groups. \* Room rental for community organizations. \* Summer day camp for children and teenagers. \* Un plant de tomates à la fois: collective garden. \* Respite for parents of children 6 months to 5 years old. \* Tax clinic. \* Residential snow removal.

**Eligibility:** parent-child group: children 0 to 5 years old, afterschool group: children 5 to 12 years old, teen group: youth 13 to 17 years old, young adult group: people 18 to 30 years old, senior group: seniors 50 years and over

**Coverage area:** Verdun and surroundings

**Hours:** Wednesday and Friday 8h00 to 21h00, Monday 8h00 to 18h00, Tuesday and Thursday 8h00 to 23h00

**Fees:** membership: \$15, activities: variable

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

**Legal status:** non-profit organization

### BOUGER ET VIVRE

4501 Bannantyne Street, Verdun, Montréal, QC, H4G 1E3

**438 836-1559**

**Email:** [bouger.vivre@gmail.com](mailto:bouger.vivre@gmail.com)

**Services:** Organization helping seniors stay in their homes and improve the quality of life of adults with mobility problems or chronic illnesses. \* Individualized fitness programs under the supervision of a kinesiologist. \* Group activities: muscle strengthening, walking with sticks, adapted boxing.

**Eligibility:** seniors, adults living with mobility problem or chronic illness

**Coverage area:** Montréal Island

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

**Fees:** annual subscription: \$20, subscription package: \$23 for 1 month, \$120 for 6 months, \$240 for 1 year

**Financing:** self-financing, donations

**Legal status:** non-profit organization

**CENTRE COMMUNAUTAIRE POUR AÎNÉS DE VERDUN**

4501 Bannantyne Street, Suite 125, Verdun, Montréal, QC, H4G 1E3

**514 765-7213**

**Email:** aines125@hotmail.com

**Services:** \* Reception and information. \* Biblio-aînés. \* Social, educational and recreational activities. \* Snack bar. \* Dance and fitness. \* Craft activities: mandalas, knitting and diamond painting. \* Coffee-chats. \* Tax clinic.

**Eligibility:** people 50 years and over

**Capacity:** up to 800 members

**Coverage area:** Verdun

**Hours:** Monday to Friday 9h00 to 15h30, activities: variable, 2024 summer schedule: closed from June 14 to September 3

**Fees:** membership: \$12 per year

**Financing:** self-financing, membership fees, grants, municipal

**Legal status:** non-profit organization

**STATION (LA), CENTRE INTERGÉNÉRATIONNEL DE L'ÎLE-DES-SOURS**

201 Berlioz Street, Verdun, Montréal, QC, H3E 1C1

**514 766-4301**

**Website:** www.actionpreventionverdun.org

**Email:** info@actionpreventionverdun.org

**Services:** Intergeneration recreational centre. \* Recreational, community, sports and cultural activities. \* Workshops and conferences.

**Eligibility:** youth aged 12 to 17 years old, seniors aged 50 years and over

**Coverage area:** Verdun, Nuns' Island

**Hours:** Monday to Friday 10h00 to 20h00, Saturday 15h00 to 20h00, subject to change, see the program

**Fees:** annual membership: \$20, additional fees for the activities

**Financing:** grants, donations, membership fees

**Legal status:** non-profit organization

**TABLE DE CONCERTATION DES RESSOURCES POUR AÎNÉS DE VERDUN**

4501 Bannantyne Street, Suite 125, Verdun, Montréal, QC, H4G 1E3

**438 820-5119**

**Website:** www.ainesov.com

**Email:** concertationainesverdun@gmail.com

**Services:** Consultation of organizations working with senior citizens. \* Collective advocacy. \* Promotion of activities for seniors. \* Active aging support. \* Promotion of health and safety services. \* Events and conferences.

**Eligibility:** seniors, organizations working with seniors

**Coverage area:** Verdun

**Fees:** none

**Financing:** grants

**Legal status:** non-profit organization

**Day centres and respite****CENTRE D'HÉBERGEMENT CHAMPLAIN**

1325 Crawford Street, Verdun, Montréal, QC, H4H 2N6

**514 766-8513**

**Website:** ciuiss-centresudmtl.gouv.qc.ca/etablissement/centre-dhebergement-champlain

**Services:** Public care centre for seniors and people with a loss of autonomy. \* Housing and long term care. \* Day centre. \* Intensive functional rehabilitation and intellectual disability unit.

**Eligibility:** seniors, people with a loss of autonomy

**Capacity:** 228

**Coverage area:** Le Sud-Ouest, Verdun

**Financing:** provincial

**Legal status:** parapublic organization

### **CENTRE D'HÉBERGEMENT DE VERDUN**

5500 LaSalle Boulevard, Verdun, Montréal, QC, H4H 1N9

**514 769-8801**

**Website:** [ciusss-centresudmtl.gouv.qc.ca/etablissement/centre-dhebergement-de-verdun](http://ciusss-centresudmtl.gouv.qc.ca/etablissement/centre-dhebergement-de-verdun)

**Services:** Public care centre for seniors and people with a loss of autonomy. \* Housing and long term care. \* Day centre with therapeutic services for seniors living at home.

**Eligibility:** seniors, people with a loss of autonomy

**Coverage area:** Le Sud-Ouest, Verdun

**Financing:** provincial

**Legal status:** parapublic organization

## **Friendly visits and safety calls**

### **ACTION PRÉVENTION VERDUN**

4609 de Verdun Street, Suite 3, Verdun, Montréal, QC, H4G 1M6

**514 769-8079**

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

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

**Services:** \* Coordination, development, planning and management support of safety and well-being programs. \* Preventive actions, information sessions and citizen involvement. \* Representative of the Montreal Urban Safety Tandem program. \* Community outreach work for vulnerable seniors 50 years old and over (ITMAV): phone listening, psychosocial support, referrals and friendly visits. \* Free and confidential mediation between citizens or organizations. \* La Station: Nun's Island intergenerational community centre, open admission for teenagers from 12 to 17 years old. \* Camp de l'île: summer and spring break day camp for 4 to 12 year olds.

**Eligibility:** children, teens, adults, women, seniors, families

**Coverage area:** Verdun

**Hours:** La Station: Monday to Friday 10h00 to 20h00

**Financing:** grants

**Legal status:** non-profit organization

### **ACTION PRÉVENTION VERDUN - INITIATIVE DE TRAVAIL DE MILIEU AUPRÈS DES AÎNÉS EN SITUATION DE VULNÉRABILITÉ**

4609 de Verdun Street, Suite 3, Verdun, Montréal, QC, H4G 1M6

**514 949-1011**

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

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

**Services:** \* Community outreach work for vulnerable seniors: phone listening, psychosocial support, referrals and friendly visits.

**Eligibility:** seniors 50 years old and over

**Coverage area:** Verdun

**Fees:** variable

**Financing:** grants

**Legal status:** non-profit organization

**CANADIAN RED CROSS - FRIENDLY CALLS PROGRAM**

Confidential Address

**1 833 979-9779****Website:** [www.redcross.ca/how-we-help/community-health-services-in-canada/friendly-calls-program](http://www.redcross.ca/how-we-help/community-health-services-in-canada/friendly-calls-program)**Services:** Friendly calls from Red Cross staff. \* Weekly call, lasting from 20 to 60 minutes, depending on the caller's needs. \* Listening and emotional support. \* Referral to resources and other services. \* Online registration form: [www.redcross.ca/how-we-help/community-health-services-in-canada/friendly-calls-program/friendly-calls-program-sign-up-form](http://www.redcross.ca/how-we-help/community-health-services-in-canada/friendly-calls-program/friendly-calls-program-sign-up-form)**Eligibility:** people 18 years and over who need to socialize more**Coverage area:** Canada**Hours:** Monday to Friday 9h00 to 17h00**Fees:** none**Financing:** fundraising, donations**Legal status:** non-profit organization**CANADIAN RED CROSS - QUÉBEC DIVISION**

6 Place du Commerce, Verdun, Montréal, QC, H3E 1P4

**1 800 363-7305 Fax:** 514 362-9991**Website:** [www.redcross.ca](http://www.redcross.ca)**Email:** [comptezurnous@croixrouge.ca](mailto:comptezurnous@croixrouge.ca)**Services:** \* Emergency relief and humanitarian services in times of disaster or conflict in Canada and around the world. \* First aid, babysitting and CPR classes. \* Find a course: [myrc.redcross.ca/en](http://myrc.redcross.ca/en)**Eligibility:** disaster relief services: victims of residential fires, forest fires, hurricanes, floods and other emergencies**Coverage area:** Province of Québec**Hours:** Monday to Friday 8h30 to 16h30**Financing:** fundraising campaigns, donations**Legal status:** non-profit organization**MAMIES IMMIGRANTES POUR LE DÉVELOPPEMENT ET L'INTÉGRATION**

4250 Bannantyne Avenue, Suite 102, Verdun, Montréal, QC, H4G 3J4

**514 903-1380****Website:** [www.mamiesimmigrantes.org/en](http://www.mamiesimmigrantes.org/en)**Email:** [lesmamies2002@gmail.com](mailto:lesmamies2002@gmail.com)**Services:** \* Information, referral, guidance and support. \* Interpreting services. \* Collective kitchens. \* At-home visits. \* Friendly calls. \* Respite for caregivers: home respite, hospital accompaniment, health walks, friendly visits at home in cases of hospitalization. \* Social development support: storytelling in schools and homes, theater plays. \* Intercultural meetings. \* Introduction to sewing.**Eligibility:** immigrant and quebec women 50 years and over, caregivers**Coverage area:** Montréal Island**Hours:** Monday to Friday 9h30 to 17h00**Fees:** annual membership: \$10, respite: \$15 per hour and \$6 for transport**Financing:** contributions, grants**Legal status:** non-profit organization**RÉSEAU-BÉNÉVOLE DE VERDUN**

3215 LaSalle Boulevard, Verdun, Montréal, QC, H4G 1Z1

**514 761-1773****Website:** [reseau-benevoles-verdun.org/wp](http://reseau-benevoles-verdun.org/wp)**Email:** [r.b.v@videotron.ca](mailto:r.b.v@videotron.ca)**Services:** \* Grouping of volunteers. \* Friendly visits. \* Meals on wheels. \* Food baskets.**Eligibility:** people 60 years and over or with a loss of autonomy, food baskets: people 60 years and over on a low income**Coverage area:** Verdun, Nuns' Island

**Hours:** Monday to Friday 6h00 to 14h00, food bank: Tuesday 8h00 to 11h00

**Fees:** meals on wheels: \$5 per meal, food bank: \$5

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

## Home support

### BGC DAWSON - BRIGADE NEIGE

Confidential Address

311

**Website:** montreal.ca/verdun

**Services:** Residential snow removal.

**Eligibility:** people with reduced mobility

**Coverage area:** Verdun

**Hours:** Monday to Friday: 16h30 to 19h30, Saturday and Sunday: 10h00 to 12h00

**Fees:** none

**Financing:** Centraide du Grand Montréal, grants, donations

**Legal status:** non-profit organization

### MAMIES IMMIGRANTES POUR LE DÉVELOPPEMENT ET L'INTÉGRATION

4250 Bannantyne Avenue, Suite 102, Verdun, Montréal, QC, H4G 3J4

514 903-1380

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

**Email:** lesmamies2002@gmail.com

**Services:** \* Information, referral, guidance and support. \* Interpreting services. \* Collective kitchens. \* At-home visits. \* Friendly calls. \* Respite for caregivers: home respite, hospital accompaniment, health walks, friendly visits at home in cases of hospitalization. \* Social development support: storytelling in schools and homes, theater plays. \* Intercultural meetings. \* Introduction to sewing.

**Eligibility:** immigrant and quebec women 50 years and over, caregivers

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h30 to 17h00

**Fees:** annual membership: \$10, respite: \$15 per hour and \$6 for transport

**Financing:** contributions, grants

**Legal status:** non-profit organization

### RÉSEAU-BÉNÉVOLE DE VERDUN

3215 LaSalle Boulevard, Verdun, Montréal, QC, H4G 1Z1

514 761-1773

**Website:** reseau-benevoles-verdun.org/wp

**Email:** r.b.v@videotron.ca

**Services:** \* Grouping of volunteers. \* Friendly visits. \* Meals on wheels. \* Food baskets.

**Eligibility:** people 60 years and over or with a loss of autonomy, food baskets: people 60 years and over on a low income

**Coverage area:** Verdun, Nuns' Island

**Hours:** Monday to Friday 6h00 to 14h00, food bank: Tuesday 8h00 to 11h00

**Fees:** meals on wheels: \$5 per meal, food bank: \$5

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

## Housing for seniors

### CENTRE D'HÉBERGEMENT CHAMPLAIN

1325 Crawford Street, Verdun, Montréal, QC, H4H 2N6

**514 766-8513**

**Website:** [ciusss-centresudmtl.gouv.qc.ca/etablissement/centre-dhebergement-champlain](http://ciusss-centresudmtl.gouv.qc.ca/etablissement/centre-dhebergement-champlain)

**Services:** Public care centre for seniors and people with a loss of autonomy. \* Housing and long term care. \* Day centre. \* Intensive functional rehabilitation and intellectual disability unit.

**Eligibility:** seniors, people with a loss of autonomy

**Capacity:** 228

**Coverage area:** Le Sud-Ouest, Verdun

**Financing:** provincial

**Legal status:** parapublic organization

### CENTRE D'HÉBERGEMENT DE VERDUN

5500 LaSalle Boulevard, Verdun, Montréal, QC, H4H 1N9

**514 769-8801**

**Website:** [ciusss-centresudmtl.gouv.qc.ca/etablissement/centre-dhebergement-de-verdun](http://ciusss-centresudmtl.gouv.qc.ca/etablissement/centre-dhebergement-de-verdun)

**Services:** Public care centre for seniors and people with a loss of autonomy. \* Housing and long term care. \* Day centre with therapeutic services for seniors living at home.

**Eligibility:** seniors, people with a loss of autonomy

**Coverage area:** Le Sud-Ouest, Verdun

**Financing:** provincial

**Legal status:** parapublic organization

### CENTRE D'HÉBERGEMENT RÉAL-MOREL

3500 Wellington Street, Verdun, Montréal, QC, H4G 1T3

**514 761-5874**

**Website:** [ciusss-centresudmtl.gouv.qc.ca/etablissement/centre-dhebergement-real-morel](http://ciusss-centresudmtl.gouv.qc.ca/etablissement/centre-dhebergement-real-morel)

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

**Eligibility:** seniors, people with a loss of autonomy

**Coverage area:** Le Sud-Ouest, Verdun

**Financing:** provincial

**Legal status:** parapublic organization

### HABITATIONS COMMUNAUTAIRES ENTRE-DEUX-ÂGES

3601 Gaétan-Laberge Boulevard, Suite 102, Verdun, Montréal, QC, H4G 0A5

**438 383-4193 ext. 101**

**Website:** [entre-deux-ages.org](http://entre-deux-ages.org)

**Email:** [direction@entre-deux-ages.org](mailto:direction@entre-deux-ages.org)

**Services:** Subsidized and non-subsidized low-rent housing with services. \* 3½ apartments. \* Meal service Monday to Friday. \* Evening and weekend supervision. \* Community support. \* Adapted housing for people with reduced mobility. \* Multifunction community room. \* Recreational activities. \* Informative workshops. \* Rooftop terrace. \* Community garden.

**Eligibility:** people 65 years old and over, autonomous or with a slight loss of autonomy, on a low and moderate income

**Capacity:** 109 apartments

**Coverage area:** Montréal Island

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

**Fees:** 25% of income

**Financing:** provincial

**Legal status:** non-profit organization

## Intergenerational activities

### STATION (LA), CENTRE INTERGÉNÉRATIONNEL DE L'ÎLE-DES-SOURS

201 Berlioz Street, Verdun, Montréal, QC, H3E 1C1

**514 766-4301**

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

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

**Services:** Intergeneration recreational centre. \* Recreational, community, sports and cultural activities. \* Workshops and conferences.

**Eligibility:** youth aged 12 to 17 years old, seniors aged 50 years and over

**Coverage area:** Verdun, Nuns' Island

**Hours:** Monday to Friday 10h00 to 20h00, Saturday 15h00 to 20h00, subject to change, see the program

**Fees:** annual membership: \$20, additional fees for the activities

**Financing:** grants, donations, membership fees

**Legal status:** non-profit organization

## Meals on Wheels

### RÉSEAU-BÉNÉVOLE DE VERDUN

3215 LaSalle Boulevard, Verdun, Montréal, QC, H4G 1Z1

**514 761-1773**

**Website:** [reseau-benevoles-verdun.org/wp](http://reseau-benevoles-verdun.org/wp)

**Email:** [r.b.v@videotron.ca](mailto:r.b.v@videotron.ca)

**Services:** \* Grouping of volunteers. \* Friendly visits. \* Meals on wheels. \* Food baskets.

**Eligibility:** people 60 years and over or with a loss of autonomy, food baskets: people 60 years and over on a low income

**Coverage area:** Verdun, Nuns' Island

**Hours:** Monday to Friday 6h00 to 14h00, food bank: Tuesday 8h00 to 11h00

**Fees:** meals on wheels: \$5 per meal, food bank: \$5

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

## Seniors' Advocacy and Assistance Associations

### ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES

1090 de l'Église Street, Suite 204, Verdun, Montréal, QC, H4G 2N5

**1 877 935-1551 ext. 0**

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

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

**Services:** Advocacy for seniors to improve their living conditions on matters such as income, housing, home care, transportation and health.

**Eligibility:** pre-retired and retired people 50 years old and over

**Coverage area:** Province of Québec

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

**Fees:** annual membership: \$20 per person

**Financing:** provincial, membership fees

**Legal status:** non-profit organization

**LEGAL AID OFFICE - SUD-OUEST**

4250 Wellington Street, Suite 200, Verdun, Montréal, QC, H4G 1W2

**514 864-2111 ext. 6550 Fax:** 514 864-9451

**Website:** [www.aidejuridiquedemontreal.ca/en/find-a-service-point](http://www.aidejuridiquedemontreal.ca/en/find-a-service-point)

**Email:** [baj.sudouest@ccjm.qc.ca](mailto:baj.sudouest@ccjm.qc.ca)

**Services:** Legal aid office in civil and family Law.

**Eligibility:** person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law

**Coverage area:** Côte-Des-Neiges-Notre-Dame-De-Grâce, Lachine, Lasalle, Le Sud-Ouest, Westmount

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

**Fees:** people may be eligible for free legal aid or contributory legal aid between \$100 and 800, depending on their financial situation, see scale on the website

**Financing:** self-financing

**Legal status:** parapublic organization

**MCGILL UNIVERSITY RESEARCH CENTRE FOR STUDIES IN AGING**

6825 LaSalle Boulevard, Verdun, Montréal, QC, H4H 1R3

**514 766-2010 Fax:** 514 888-4050

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

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

**Services:** Neurology and gerontology research centre. \* Alzheimer's and cognitive diseases clinic: risk assessment, early diagnosis, treatment, follow-up and referral. \* Support group for family members of people living with a cognitive problem. \* Information line. \* Education and training. \* Brainy Boomers Lecture Series: online lectures. \* Exercise for the elderly on Youtube: [click here](#)

**Eligibility:** neurology clinic: people living with a cognitive impairment or Parkinson's disease, people with a parent suffering from neurocognitive impairment

**Coverage area:** Greater Montréal

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

**Fees:** none

**Financing:** provincial

**Legal status:** parapublic organization

**TABLE DE CONCERTATION DES RESSOURCES POUR AÎNÉS DE VERDUN**

4501 Bannantyne Street, Suite 125, Verdun, Montréal, QC, H4G 1E3

**438 820-5119**

**Website:** [www.ainesov.com](http://www.ainesov.com)

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

**Services:** Consultation of organizations working with senior citizens. \* Collective advocacy. \* Promotion of activities for seniors. \* Active aging support. \* Promotion of health and safety services. \* Events and conferences.

**Eligibility:** seniors, organizations working with seniors

**Coverage area:** Verdun

**Fees:** none

**Financing:** grants

**Legal status:** non-profit organization

## Volunteer Transportation

### RÉSEAU-BÉNÉVOLE DE VERDUN - ACCOMPANIMENT-TRANSPORTATION

3215 LaSalle Boulevard, Verdun, Montréal, QC, H4G 1Z1

**514 761-1773** Fax: 514 761-1020

**Website:** [reseau-benevoles-verdun.org/wp](http://reseau-benevoles-verdun.org/wp)

**Email:** [r.b.v@videotron.ca](mailto:r.b.v@videotron.ca)

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

**Eligibility:** people 65 years and over with a slight or temporary loss of autonomy or people with a geriatric profile

**Coverage area:** Verdun, Nuns' Island, appointment: Montréal Island, South Shore according to volunteers' availability

**Hours:** Monday to Friday 5h00 to 13h00, closed during the Christmas and summer holidays

**Fees:** membership card: free, transportation: variable

**Financing:** provincial, fundraising campaigns, self-financing

**Legal status:** non-profit organization

**Sex and gender**

**LGBTQ ASSOCIATIONS**

**WOMEN'S CENTRES**

**WOMEN'S ASSOCIATIONS**

## LGBTQ associations

### CENTRE DES FEMMES DE VERDUN

3488 de Verdun Street, Verdun, Montréal, QC, H4G 1V4

**514 767-0384**

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

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

**Services:** Welcoming, safe, inclusive and feminist space seeking to ensure rights and interests advocacy for women and gender-diverse people, in a perspective of social change. \* Reception, listening and referral. \* Pre-abortion consultation. \* Socialization activities: lunch talks, creative evenings, etc. \* Workshops and discussion activities on various social issues. \* Global wellness activities: Pilates, walking club, yoga, meditation, etc. \* Mobilizations and collective actions. \* Involvement and volunteering. \* Distribution of menstruation supplies and pregnancy tests.

**Eligibility:** women, gender-diverse people

**Coverage area:** mostly Verdun

**Hours:** schedule subject to change, consult the seasonal program or call for opening hours

**Fees:** none

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

**Legal status:** non-profit organization

## Women's centres

### CENTRE DES FEMMES DE VERDUN

3488 de Verdun Street, Verdun, Montréal, QC, H4G 1V4

**514 767-0384**

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

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

**Services:** Welcoming, safe, inclusive and feminist space seeking to ensure rights and interests advocacy for women and gender-diverse people, in a perspective of social change. \* Reception, listening and referral. \* Pre-abortion consultation. \* Socialization activities: lunch talks, creative evenings, etc. \* Workshops and discussion activities on various social issues. \* Global wellness activities: Pilates, walking club, yoga, meditation, etc. \* Mobilizations and collective actions. \* Involvement and volunteering. \* Distribution of menstruation supplies and pregnancy tests.

**Eligibility:** women, gender-diverse people

**Coverage area:** mostly Verdun

**Hours:** schedule subject to change, consult the seasonal program or call for opening hours

**Fees:** none

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

**Legal status:** non-profit organization

### MAMIES IMMIGRANTES POUR LE DÉVELOPPEMENT ET L'INTÉGRATION

4250 Bannantyne Avenue, Suite 102, Verdun, Montréal, QC, H4G 3J4

**514 903-1380**

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

**Email:** [lesmamies2002@gmail.com](mailto:lesmamies2002@gmail.com)

**Services:** \* Information, referral, guidance and support. \* Interpreting services. \* Collective kitchens. \* At-home visits. \* Friendly calls. \* Respite for caregivers: home respite, hospital accompaniment, health walks, friendly visits at home in cases of hospitalization. \* Social development support: storytelling in schools and homes, theater plays. \* Intercultural meetings. \* Introduction to sewing.

**Eligibility:** immigrant and quebec women 50 years and over, caregivers

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h30 to 17h00

**Fees:** annual membership: \$10, respite: \$15 per hour and \$6 for transport

**Financing:** contributions, grants

**Legal status:** non-profit organization

## Women's associations

### **CENTRE DES FEMMES DE VERDUN**

3488 de Verdun Street, Verdun, Montréal, QC, H4G 1V4

**514 767-0384**

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

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

**Services:** Welcoming, safe, inclusive and feminist space seeking to ensure rights and interests advocacy for women and gender-diverse people, in a perspective of social change. \* Reception, listening and referral. \* Pre-abortion consultation. \* Socialization activities: lunch talks, creative evenings, etc. \* Workshops and discussion activities on various social issues. \* Global wellness activities: Pilates, walking club, yoga, meditation, etc. \* Mobilizations and collective actions. \* Involvement and volunteering. \* Distribution of menstruation supplies and pregnancy tests.

**Eligibility:** women, gender-diverse people

**Coverage area:** mostly Verdun

**Hours:** schedule subject to change, consult the seasonal program or call for opening hours

**Fees:** none

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

**Legal status:** non-profit organization

**Sports, Recreation and Culture**

**ARTS AND CULTURE**

**CLUBS AND SOCIAL EVENTS**

**COMMUNITY RECREATION CENTRES**

**DAY CAMPS AND SPECIALIZED CAMPS**

**HOBBIES**

**LIBRARIES**

**SPORT**

**SPORTS AND RECREATION FOR PEOPLE WITH A DISABILITY**

## Arts and culture

### BIBLIOTHÈQUES DE MONTRÉAL - ÎLE-DES-SOEURS LIBRARY

260 Elgar Street, Verdun, Montréal, QC, H3E 1C9

**514 765-7266**

**Website:** [montreal.ca/en/places/bibliotheque-de-lile-des-soeurs](http://montreal.ca/en/places/bibliotheque-de-lile-des-soeurs)

**Services:** \* Loan and consultation of printed, audiovisual and digital documents. \* Computers, Internet access and printing devices. \* Story time. \* Book club for children. \* Book club for adults. \* Workshops, conferences and exhibitions. \* Work rooms.

**Eligibility:** general public

**Coverage area:** Montréal

**Hours:** Monday to Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 17h00

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

**Financing:** municipal, provincial

**Legal status:** municipal agency

### BIBLIOTHÈQUES DE MONTRÉAL - JACQUELINE-DE-REPENTIGNY LIBRARY

5955 Bannantyne Street, Verdun, Montréal, QC, H4H 1H6

**514 765-7172**

**Website:** [montreal.ca/en/places/bibliotheque-jacqueline-de-repentigny](http://montreal.ca/en/places/bibliotheque-jacqueline-de-repentigny)

**Email:** [questions\\_bibliosverdun@montreal.ca](mailto:questions_bibliosverdun@montreal.ca)

**Services:** \* Loan and consultation of books, audiovisual and digital documents. \* Computers, Internet access and printing devices. \* Story time. \* Book club for children. \* Book club for adults. \* Early literacy workshops. \* Workshops, conferences and exhibitions. \* Loan of music instruments. \* Loan of seeds.

**Eligibility:** general public

**Coverage area:** Montréal

**Hours:** Monday, Thursday and Friday 10h00 to 18h00, Tuesday and Wednesday 12h00 to 20h00, Saturday and Sunday 10h00 to 17h00

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

**Financing:** municipal, provincial

**Legal status:** municipal agency

### COOPÉRATIVE DE SOLIDARITÉ ABONDANCE URBAINE SOLIDAIRE

6049 LaSalle Boulevard, Verdun, Montréal, QC, H4H 2T1

**Website:** [coopcaus.org/en\\_ca](http://coopcaus.org/en_ca)

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

**Services:** Cooperative for the promotion of local food. \* Food bank. \* Online local food market. \* Farmers' markets. \* Multi-CAUS, general store at 6049 LaSalle Boulevard, Verdun, H4H 1M8. \* Community garden in greenhouse. \* Kiosks Les saveurs d'été: food kiosks. \* Compost production, food waste recovery. \* Community centre and meeting room. \* Local cinema. \* Public restrooms.

**Eligibility:** people who want to eat locally produced food, food producers

**Capacity:** 110

**Coverage area:** Montréal Island, mainly Verdun

**Hours:** food bank: Wednesdays 15h30 to 17h30, farmer's market from June 7th to November 1st 2023:

Wednesday 15h00 to 17h00 (5955 Bannantyne Street, Verdun), Multi-CAUS: Wednesday, Thursday and Friday 15h00 to 19h00, Saturday and Sunday 10h00 to 17h00

**Fees:** consumer members: \$10 per year, producer and worker members: variable, community garden: \$500 per year, food bank: \$7 per week

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

**Legal status:** non-profit organization

## Clubs and social events

### CENTRE COMMUNAUTAIRE POUR AÎNÉS DE VERDUN

4501 Bannantyne Street, Suite 125, Verdun, Montréal, QC, H4G 1E3

**514 765-7213**

**Email:** aines125@hotmail.com

**Services:** \* Reception and information. \* Biblio-aînés. \* Social, educational and recreational activities. \* Snack bar. \* Dance and fitness. \* Craft activities: mandalas, knitting and diamond painting. \* Coffee-chats. \* Tax clinic.

**Eligibility:** people 50 years and over

**Capacity:** up to 800 members

**Coverage area:** Verdun

**Hours:** Monday to Friday 9h00 to 15h30, activities: variable, 2024 summer schedule: closed from June 14 to September 3

**Fees:** membership: \$12 per year

**Financing:** self-financing, membership fees, grants, municipal

**Legal status:** non-profit organization

### CENTRE DES FEMMES DE VERDUN

3488 de Verdun Street, Verdun, Montréal, QC, H4G 1V4

**514 767-0384**

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

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

**Services:** Welcoming, safe, inclusive and feminist space seeking to ensure rights and interests advocacy for women and gender-diverse people, in a perspective of social change. \* Reception, listening and referral. \* Pre-abortion consultation. \* Socialization activities: lunch talks, creative evenings, etc. \* Workshops and discussion activities on various social issues. \* Global wellness activities: Pilates, walking club, yoga, meditation, etc. \* Mobilizations and collective actions. \* Involvement and volunteering. \* Distribution of menstruation supplies and pregnancy tests.

**Eligibility:** women, gender-diverse people

**Coverage area:** mostly Verdun

**Hours:** schedule subject to change, consult the seasonal program or call for opening hours

**Fees:** none

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

**Legal status:** non-profit organization

### CENTRE SOCIAL D'AIDE AUX IMMIGRANTS - VERDUN

3782 Wellington Street, Verdun, Montréal, QC, H4G 1V2

**514 932-2953** Fax: 514 932-4544

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

**Email:** [csai@centrecsai.org](mailto:csai@centrecsai.org)

**Services:** \* Reception and integration. \* Information and guidance. \* Counselling and individual support. \* Assistance with immigration forms and citizenship application. \* Certification of documents. \* Sociocultural activities. \* Francization: part-time French classes. \* French and English conversation workshops. \* Day care. \* Volunteering. \* Tax clinic.

**Eligibility:** permanent residents for less than 5 years, foreign students, temporary workers, government-assisted refugees, asylum seekers

**Coverage area:** Montréal Island

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

**Fees:** certification: \$5, certified copies: \$5, other services: free

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

**Legal status:** non-profit organization

**MAAH FOUNDATION**

Confidential Address

**514 678-4499****Website:** www.villageafricain-maah.org**Email:** info@maah.ca**Services:** \* Promotion of African culture and social inclusion. \* Information and referral related to job search and social assistance.**Eligibility:** people on a low income, mostly of African origin**Coverage area:** Montréal Island**Hours:** Monday to Friday 9h00 to 17h30**Fees:** none**Financing:** donations, self-financing**Legal status:** non-profit organization**MAISON D'ACCUEIL DES NOUVEAUX ARRIVANTS - ÎLE DES SOEURS**

1 Place du Commerce, Suite 320, Verdun, Montréal, QC, H3E 1A2

**438 837-9223****Website:** manamtl.org**Email:** info@manamtl.org**Services:** Organization that supports and helps the integration of newcomers. Food \* Food support program for children during school lunches: meals, supervision, activities. \* Food bank. \* Online directory of food banks. Material assistance, housing and income \* Assistance in house searching. \* Support in opening a bank account. \* Help in finding a job, information and professional integration. \* Donation of clothing and furniture. \* Tax clinic. Youth and Family \* Information and registration for public services: school registration, help in finding daycare, etc. \* Logistical support between parents and school and orientation in school services. \* Homework assistance. \* Social activities and educational conferences for parents. \* Distribution of school supplies. Immigration \* Translation and oaths of documents. \* Referral to legal and migration advisors. \* Information and assistance in accessing health services through the Interim Federal Health Program (IFHP). \* French courses for youth in welcome classes and for adults. Recreational activities \* Sports, arts and leisure activities. \* Winter festival.**Eligibility:** immigrants and refugees, lunchtime food support: students from Île-des-Soeurs Elementary School**Coverage area:** Verdun**Hours:** Monday to Friday 9h00 to 16h00, food bank: Monday 15h30 to 18h30**Fees:** variable**Financing:** municipal, donations**Legal status:** non-profit organization**PROJET P.A.L. - ALTERNATIVE RESOURCE IN MENTAL HEALTH**

861 de l'Église Street, Verdun, Montréal, QC, H4G 2N3

**514 767-4701 Fax:** 514 767-5304**Website:** www.projetpal.com**Email:** info@projetpal.com**Services:** \* Community centre with activities, outings and special events. \* Community meals. \* Logi-P.A.L.: affordable housing. \* Maison Cap: transitional housing with intensive monitoring. \* Sous le toit de P.A.L.: permanent housing with community support. \* Advocacy of rights. \* Christmas dinner and celebration.**Eligibility:** people living with mental health problems**Coverage area:** Le Sud-Ouest in priority, Verdun**Hours:** variable**Fees:** membership: \$2**Financing:** provincial, Centraide of Greater Montréal**Legal status:** non-profit organization

**TABLE DE CONCERTATION DES RESSOURCES POUR AÎNÉS DE VERDUN**

4501 Bannantyne Street, Suite 125, Verdun, Montréal, QC, H4G 1E3

**438 820-5119**

**Website:** www.ainesov.com

**Email:** concertationainesverdun@gmail.com

**Services:** Consultation of organizations working with senior citizens. \* Collective advocacy. \* Promotion of activities for seniors. \* Active aging support. \* Promotion of health and safety services. \* Events and conferences.

**Eligibility:** seniors, organizations working with seniors

**Coverage area:** Verdun

**Fees:** none

**Financing:** grants

**Legal status:** non-profit organization

**Community recreation centres****BGC DAWSON**

666 Woodland Street, Verdun, Montréal, QC, H4H 1V8

**514 767-9967 Fax:** 514 767-7336

**Website:** www.bgcdawson.ca

**Email:** info@bgcdawson.ca

**Services:** \* Social, recreational and educational programs: parent-child, after school, teen, young adult and senior groups. \* Room rental for community organizations. \* Summer day camp for children and teenagers. \* Un plant de tomates à la fois: collective garden. \* Respite for parents of children 6 months to 5 years old. \* Tax clinic. \* Residential snow removal.

**Eligibility:** parent-child group: children 0 to 5 years old, afterschool group: children 5 to 12 years old, teen group: youth 13 to 17 years old, young adult group: people 18 to 30 years old, senior group: seniors 50 years and over

**Coverage area:** Verdun and surroundings

**Hours:** Wednesday and Friday 8h00 to 21h00, Monday 8h00 to 18h00, Tuesday and Thursday 8h00 to 23h00

**Fees:** membership: \$15, activities: variable

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

**Legal status:** non-profit organization

**BOUGER ET VIVRE**

4501 Bannantyne Street, Verdun, Montréal, QC, H4G 1E3

**438 836-1559**

**Email:** bouger.vivre@gmail.com

**Services:** Organization helping seniors stay in their homes and improve the quality of life of adults with mobility problems or chronic illnesses. \* Individualized fitness programs under the supervision of a kinesiologist. \* Group activities: muscle strengthening, walking with sticks, adapted boxing.

**Eligibility:** seniors, adults living with mobility problem or chronic illness

**Coverage area:** Montréal Island

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

**Fees:** annual subscription: \$20, subscription package: \$23 for 1 month, \$120 for 6 months, \$240 for 1 year

**Financing:** self-financing, donations

**Legal status:** non-profit organization

**CENTRE COMMUNAUTAIRE POUR AÎNÉS DE VERDUN**

4501 Bannantyne Street, Suite 125, Verdun, Montréal, QC, H4G 1E3

**514 765-7213**

**Email:** aines125@hotmail.com

**Services:** \* Reception and information. \* Biblio-aînés. \* Social, educational and recreational activities. \* Snack bar. \* Dance and fitness. \* Craft activities: mandalas, knitting and diamond painting. \* Coffee-chats. \* Tax clinic.

**Eligibility:** people 50 years and over

**Capacity:** up to 800 members

**Coverage area:** Verdun

**Hours:** Monday to Friday 9h00 to 15h30, activities: variable, 2024 summer schedule: closed from June 14 to September 3

**Fees:** membership: \$12 per year

**Financing:** self-financing, membership fees, grants, municipal

**Legal status:** non-profit organization

**MAISON DES FAMILLES DE VERDUN (LA)**

259 1st Avenue, Verdun, Montréal, QC, H4G 2V6

**514 762-3399** Fax: 514 769-9216

**Website:** www.famillesverdun.com

**Email:** mfv.inscription@gmail.com

**Services:** \* Respite. \* Recreational and sporting activities, family outings. \* Workshops and conferences for parents. \* Temporary housing for fathers with psychosocial assistance. \* Support and discussion group on parenting and family issues. \* Nobody's perfect program: education, information and support for parents of children under 5 years old. \* Karibou program: parent-child motor skills development workshops for children 12 months to 4 years old. \* Ruche d'art: free time for artistic activities between parents and their children 3 to 12 years old. \* School preparation for children 0 to 5 years old. \* Support and referral.

**Eligibility:** families with children 0 to 12 years old, respite children 6 months to 5 years old.

**Capacity:** support group: 10 to 12 people per meeting

**Coverage area:** Verdun, Le Sud-Ouest

**Hours:** Monday to Thursday variable hours between 9h00 to 16h30, weekend activities and other events, monthly calendar on Facebook and the website.

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

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

**Legal status:** non-profit organization

**MAISON DES JEUNES POINT DE MIRE (LA)**

3882 Wellington Street, Verdun, Montréal, QC, H4G 1V2

**514 767-9301**

**Website:** www.mdjpointdemire.com

**Email:** pointmire@hotmail.com

**Services:** \* Social, cultural and sporting activities. \* Prevention. \* Meals. \* Winter and summer camps.

**Eligibility:** youth 12 to 17 years old

**Coverage area:** Montréal Island

**Hours:** Monday to Thursday 15h00 to 22h00

**Fees:** membership: \$2.50 per year, meals: free, activities: variable

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

**Legal status:** non-profit organization

**REPÈRE DES JEUNES ÎLE-DES-SOEURS (LE)**

260 Elgar Street, Verdun, Montréal, QC, H3E 1C9

**514 769-4835**

**Services:** Gathering and recreational place. \* Indoor and outdoor sports. \* Training. \* Support to citizen initiatives. \* Outreach. \* Recreational activities: video games, pool, ping pong and baby foot.

**Eligibility:** teenagers 10 to 17 years

**Capacity:** 18 people

**Coverage area:** Nuns' Island, Verdun

**Hours:** Monday to Friday 15h00 to 21h00

**Financing:** provincial, municipal

**Legal status:** non-profit organization

### **STATION (LA), CENTRE INTERGÉNÉRATIONNEL DE L'ÎLE-DES-SOURS**

201 Berlioz Street, Verdun, Montréal, QC, H3E 1C1

**514 766-4301**

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

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

**Services:** Intergeneration recreational centre. \* Recreational, community, sports and cultural activities. \* Workshops and conferences.

**Eligibility:** youth aged 12 to 17 years old, seniors aged 50 years and over

**Coverage area:** Verdun, Nuns' Island

**Hours:** Monday to Friday 10h00 to 20h00, Saturday 15h00 to 20h00, subject to change, see the program

**Fees:** annual membership: \$20, additional fees for the activities

**Financing:** grants, donations, membership fees

**Legal status:** non-profit organization

### **TOUJOURS ENSEMBLE**

4926 de Verdun Street, Verdun, Montréal, QC, H4G 1N3

**514 761-7867** Fax: 514 761-2614

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

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

**Services:** \* Educational activities: tutoring, scholarships, library. \* Recreational activities: after-school activities, day camp, trips. \* Sporting activities. \* Fight against poverty: school lunches. \* Christmas baskets. \* Sac à dos program: academic perseverance for primary school students. \* Pathways to Education program: prevention of dropout among high school students. \* Distribution of school supplies, for members.

**Eligibility:** youth 9 to 17 years old

**Coverage area:** Verdun, Pathways to Education program: between Moffat Street and Highway 15

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

**Fees:** contribution: \$25 per year

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

**Legal status:** non-profit organization

## **Day camps and specialized camps**

### **ACTION PRÉVENTION VERDUN**

4609 de Verdun Street, Suite 3, Verdun, Montréal, QC, H4G 1M6

**514 769-8079**

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

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

**Services:** \* Coordination, development, planning and management support of safety and well-being programs. \* Preventive actions, information sessions and citizen involvement. \* Representative of the Montreal Urban Safety Tandem program. \* Community outreach work for vulnerable seniors 50 years old and over (ITMAV): phone listening, psychosocial support, referrals and friendly visits. \* Free and confidential mediation between citizens or organizations. \* La Station: Nun's Island intergenerational community centre, open admission for teenagers from 12 to 17 years old. \* Camp de l'île: summer and spring break day camp for 4 to 12 year olds.

**Eligibility:** children, teens, adults, women, seniors, families

**Coverage area:** Verdun

**Hours:** La Station: Monday to Friday 10h00 to 20h00

**Financing:** grants

**Legal status:** non-profit organization

### **ANCRE DES JEUNES (L')**

3565 LaSalle Boulevard, Verdun, Montréal, QC, H4G 1Z5

**514 769-1654**

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

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

**Services:** Dropout prevention. \* Homework assistance. \* Awareness workshops. \* Summer day camp. \*

Dropout support program: academic training, individualized psychosocial support and arts and crafts workshops for 13 to 16-year-olds. \* Branché sur ton Avenir program: academic support and coaching for 16 to 20-year-olds enrolled in adult distance education.

**Eligibility:** youth in difficulty 9 to 13 years old, young dropouts 13 to 20 years old

**Coverage area:** Le Sud-Ouest, Lasalle, Lachine, Verdun

**Hours:** Monday to Thursday 9h00 to 17h00, Friday 9h00 to 13h30

**Fees:** variable

**Financing:** Centraide of Greater Montreal, donations, self-financing, provincial, municipal

**Legal status:** non-profit organization

### **BGC DAWSON**

666 Woodland Street, Verdun, Montréal, QC, H4H 1V8

**514 767-9967** Fax: 514 767-7336

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

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

**Services:** \* Social, recreational and educational programs: parent-child, after school, teen, young adult and senior groups. \* Room rental for community organizations. \* Summer day camp for children and teenagers. \*

Un plant de tomates à la fois: collective garden. \* Respite for parents of children 6 months to 5 years old. \* Tax clinic. \* Residential snow removal.

**Eligibility:** parent-child group: children 0 to 5 years old, afterschool group: children 5 to 12 years old, teen group: youth 13 to 17 years old, young adult group: people 18 to 30 years old, senior group: seniors 50 years and over

**Coverage area:** Verdun and surroundings

**Hours:** Wednesday and Friday 8h00 to 21h00, Monday 8h00 to 18h00, Tuesday and Thursday 8h00 to 23h00

**Fees:** membership: \$15, activities: variable

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

**Legal status:** non-profit organization

### **TOUJOURS ENSEMBLE**

4926 de Verdun Street, Verdun, Montréal, QC, H4G 1N3

**514 761-7867** Fax: 514 761-2614

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

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

**Services:** \* Educational activities: tutoring, scholarships, library. \* Recreational activities: after-school activities, day camp, trips. \* Sporting activities. \* Fight against poverty: school lunches. \* Christmas baskets. \* Sac à dos program: academic perseverance for primary school students. \* Pathways to Education program: prevention of dropout among high school students. \* Distribution of school supplies, for members.

**Eligibility:** youth 9 to 17 years old

**Coverage area:** Verdun, Pathways to Education program: between Moffat Street and Highway 15

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

**Fees:** contribution: \$25 per year

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

**Legal status:** non-profit organization

## Hobbies

### CENTRE COMMUNAUTAIRE POUR AÎNÉS DE VERDUN

4501 Bannantyne Street, Suite 125, Verdun, Montréal, QC, H4G 1E3

**514 765-7213**

**Email:** aines125@hotmail.com

**Services:** \* Reception and information. \* Biblio-aînés. \* Social, educational and recreational activities. \* Snack bar. \* Dance and fitness. \* Craft activities: mandalas, knitting and diamond painting. \* Coffee-chats. \* Tax clinic.

**Eligibility:** people 50 years and over

**Capacity:** up to 800 members

**Coverage area:** Verdun

**Hours:** Monday to Friday 9h00 to 15h30, activities: variable, 2024 summer schedule: closed from June 14 to September 3

**Fees:** membership: \$12 per year

**Financing:** self-financing, membership fees, grants, municipal

**Legal status:** non-profit organization

### CENTRE DES FEMMES DE VERDUN

3488 de Verdun Street, Verdun, Montréal, QC, H4G 1V4

**514 767-0384**

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

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

**Services:** Welcoming, safe, inclusive and feminist space seeking to ensure rights and interests advocacy for women and gender-diverse people, in a perspective of social change. \* Reception, listening and referral. \* Pre-abortion consultation. \* Socialization activities: lunch talks, creative evenings, etc. \* Workshops and discussion activities on various social issues. \* Global wellness activities: Pilates, walking club, yoga, meditation, etc. \* Mobilizations and collective actions. \* Involvement and volunteering. \* Distribution of menstruation supplies and pregnancy tests.

**Eligibility:** women, gender-diverse people

**Coverage area:** mostly Verdun

**Hours:** schedule subject to change, consult the seasonal program or call for opening hours

**Fees:** none

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

**Legal status:** non-profit organization

### GRAND POTAGER

7000 LaSalle Boulevard, Verdun, Montréal, QC, H4H 2T1

**514 248-4901**

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

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

**Services:** Urban agriculture resource centre. \* Garden seedling production. \* Grouping of food security and seedling projects. \* Support and resources to urban agriculture community groups. \* Social economy development.

**Eligibility:** urban agriculture community organizations, citizens

**Coverage area:** Greater Montréal, priority to Verdun

**Hours:** by appointment

**Financing:** grants

**Legal status:** non-profit organization

**TOUJOURS ENSEMBLE**

4926 de Verdun Street, Verdun, Montréal, QC, H4G 1N3

**514 761-7867** Fax: 514 761-2614

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

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

**Services:** \* Educational activities: tutoring, scholarships, library. \* Recreational activities: after-school activities, day camp, trips. \* Sporting activities. \* Fight against poverty: school lunches. \* Christmas baskets. \* Sac à dos program: academic perseverance for primary school students. \* Pathways to Education program: prevention of dropout among high school students. \* Distribution of school supplies, for members.

**Eligibility:** youth 9 to 17 years old

**Coverage area:** Verdun, Pathways to Education program: between Moffat Street and Highway 15

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

**Fees:** contribution: \$25 per year

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

**Legal status:** non-profit organization

**Libraries****BIBLIOTHÈQUES DE MONTRÉAL - ÎLE-DES-SOEURS LIBRARY**

260 Elgar Street, Verdun, Montréal, QC, H3E 1C9

**514 765-7266**

**Website:** [montreal.ca/en/places/bibliotheque-de-lile-des-soeurs](http://montreal.ca/en/places/bibliotheque-de-lile-des-soeurs)

**Services:** \* Loan and consultation of printed, audiovisual and digital documents. \* Computers, Internet access and printing devices. \* Story time. \* Book club for children. \* Book club for adults. \* Workshops, conferences and exhibitions. \* Work rooms.

**Eligibility:** general public

**Coverage area:** Montréal

**Hours:** Monday to Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 17h00

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

**Financing:** municipal, provincial

**Legal status:** municipal agency

**BIBLIOTHÈQUES DE MONTRÉAL - JACQUELINE-DE-REPENTIGNY LIBRARY**

5955 Bannantyne Street, Verdun, Montréal, QC, H4H 1H6

**514 765-7172**

**Website:** [montreal.ca/en/places/bibliotheque-jacqueline-de-repentigny](http://montreal.ca/en/places/bibliotheque-jacqueline-de-repentigny)

**Email:** [questions\\_bibliosverdun@montreal.ca](mailto:questions_bibliosverdun@montreal.ca)

**Services:** \* Loan and consultation of books, audiovisual and digital documents. \* Computers, Internet access and printing devices. \* Story time. \* Book club for children. \* Book club for adults. \* Early literacy workshops. \* Workshops, conferences and exhibitions. \* Loan of music instruments. \* Loan of seeds.

**Eligibility:** general public

**Coverage area:** Montréal

**Hours:** Monday, Thursday and Friday 10h00 to 18h00, Tuesday and Wednesday 12h00 to 20h00, Saturday and Sunday 10h00 to 17h00

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

**Financing:** municipal, provincial

**Legal status:** municipal agency

## Sport

### CENTRE DES FEMMES DE VERDUN

3488 de Verdun Street, Verdun, Montréal, QC, H4G 1V4

**514 767-0384**

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

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

**Services:** Welcoming, safe, inclusive and feminist space seeking to ensure rights and interests advocacy for women and gender-diverse people, in a perspective of social change. \* Reception, listening and referral. \* Pre-abortion consultation. \* Socialization activities: lunch talks, creative evenings, etc. \* Workshops and discussion activities on various social issues. \* Global wellness activities: Pilates, walking club, yoga, meditation, etc. \* Mobilizations and collective actions. \* Involvement and volunteering. \* Distribution of menstruation supplies and pregnancy tests.

**Eligibility:** women, gender-diverse people

**Coverage area:** mostly Verdun

**Hours:** schedule subject to change, consult the seasonal program or call for opening hours

**Fees:** none

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

**Legal status:** non-profit organization

### FABRIQUE OF THE PARISH OF SAINT WILLIBRORD'S (THE)

351 Willibrord Street, Verdun, Montréal, QC, H4G 2T7

**514 769-9678** Fax: 514 761-1717

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

**Email:** [office@stwill.ca](mailto:office@stwill.ca)

**Services:** \* Food Bank. \* Donations and low cost sales of used household items. \* Christmas baskets with food and household products.

**Eligibility:** people on a low income, people in need of assistance and community support

**Coverage area:** Verdun

**Hours:** food bank: Wednesday and Friday 13h00 to 14h30, donations: Tuesday to Friday 9h30 to 12h00

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

## Sports and recreation for people with a disability

### PROJET P.A.L - ALTERNATIVE RESOURCE IN MENTAL HEALTH

861 de l'Église Street, Verdun, Montréal, QC, H4G 2N3

**514 767-4701** Fax: 514 767-5304

**Website:** [www.projetpal.com](http://www.projetpal.com)

**Email:** [info@projetpal.com](mailto:info@projetpal.com)

**Services:** \* Community centre with activities, outings and special events. \* Community meals. \* Logi-P.A.L.: affordable housing. \* Maison Cap: transitional housing with intensive monitoring. \* Sous le toit de P.A.L.: permanent housing with community support. \* Advocacy of rights. \* Christmas dinner and celebration.

**Eligibility:** people living with mental health problems

**Coverage area:** Le Sud-Ouest in priority, Verdun

**Hours:** variable

**Fees:** membership: \$2

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

**Legal status:** non-profit organization

## **Thrift store and material aid**

**CLOTHING**

**DONATION PICK-UPS**

**SCHOOL SUPPLIES**

**THRIFT STORES**

## Clothing

### CASA C.A.F.I. (CENTRE D'AIDE AUX FAMILLES IMMIGRANTES)

5315 Wellington Street, Verdun, Montréal, QC, H4H 1N3

**514 844-3340** Fax: 514 844-1416

**Website:** centrecasacafi.org

**Email:** casacafi@msn.com

**Services:** Guidance, information and assistance. \* Job search assistance. \* Emergency and regular food assistance. \* Christmas baskets for food assistance regulars. \* Collective kitchens. \* Baby food. \* Community meals. \* Information on immigration laws. \* Cultural activities. \* Daycare. \* Workshops for parents. \* Workshops on rights and on resources. \* Recovery and donation of used items: clothing, household items, mattresses, books, toys, sports equipment, appliances, furniture.

**Eligibility:** immigrants, people from cultural minorities

**Coverage area:** Verdun

**Hours:** Monday to Friday 9h00 to 17h00, food bank: Monday to Friday 10h00 to 16h30, by appointment

**Fees:** food bank: \$7

**Financing:** fundraising campaigns, self-financing, provincial, municipal

**Legal status:** non-profit organization

### CHANTIER D'AFRIQUE DU CANADA

4740 Wellington Street, Suite 203, Verdun, Montréal, QC, H4G 1X3

**514 767-6200** Fax: 514 766-9354

**Email:** info@chafric.ca

**Services:** Support for people from ethnocultural minorities, particularly of African origin, in their process of social, cultural and economic integration. \* Carrefour entrepreneur: training in entrepreneurial leadership and sales, individual and personalized coaching, conferences and networking, collaborative workshops, mentoring and Club entrepreneur. \* Women and leadership: coffee leadership, tontine circle, training, thematic workshops and business networking for women. \* Family and youth: educational talk, regional advisory committee, online education forums, contests, Jeunes ambassadeurs itinérants initiative, anti-racism and discrimination outreach, conferences and leadership training workshops. \* Winter clothing donations for women and children.

**Eligibility:** people of immigrant background and racialized groups, Afro-descendant people

**Coverage area:** Greater Montréal

**Hours:** by appointment, Monday to Friday 9h30 to 17h00

**Fees:** variable

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

**Legal status:** non-profit organization

### FABRIQUE OF THE PARISH OF SAINT WILLIBRORD'S (THE)

351 Willibrord Street, Verdun, Montréal, QC, H4G 2T7

**514 769-9678** Fax: 514 761-1717

**Website:** www.stwill.ca

**Email:** office@stwill.ca

**Services:** \* Food Bank. \* Donations and low cost sales of used household items. \* Christmas baskets with food and household products.

**Eligibility:** people on a low income, people in need of assistance and community support

**Coverage area:** Verdun

**Hours:** food bank: Wednesday and Friday 13h00 to 14h30, donations: Tuesday to Friday 9h30 to 12h00

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

**MAISON D'ACCUEIL DES NOUVEAUX ARRIVANTS - ÎLE DES SOEURS**

1 Place du Commerce, Suite 320, Verdun, Montréal, QC, H3E 1A2

**438 837-9223**

**Website:** manamtl.org

**Email:** info@manamtl.org

**Services:** Organization that supports and helps the integration of newcomers. Food \* Food support program for children during school lunches: meals, supervision, activities. \* Food bank. \* Online directory of food banks. Material assistance, housing and income \* Assistance in house searching. \* Support in opening a bank account. \* Help in finding a job, information and professional integration. \* Donation of clothing and furniture. \* Tax clinic. Youth and Family \* Information and registration for public services: school registration, help in finding daycare, etc. \* Logistical support between parents and school and orientation in school services. \* Homework assistance. \* Social activities and educational conferences for parents. \* Distribution of school supplies. Immigration \* Translation and oaths of documents. \* Referral to legal and migration advisors. \* Information and assistance in accessing health services through the Interim Federal Health Program (IFHP). \* French courses for youth in welcome classes and for adults. Recreational activities \* Sports, arts and leisure activities. \* Winter festival.

**Eligibility:** immigrants and refugees, lunchtime food support: students from Île-des-Soeurs Elementary School

**Coverage area:** Verdun

**Hours:** Monday to Friday 9h00 to 16h00, food bank: Monday 15h30 to 18h30

**Fees:** variable

**Financing:** municipal, donations

**Legal status:** non-profit organization

**Donation pick-ups****ASSOCIATION ENTRE TES MAINS**

383 de L'Église Street, Verdun, Montréal, QC, H4G 2M5

**514 767-2444**

**Website:** www.entretesmains.com

**Email:** associationentretesmains@videotron.ca

**Services:** \* Recovery and sale of second-hand clothing, toys and items at affordable prices. \* Used items recovery on site and collected at-home: food, clothes, small household items, toys, books, small furniture. \* Information and referral.

**Eligibility:** people in need

**Coverage area:** donations recovery : Verdun, Lasalle, Le Sud-Ouest, information and referrals : Verdun

**Hours:** Tuesday and Wednesday 10h00 to 16h00, Thursday, Friday and Saturday 10h00 to 17h00

**Financing:** self-financing, grants

**Legal status:** non-profit organization

**ORDINATEURS POUR LES ÉCOLES DU QUÉBEC**

1 Alexander-Graham-Bell Crossroad, Tower B, 2nd floor, Verdun, Montréal, QC, H3E 3B3

**1 877 617-6737 ext. 1**

**Website:** www.opeq.qc.ca/en

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

**Services:** Refurbishment and distribution of computer equipment. \* Recovery: desktops and laptops, servers, tablets, smartphones, LCD screens, laser printers, projectors, keyboards and mice. \* Pick-up available for donations of over 15 items.

**Eligibility:** donation and sale: schools, non-profit organizations, early childhood centres, childcare services, libraries, housing cooperatives, recovery: private businesses, government departments

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h00 to 16h00, by appointment only

**Fees:** free or low cost

**Financing:** federal

**Legal status:** non-profit organization

## School supplies

### MAISON D'ACCUEIL DES NOUVEAUX ARRIVANTS - ÎLE DES SOEURS

1 Place du Commerce, Suite 320, Verdun, Montréal, QC, H3E 1A2

**438 837-9223**

**Website:** manamtl.org

**Email:** info@manamtl.org

**Services:** Organization that supports and helps the integration of newcomers. Food \* Food support program for children during school lunches: meals, supervision, activities. \* Food bank. \* Online directory of food banks. Material assistance, housing and income \* Assistance in house searching. \* Support in opening a bank account. \* Help in finding a job, information and professional integration. \* Donation of clothing and furniture. \* Tax clinic. Youth and Family \* Information and registration for public services: school registration, help in finding daycare, etc. \* Logistical support between parents and school and orientation in school services. \* Homework assistance. \* Social activities and educational conferences for parents. \* Distribution of school supplies. Immigration \* Translation and oaths of documents. \* Referral to legal and migration advisors. \* Information and assistance in accessing health services through the Interim Federal Health Program (IFHP). \* French courses for youth in welcome classes and for adults. Recreational activities \* Sports, arts and leisure activities. \* Winter festival.

**Eligibility:** immigrants and refugees, lunchtime food support: students from Île-des-Soeurs Elementary School

**Coverage area:** Verdun

**Hours:** Monday to Friday 9h00 to 16h00, food bank: Monday 15h30 to 18h30

**Fees:** variable

**Financing:** municipal, donations

**Legal status:** non-profit organization

## Thrift Stores

### ASSOCIATION ENTRE TES MAINS

383 de L'Église Street, Verdun, Montréal, QC, H4G 2M5

**514 767-2444**

**Website:** www.entretesmains.com

**Email:** associationentretesmains@videotron.ca

**Services:** \* Recovery and sale of second-hand clothing, toys and items at affordable prices. \* Used items recovery on site and collected at-home: food, clothes, small household items, toys, books, small furniture. \* Information and referral.

**Eligibility:** people in need

**Coverage area:** donations recovery : Verdun, Lasalle, Le Sud-Ouest, information and referrals : Verdun

**Hours:** Tuesday and Wednesday 10h00 to 16h00, Thursday, Friday and Saturday 10h00 to 17h00

**Financing:** self-financing, grants

**Legal status:** non-profit organization

### CLIC OPEQ

1 Alexander-Graham-Bell Crossroad, Tower B, 2nd floor, Verdun, Montréal, QC, H3E 3B3

**1 877 617-6737**

**Website:** www.opeq.qc.ca/en/receive/opeq-clic-program

**Email:** demande@opeq.qc.ca

**Services:** Refurbished desktop and laptop computers at affordable prices for a family member's academic or professional development.

**Eligibility:** people on a low income

**Coverage area:** Province of Québec

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

**Fees:** 75\$ minimum

**Financing:** federal

**Legal status:** non-profit organization

### **FABRIQUE OF THE PARISH OF SAINT WILLIBRORD'S (THE)**

351 Willibrord Street, Verdun, Montréal, QC, H4G 2T7

**514 769-9678 Fax:** 514 761-1717

**Website:** www.stwill.ca

**Email:** office@stwill.ca

**Services:** \* Food Bank. \* Donations and low cost sales of used household items. \* Christmas baskets with food and household products.

**Eligibility:** people on a low income, people in need of assistance and community support

**Coverage area:** Verdun

**Hours:** food bank: Wednesday and Friday 13h00 to 14h30, donations: Tuesday to Friday 9h30 to 12h00

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

### **ORDINATEURS POUR LES ÉCOLES DU QUÉBEC**

1 Alexander-Graham-Bell Crossroad, Tower B, 2nd floor, Verdun, Montréal, QC, H3E 3B3

**1 877 617-6737 ext. 1**

**Website:** www.opeq.qc.ca/en

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

**Services:** Refurbishment and distribution of computer equipment. \* Recovery: desktops and laptops, servers, tablets, smartphones, LCD screens, laser printers, projectors, keyboards and mice. \* Pick-up available for donations of over 15 items.

**Eligibility:** donation and sale: schools, non-profit organizations, early childhood centres, childcare services, libraries, housing cooperatives, recovery: private businesses, government departments

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h00 to 16h00, by appointment only

**Fees:** free or low cost

**Financing:** federal

**Legal status:** non-profit organization

### **RENAISSANCE QUÉBEC - VERDUN THRIFT**

4261 Wellington Street, Verdun, Montréal, QC, H4G 1V9

**514 766-5059**

**Website:** renaissancequebec.ca/en

**Email:** information@renaissancequebec.ca

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

**Coverage area:** Verdun

**Hours:** thrift store: Monday to Wednesday 9h00 to 20h00, Thursday and Friday: 9h00 to 21h00, Saturday and Sunday 9h00 to 17h00, donation centre: Monday to Friday: 8h00 to 21h00, Saturday and Sunday 8h00 to 17h00

**Financing:** self-financing

**Legal status:** non-profit organization

### **SALVATION ARMY - VERDUN STORE**

4025 Wellington Street, Verdun, Montréal, QC, H4G 3M6

**514 767-2606**

**Website:** www.thriftstore.ca

**Services:** \* On-site recovery and sale of donated goods at low cost to finance Salvation Army social programs.

**Eligibility:** general public

## Thrift store and material aid

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 10h00 to 20h00, Saturday 10h00 to 17h00, Sunday open for on-site donations drop-off only 10h00 to 17h00

**Financing:** donations

**Legal status:** non-profit organization

## **Transportation**

**ACCOMPANIED TRANSPORT**

**ACCOMPANIED TRANSPORT FOR MEDICAL REASONS**

## Accompanied transport

### RÉSEAU-BÉNÉVOLE DE VERDUN - ACCOMPANIMENT-TRANSPORTATION

3215 LaSalle Boulevard, Verdun, Montréal, QC, H4G 1Z1

**514 761-1773** Fax: 514 761-1020

**Website:** [reseau-benevoles-verdun.org/wp](http://reseau-benevoles-verdun.org/wp)

**Email:** [r.b.v@videotron.ca](mailto:r.b.v@videotron.ca)

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

**Eligibility:** people 65 years and over with a slight or temporary loss of autonomy or people with a geriatric profile

**Coverage area:** Verdun, Nuns' Island, appointment: Montréal Island, South Shore according to volunteers' availability

**Hours:** Monday to Friday 5h00 to 13h00, closed during the Christmas and summer holidays

**Fees:** membership card: free, transportation: variable

**Financing:** provincial, fundraising campaigns, self-financing

**Legal status:** non-profit organization

## Accompanied transport for medical reasons

### RÉSEAU-BÉNÉVOLE DE VERDUN - ACCOMPANIMENT-TRANSPORTATION

3215 LaSalle Boulevard, Verdun, Montréal, QC, H4G 1Z1

**514 761-1773** Fax: 514 761-1020

**Website:** [reseau-benevoles-verdun.org/wp](http://reseau-benevoles-verdun.org/wp)

**Email:** [r.b.v@videotron.ca](mailto:r.b.v@videotron.ca)

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

**Eligibility:** people 65 years and over with a slight or temporary loss of autonomy or people with a geriatric profile

**Coverage area:** Verdun, Nuns' Island, appointment: Montréal Island, South Shore according to volunteers' availability

**Hours:** Monday to Friday 5h00 to 13h00, closed during the Christmas and summer holidays

**Fees:** membership card: free, transportation: variable

**Financing:** provincial, fundraising campaigns, self-financing

**Legal status:** non-profit organization

## **Violence and abuse**

**DOMESTIC VIOLENCE: SHELTERS AND SUPPORT**

**PREVENTION OF VIOLENCE AND CRIME**

**SUPPORT FOR VICTIMS AND THEIR FAMILIES**

**THERAPY AND COUNSELLING**

## Domestic violence: shelters and support

### LEGAL AID OFFICE - SUD-OUEST

4250 Wellington Street, Suite 200, Verdun, Montréal, QC, H4G 1W2

**514 864-2111 ext. 6550** Fax: 514 864-9451

**Website:** [www.aidejuridiquedemontreal.ca/en/find-a-service-point](http://www.aidejuridiquedemontreal.ca/en/find-a-service-point)

**Email:** [baj.sudouest@ccjm.qc.ca](mailto:baj.sudouest@ccjm.qc.ca)

**Services:** Legal aid office in civil and family Law.

**Eligibility:** person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law

**Coverage area:** Côte-Des-Neiges-Notre-Dame-De-Grâce, Lachine, Lasalle, Le Sud-Ouest, Westmount

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

**Fees:** people may be eligible for free legal aid or contributory legal aid between \$100 and 800, depending on their financial situation, see scale on the website

**Financing:** self-financing

**Legal status:** parapublic organization

## Prevention of violence and crime

### ACTION PRÉVENTION VERDUN

4609 de Verdun Street, Suite 3, Verdun, Montréal, QC, H4G 1M6

**514 769-8079**

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

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

**Services:** \* Coordination, development, planning and management support of safety and well-being programs. \* Preventive actions, information sessions and citizen involvement. \* Representative of the Montreal Urban Safety Tandem program. \* Community outreach work for vulnerable seniors 50 years old and over (ITMAV): phone listening, psychosocial support, referrals and friendly visits. \* Free and confidential mediation between citizens or organizations. \* La Station: Nun's Island intergenerational community centre, open admission for teenagers from 12 to 17 years old. \* Camp de l'île: summer and spring break day camp for 4 to 12 year olds.

**Eligibility:** children, teens, adults, women, seniors, families

**Coverage area:** Verdun

**Hours:** La Station: Monday to Friday 10h00 to 20h00

**Financing:** grants

**Legal status:** non-profit organization

### SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 16 - ÎLE-DES-SOEURS, VERDUN

750 Willibrord Street, Verdun, Montréal, QC, H4G 2T9

**514 280-0116** Fax: 514 280-0616

**Website:** [spvm.qc.ca/en/pdq16](http://spvm.qc.ca/en/pdq16)

**Email:** [pdq16@spvm.qc.ca](mailto:pdq16@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. \* Supervised space for meeting and exchanging goods, for people with whom a transaction on online sales sites has been made.

**Eligibility:** citizens and residents of the neighbourhood

**Coverage area:** Île-des-Soeurs, Verdun

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

**Financing:** municipal, provincial

**Legal status:** municipal agency

## Support for victims and their families

### CANADIAN RED CROSS - RESTORING FAMILY LINKS PROGRAM

6 Place du Commerce, Verdun, Montréal, QC, H3E 1P4

**1 800 363-7305**

**Website:** [www.redcross.ca/how-we-help/restoring-family-links-find-family](http://www.redcross.ca/how-we-help/restoring-family-links-find-family)

**Email:** [familylinks@redcross.ca](mailto:familylinks@redcross.ca)

**Services:** Assistance for people living in Canada to reestablish contact with immediate family members internationally after a separation due to an armed conflict, disaster, migration or any other humanitarian crisis.

**Coverage area:** Canada

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

**Financing:** fundraising campaigns, donations, self-financing

**Legal status:** non-profit organization

### SERVICE CANADA CENTRE - VERDUN (MONTRÉAL)

4110 Wellington Street, 2nd floor, Verdun, Montréal, QC, H4G 1V7

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

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

**Services:** Gateway to federal government services. All Canadians \* Find a Service Canada office: [www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng](http://www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng) \* Benefits finder: [www.canada.ca/en/services/benefits/finder.html](http://www.canada.ca/en/services/benefits/finder.html) \* Job bulletin board: [www.jobbank.gc.ca/jobsearch/jobsearch](http://www.jobbank.gc.ca/jobsearch/jobsearch) \* Social Insurance Number (SIN) application. \* Passport application. \* Complaints office. \* Fraud prevention and reporting. Workers and businesses \* Employment insurance, sickness benefits and regular benefits. \* Special employment insurance benefits for parents of seriously ill children. \* Canada Summer Jobs (CSJ) for youth and students. \* Employment assistance: labour market information, training, etc. \* Wage Earner Protection Program. \* State pensions and savings schemes. \* Online information for businesses: business start-ups, workplace standards, etc. Veterans Affairs Canada \* Support and services related to mental and physical health. \* Education and employment: finding a job, returning to school, etc. \* Financial programs and services: income support, emergency financial assistance, etc. \* Housing and family life support. Immigration and citizenship \* Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. \* Assessment of credentials. \* Biometry. \* Find free newcomer services near you: [ircc.canada.ca/english/newcomers/services](http://ircc.canada.ca/english/newcomers/services) Seniors \* Canada Pension Plan retirement benefits. \* International benefits. \* Allowance and Allowance for the Survivor programs. \* Guaranteed Income Supplement. \* Old Age Security.

**Eligibility:** general public

**Coverage area:** Verdun

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

**Fees:** parking: free

**Financing:** federal

**Legal status:** federal government agency

## Therapy and counselling

### MCGILL UNIVERSITY RESEARCH CENTRE FOR STUDIES IN AGING

6825 LaSalle Boulevard, Verdun, Montréal, QC, H4H 1R3

**514 766-2010 Fax:** 514 888-4050

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

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

**Services:** Neurology and gerontology research centre. \* Alzheimer's and cognitive diseases clinic: risk assessment, early diagnosis, treatment, follow-up and referral. \* Support group for family members of people living with a cognitive problem. \* Information line. \* Education and training. \* Brainy Boomers Lecture Series: online lectures. \* Exercise for the elderly on Youtube: [click here](#)

**Eligibility:** neurology clinic: people living with a cognitive impairment or Parkinson's disease, people with a parent suffering from neurocognitive impairment

**Coverage area:** Greater Montréal

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

**Fees:** none

**Financing:** provincial

**Legal status:** parapublic organization

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