



DIRECTORY OF SOCIAL AND COMMUNITY RESOURCES

MONTRÉAL / MONTRÉAL / VERDUN



2-1-1



WWW.211.QC.CA

Summary Summary

Child, Youth and Family	1
Child welfare	2
Daycare and respite	2
Family Support	4
Juvenile Delinquency	7
Maternity support and adoption	7
Parenting Education	9
Recreational Activities	11
Youth Centres and Support	14
Youth Employment	16
Community Action	18
Advisory and citizen action organizations	19
Charity Organizations	21
Community centres	21
Community development	22
Information and referral	23
Volunteering and volunteer centres	24
Disability	26
Adapted work and employability support	27
Recreation and camps	28
Support Associations	28
Therapy and rehabilitation centres	30
Education and Literacy	32
Academic and vocational guidance	33
Associations and Federations	34
Difficulties and learning disabilities	34
Homework assistance and tutoring	35
Language courses	37
Literacy	39
Public education	41
School perseverance	41
Employment and Income Support	43
Advocacy for workers and unemployed	44
Budget management and consumption	44
Business development	45
Employment support and training	46
Employment support for immigrants	47
Employment support for women	50
Employment support for youth	51
Vocational rehabilitation and disability-related employment	52
Food	54
Christmas basket	55
Collective kitchens and cooking workshops	56
Community gardens and markets	57
Food Assistance	58
Food aid for pregnant women and children	60
Food assistance coordination	61
Food assistance in schools	62
Low cost or free meals	63
Prepared meals and Meals-on-wheels	65
Government services	66

Federal services	67
Income statements	67
Municipal services	68
Official documents	69
Provincial services	71
Health	72
Eye care	73
Family planning	73
Patient support associations	74
Public Health	74
Homelessness	77
Day and evening centres	78
Mobile units and street work	78
Transitional housing	78
Housing	80
Advocacy for housing	81
Emergency	81
Housing cooperatives and corporations	82
Housing search assistance	82
Immigration and cultural communities	84
French courses	85
Immigration and sponsorship	87
Interpretation and translation	88
Multicultural organizations	89
Recognition of prior learning and diplomas	91
Settlement services for newcomers	92
Indigenous Peoples	98
Employment	99
Government services	99
Justice and Advocacy	101
Advocacy groups	102
Consumer protection and complaints	104
Legal assistance and information	105
Mental Health and addictions	108
Addiction treatment	109
Community support in mental health	109
Crisis centres and suicide prevention	111
Helplines	111
Mental health advocacy groups	111
Mental health housing	112
Psychiatric services	113
Self-help groups for mental health issues	113
Seniors	114
Caregivers	115
Community and Recreation Centres	115
Day centres and respite	117
Friendly visits and safety calls	117
Home support	119
Housing for seniors	119
Intergenerational activities	120
Meals on Wheels	121
Seniors' Advocacy and Assistance Associations	122

Volunteer Transportation	123
Sex and gender	124
LGBTQ associations	125
Women's centres	125
Women's associations	126
Sports, Recreation and Culture	127
Arts and culture	128
Clubs and social events	128
Community recreation centres	131
Day camps and specialized camps	133
Hobbies	135
Libraries	136
Sport	137
Sports and recreation for people with a disability	138
Thrift store and material aid	139
Clothing	140
Donation pick-ups	141
School supplies	141
Thrift Stores	142
Transportation	144
Accompanied transport	145
Accompanied transport for medical reasons	145
Violence and abuse	146
Domestic violence: shelters and support	147
Prevention of violence and crime	147
Support for victims and their families	148
Therapy and counselling	148

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

Email: 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 Fax: 514 769-3510

Website: www.teenhaven.ca/welcome

Email: 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

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. * Assistance with government forms. * Emergency and regular food assistance. * Christmas baskets for food assistance regulars. * Collective kitchens. * Baby food. * Community meals. * Information on immigration laws. * Cultural activities. * Language classes: French and Spanish. * 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: Thursday and Friday 9h30 to 16h30

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

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

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.activites@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: variable hours between 9h00 to 16h30, monthly calendar on Facebook

Fees: family membership: \$5 for a 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 poste 130 Fax: 514 762-6048

Website: www.centreppe.com

Email: activites@ppev.ca

Services: * Information, listening and referral. * Individual meetings. * Week-end respite. * Child development workshops. * Parental skills workshops. * Parent-child activity programs. * Nature-based and outings program. * Baby massage workshops. * 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: membership: \$5 per year

Financing: donations, self-financing

Legal status: non-profit organization

Family Support

CHANTIER D'APPRENTISSAGE OPTIMAL

4400 LaSalle Boulevard, Suite 113, Verdun, Montréal, QC, H4G 2A8

514 688-1069 Fax: 514 766-9354

Website: chapop.ca/en

Email: info@chapop.ca

Services: Promotion of academic and socio-professional success. * Welcoming, active listening, information and referral. * Integration and citizen development: youth program in leadership and entrepreneurship. * Integration and development for immigrant families: cultural adaptation for parents according to the needs of their children. * Family clinic: coaching for immigrant couples, support, advice. * Employability projects. * Homework help. * Extracurricular activities. * Summer scientific camp.

Eligibility: school component: youth 6 to 17 years old, employability: young adults 18 to 30 years old, services to families: immigrant families, especially Black immigrant families from Africa

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 18h00

Fees: variable

Financing: donations, self-financing

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 D'ACCUEIL DES NOUVEAUX ARRIVANTS - ÎLE DES SOEURS

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

438 935-5919

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 program: students from Île-des-Soeurs Elementary School

Coverage area: Verdun

Hours: Monday to Friday 8h00 to 17h00, food bank: Monday 15h30 to 19h00

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.activites@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: variable hours between 9h00 to 16h30, monthly calendar on Facebook

Fees: family membership: \$5 for a 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

Email: 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

MONTRÉAL PUBLIC LIBRAIRIES NETWORK - JACQUELINE-DE-REPENTIGNY LIBRARY

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

514 765-7172

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

Services: * Loan and consultation of books, audiovisual and digital documents. * Computers, Internet access and printing devices. * Work rooms. * Story time. * Book club for children. * Book club for adults. * Early literacy workshops. * Home book loan for people with reduced mobility. * Workshops, conferences and exhibitions. * Rental of music instruments. * Loan of seeds.

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

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

PAUSE PARENTS-ENFANTS DE VERDUN

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

514 768-7773 poste 130 Fax: 514 762-6048

Website: www.centreppe.com

Email: activites@ppev.ca

Services: * Information, listening and referral. * Individual meetings. * Week-end respite. * Child development workshops. * Parental skills workshops. * Parent-child activity programs. * Nature-based and outings program. * Baby massage workshops. * 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: membership: \$5 per year

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

RECLAIM LITERACY

4322 Wellington Street, Verdun, Montréal, QC, H4G 1W4
514 369-7835

Website: www.reclaimliteracy.ca
Email: 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: spvm.qc.ca/en/pdq16
Email: 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.

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

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
Email: casacafi@msn.com

Services: Guidance, information and assistance. * Job search assistance. * Assistance with government forms. * Emergency and regular food assistance. * Christmas baskets for food assistance regulars. * Collective kitchens. * Baby food. * Community meals. * Information on immigration laws. * Cultural activities. * Language classes: French and Spanish. * 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: Thursday and Friday 9h30 to 16h30

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

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

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

Email: 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

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

PAUSE PARENTS-ENFANTS DE VERDUN

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

514 768-7773 poste 130 Fax: 514 762-6048

Website: www.centreppe.com

Email: activites@ppev.ca

Services: * Information, listening and referral. * Individual meetings. * Week-end respite. * Child development workshops. * Parental skills workshops. * Parent-child activity programs. * Nature-based and outings program. * Baby massage workshops. * 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: membership: \$5 per year

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. * Assistance with government forms. * Emergency and regular food assistance. * Christmas baskets for food assistance regulars. * Collective kitchens. * Baby food. * Community meals. * Information on immigration laws. * Cultural activities. * Language classes: French and Spanish. * 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: Thursday and Friday 9h30 to 16h30

Fees: food bank: \$7

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

Legal status: non-profit organization

CHANTIER D'APPRENTISSAGE OPTIMAL

4400 LaSalle Boulevard, Suite 113, Verdun, Montréal, QC, H4G 2A8

514 688-1069 Fax: 514 766-9354

Website: chapop.ca/en

Email: info@chapop.ca

Services: Promotion of academic and socio-professional success. * Welcoming, active listening, information and referral. * Integration and citizen development: youth program in leadership and entrepreneurship. * Integration and development for immigrant families: cultural adaptation for parents according to the needs of their children. * Family clinic: coaching for immigrant couples, support, advice. * Employability projects. * Homework help. * Extracurricular activities. * Summer scientific camp.

Eligibility: school component: youth 6 to 17 years old, employability: young adults 18 to 30 years old, services to families: immigrant families, especially Black immigrant families from Africa

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 18h00

Fees: variable

Financing: donations, self-financing

Legal status: non-profit organization

COLLECTIVE COMMUNITY SERVICES

451 de l'Église Street, Verdun, Montréal, QC, H4G 2M6

514 937-5351 Fax: 514 937-5548

Website: www.ccs-montreal.org

Email: info@ccs-montreal.org

Services: Isolation reduction and support for people living in poverty. * Early Head Start program: age-appropriate activities based on the developmental needs of each child, with healthy snacks and workshops for parents. * Little Learners: preschool program focusing on developing socialization and motor skills of children 2 to 5 years old. * Tender Loving Care preschool (TLC): bilingual preschool classes. * Youth programs: social emotional learning, anti-bullying, girl's empowerment, transition, fair play sports, intergenerational video project. * Trail's End Camp: annual summer camp for underprivileged children. * Varied community focused programs for all age groups. * Seniors yoga.

Eligibility: English-speaking community and immigrant populations, Early Head Start: children 0 to 5 years old and their parents, camps: children up to 17 years old

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, some activities on the weekends

Fees: variable

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

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.activites@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: variable hours between 9h00 to 16h30, monthly calendar on Facebook

Fees: family membership: \$5 for a 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 poste 130 Fax: 514 762-6048

Website: www.centreppe.com

Email: activites@ppev.ca

Services: * Information, listening and referral. * Individual meetings. * Week-end respite. * Child development workshops. * Parental skills workshops. * Parent-child activity programs. * Nature-based and outings program. * Baby massage workshops. * 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: membership: \$5 per year

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, afterschool, 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. * 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: Monday and Wednesday 8h00 to 21h00, Tuesday, Thursday and Friday 8h00 to 23h00, Saturday 10h00 to 16h00

Fees: membership: \$15, activities: variable

Financing: Centraide of Greater Montréal, grants, donations

Legal status: non-profit organization

COLLECTIVE COMMUNITY SERVICES

451 de l'Église Street, Verdun, Montréal, QC, H4G 2M6

514 937-5351 Fax: 514 937-5548

Website: www.ccs-montreal.org

Email: info@ccs-montreal.org

Services: Isolation reduction and support for people living in poverty. * Early Head Start program: age-appropriate activities based on the developmental needs of each child, with healthy snacks and workshops for parents. * Little Learners: preschool program focusing on developing socialization and motor skills of children 2 to 5 years old. * Tender Loving Care preschool (TLC): bilingual preschool classes. * Youth programs: social emotional learning, anti-bullying, girl's empowerment, transition, fair play sports, intergenerational video project. * Trail's End Camp: annual summer camp for underprivileged children. * Varied community focused programs for all age groups. * Seniors yoga.

Eligibility: English-speaking community and immigrant populations, Early Head Start: children 0 to 5 years old and their parents, camps: children up to 17 years old

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, some activities on the weekends

Fees: variable

Financing: Centraide of Greater Montréal, provincial, federal, foundations, municipal, 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.activites@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: variable hours between 9h00 to 16h30, monthly calendar on Facebook

Fees: family membership: \$5 for a family

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

Legal status: non-profit organization

MONTRÉAL PUBLIC LIBRAIRIES NETWORK - JACQUELINE-DE-REPENTIGNY LIBRARY

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

514 765-7172

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

Services: * Loan and consultation of books, audiovisual and digital documents. * Computers, Internet access and printing devices. * Work rooms. * Story time. * Book club for children. * Book club for adults. * Early literacy workshops. * Home book loan for people with reduced mobility. * Workshops, conferences and exhibitions. * Rental of music instruments. * Loan of seeds.

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

MONTRÉAL PUBLIC LIBRARIES NETWORK - 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

PAUSE PARENTS-ENFANTS DE VERDUN

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

514 768-7773 poste 130 Fax: 514 762-6048

Website: www.centreppe.com

Email: activites@ppev.ca

Services: * Information, listening and referral. * Individual meetings. * Week-end respite. * Child development workshops. * Parental skills workshops. * Parent-child activity programs. * Nature-based and outings program. * Baby massage workshops. * 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: membership: \$5 per year

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

Email: 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. * On-site recovery of books and bicycles donations. * 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

Email: info@bgcdawson.ca

Services: * Social, recreational and educational programs: parent-child, afterschool, 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. * 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: Monday and Wednesday 8h00 to 21h00, Tuesday, Thursday and Friday 8h00 to 23h00, Saturday 10h00 to 16h00

Fees: membership: \$15, activities: variable

Financing: Centraide of Greater Montréal, grants, donations

Legal status: non-profit organization

CHANTIER D'APPRENTISSAGE OPTIMAL

4400 LaSalle Boulevard, Suite 113, Verdun, Montréal, QC, H4G 2A8

514 688-1069 Fax: 514 766-9354

Website: chapop.ca/en

Email: info@chapop.ca

Services: Promotion of academic and socio-professional success. * Welcoming, active listening, information and referral. * Integration and citizen development: youth program in leadership and entrepreneurship. * Integration and development for immigrant families: cultural adaptation for parents according to the needs of their children. * Family clinic: coaching for immigrant couples, support, advice. * Employability projects. * Homework help. * Extracurricular activities. * Summer scientific camp.

Eligibility: school component: youth 6 to 17 years old, employability: young adults 18 to 30 years old, services to families: immigrant families, especially Black immigrant families from Africa

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 18h00

Fees: variable

Financing: donations, self-financing

Legal status: non-profit organization

COLLECTIVE COMMUNITY SERVICES

451 de l'Église Street, Verdun, Montréal, QC, H4G 2M6

514 937-5351 Fax: 514 937-5548

Website: www.ccs-montreal.org

Email: info@ccs-montreal.org

Services: Isolation reduction and support for people living in poverty. * Early Head Start program: age-appropriate activities based on the developmental needs of each child, with healthy snacks and workshops for parents. * Little Learners: preschool program focusing on developing socialization and motor skills of children 2 to 5 years old. * Tender Loving Care preschool (TLC): bilingual preschool classes. * Youth programs: social emotional learning, anti-bullying, girl's empowerment, transition, fair play sports, intergenerational video project. * Trail's End Camp: annual summer camp for underprivileged children. * Varied community focused programs for all age groups. * Seniors yoga.

Eligibility: English-speaking community and immigrant populations, Early Head Start: children 0 to 5 years old and their parents, camps: children up to 17 years old

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, some activities on the weekends

Fees: variable

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

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

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. * On-site recovery of books and bicycles donations. * 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

Email: 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

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. 201 Fax: 514 767-5707

Website: www.cjeverdun.org/en/job-search-in-verdun

Email: info@cjeverdun.org

Services: Assistance with socioprofessional integration. * Assistance in finding a job. * Career choice or return to school. * Professional reorientation * Départ@9 program. * Support for school retention. * Autonomy and personal development. * Job search and training room: work stations with Internet, printer, photocopier, scanner and fax machine. * Customer approach and cash register training. * Entrepreneurship support (pre-start-up). * Various workshops and specific projects. * Summer volunteer project.

Eligibility: youth and adults 15 to 35 years old

Coverage area: Verdun, some services on a case-by-case basis: Montréal Island

Hours: Monday and Wednesday to Friday 9h00 to 12h00 and 13h00 to 16h30, Tuesday 9h00 to 12h00 and 13h00 to 20h00, summer schedule: 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

Website: www.chafric.ca

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.

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

Coverage area: Greater Montréal

Hours: Monday to Friday 9h30 to 17h30 or by appointment

Fees: variable

Financing: donations, self-financing, provincial, federal

Legal status: non-profit organization

CHANTIER D'APPRENTISSAGE OPTIMAL

4400 LaSalle Boulevard, Suite 113, Verdun, Montréal, QC, H4G 2A8

514 688-1069 Fax: 514 766-9354

Website: chapop.ca/en

Email: info@chapop.ca

Services: Promotion of academic and socio-professional success. * Welcoming, active listening, information and referral. * Integration and citizen development: youth program in leadership and entrepreneurship. * Integration and development for immigrant families: cultural adaptation for parents according to the needs of their children. * Family clinic: coaching for immigrant couples, support, advice. * Employability projects. * Homework help. * Extracurricular activities. * Summer scientific camp.

Eligibility: school component: youth 6 to 17 years old, employability: young adults 18 to 30 years old, services to families: immigrant families, especially Black immigrant families from Africa

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 18h00

Fees: variable

Financing: donations, self-financing

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

Email: 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: youth 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 Verdun Street, Suite 3, Verdun, Montréal, QC, H4G 1M6
514 769-8079

Website: www.actionpreventionverdun.org

Email: 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

Email: 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

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

Email: 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

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. * Sale of trees.

Eligibility: general public

Coverage area: Verdun

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

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

Email: 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

Email: 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

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

RED CROSS - DISASTER SERVICES

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

1 800 363-7305 Fax: 514 362-9991

Website: www.redcross.ca

Services: * Emergency relief and humanitarian services in times of disaster. * Disaster relief funds: fundraising to help affected population.

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30, relief fund phone line: 24 hours / 7 days

Financing: fundraising campaigns

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

Email: info@bgcdawson.ca

Services: * Social, recreational and educational programs: parent-child, afterschool, 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. * 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: Monday and Wednesday 8h00 to 21h00, Tuesday, Thursday and Friday 8h00 to 23h00, Saturday 10h00 to 16h00

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

Email: info@bgcdawson.ca

Services: * Social, recreational and educational programs: parent-child, afterschool, 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. * 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: Monday and Wednesday 8h00 to 21h00, Tuesday, Thursday and Friday 8h00 to 23h00, Saturday 10h00 to 16h00

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 1R2

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

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: cooperative

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. * Coaching and job placement. * Recruitment assistance. * Support for various developmental projects in the territory. * Employment service for newcomers program.

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: provincial, foundations, municipal

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

438 935-5919

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 program: students from Île-des-Soeurs Elementary School

Coverage area: Verdun

Hours: Monday to Friday 8h00 to 17h00, food bank: Monday 15h30 to 19h00

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. * 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

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 * Benefits finder: srv138.services.gc.ca/daf/s/e82fb618-124c-4a07-ba98-9c99c5c5f6bf?goctemplateculture=en-ca * Job bank: 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, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. 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. * Find free newcomer services near you: 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

284 de l'Église Street, Verdun, Montréal, QC, H4G 1V8

514 767-0384

Website: centredesfemmesdeverdun.org

Email: 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

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

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 Fax: 514 761-1020

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 old and over or with a loss of autonomy, food baskets: people 60 years old 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

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

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

Website: www.chafric.ca

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.

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

Coverage area: Greater Montréal

Hours: Monday to Friday 9h30 to 17h30 or by appointment

Fees: variable

Financing: donations, self-financing, provincial, federal

Legal status: non-profit organization

CHANTIER D'APPRENTISSAGE OPTIMAL

4400 LaSalle Boulevard, Suite 113, Verdun, Montréal, QC, H4G 2A8

514 688-1069 Fax: 514 766-9354

Website: chapop.ca/en

Email: info@chapop.ca

Services: Promotion of academic and socio-professional success. * Welcoming, active listening, information and referral. * Integration and citizen development: youth program in leadership and entrepreneurship. * Integration and development for immigrant families: cultural adaptation for parents according to the needs of their children. * Family clinic: coaching for immigrant couples, support, advice. * Employability projects. * Homework help. * Extracurricular activities. * Summer scientific camp.

Eligibility: school component: youth 6 to 17 years old, employability: young adults 18 to 30 years old, services to families: immigrant families, especially Black immigrant families from Africa

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 18h00

Fees: variable

Financing: donations, self-financing

Legal status: non-profit organization

Recreation and camps

BOUGER ET VIVRE

4501 Bannantyne Avenue, Verdun, Montréal, QC, H4H 1S6

438 836-1559

Website: bougervivre.weebly.com

Email: bouger.vivre@gmail.com

Services: Organization aiming to help 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 with mobility problems or chronic illnesses

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, monthly subscription: \$23, \$120 for 6 months, \$240 for 1 year

Financing: self-financing

Legal status: non-profit organization

Support Associations

CLSC DE VERDUN

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

514 766-0546

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

438 935-5919

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 program: students from Île-des-Soeurs Elementary School

Coverage area: Verdun

Hours: Monday to Friday 8h00 to 17h00, food bank: Monday 15h30 to 19h00

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.activites@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: variable hours between 9h00 to 16h30, monthly calendar on Facebook

Fees: family membership: \$5 for a 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

VENT OVER TEA

Confidential Address

Website: ventovertea.com

Email: info@ventovertea.com

Services: Active listening service with trained volunteers. * Listening in person, by phone or by video call. * Volunteer opportunities.

Eligibility: any person aged 14 years and older who needs to talk

Coverage area: in-person service: Montréal Island; video and phone sessions: Canada

Hours: variable

Fees: none

Financing: donations, provincial

Legal status: non-profit organization

Therapy and rehabilitation centres

BOUGER ET VIVRE

4501 Bannantyne Avenue, Verdun, Montréal, QC, H4H 1S6

438 836-1559

Website: bougervivre.weebly.com

Email: bouger.vivre@gmail.com

Services: Organization aiming to help 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 with mobility problems or chronic illnesses

Coverage area: Montréal Island

Disability

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

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

Financing: self-financing

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 Fax: 514 289-9286

Website: infoapprendre.org/en

Email: ssaidj@fondationalphabetisation.org

Services: Support, listening and reference service in education that helps direct 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 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. 201 Fax: 514 767-5707

Website: www.cjeverdun.org/en/job-search-in-verdun

Email: info@cjeverdun.org

Services: Assistance with socioprofessional integration. * Assistance in finding a job. * Career choice or return to school. * Professional reorientation * Départ@9 program. * Support for school retention. * Autonomy and personal development. * Job search and training room: work stations with Internet, printer, photocopier, scanner and fax machine. * Customer approach and cash register training. * Entrepreneurship support (pre-start-up). * Various workshops and specific projects. * Summer volunteer project.

Eligibility: youth and adults 15 to 35 years old

Coverage area: Verdun, some services on a case-by-case basis: Montréal Island

Hours: Monday and Wednesday to Friday 9h00 to 12h00 and 13h00 to 16h30, Tuesday 9h00 to 12h00 and 13h00 to 20h00, summer schedule: 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

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: srv138.services.gc.ca/daf/s/e82fb618-124c-4a07-ba98-9c99c5c5f6bf?goctemplateculture=en-ca * Job bank: 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, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. 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. * Find free newcomer services near you: 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: www.fondationalphabetisation.org/en

Email: 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

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

Homework assistance and tutoring

ANCRE DES JEUNES (L')

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

514 769-1654

Website: www.ancredesjeunes.org/en

Email: secretariat@ancredesjeunes.org

Services: Dropout prevention. * Homework assistance. * Awareness workshops. * Summer day camp. * Programs for young dropouts: academic training, art and crafts workshops. * Individualized psychosocial accompaniment.

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 14h00

Fees: according to the program

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

Legal status: non-profit organization

CHANTIER D'APPRENTISSAGE OPTIMAL

4400 LaSalle Boulevard, Suite 113, Verdun, Montréal, QC, H4G 2A8

514 688-1069 Fax: 514 766-9354

Website: chapop.ca/en

Email: info@chapop.ca

Services: Promotion of academic and socio-professional success. * Welcoming, active listening, information and referral. * Integration and citizen development: youth program in leadership and entrepreneurship. * Integration and development for immigrant families: cultural adaptation for parents according to the needs of their children. * Family clinic: coaching for immigrant couples, support, advice. * Employability projects. * Homework help. * Extracurricular activities. * Summer scientific camp.

Eligibility: school component: youth 6 to 17 years old, employability: young adults 18 to 30 years old, services to families: immigrant families, especially Black immigrant families from Africa

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 18h00

Fees: variable

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

438 935-5919

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 program: students from Île-des-Soeurs Elementary School

Coverage area: Verdun

Hours: Monday to Friday 8h00 to 17h00, food bank: Monday 15h30 to 19h00

Fees: variable

Financing: municipal, donations

Legal status: non-profit organization

RECLAIM LITERACY

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

514 369-7835

Website: www.reclaimliteracy.ca

Email: 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

Email: 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. * On-site recovery of books and bicycles donations. * 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 Fax: 514 289-9286

Website: infoapprendre.org/en

Email: ssaidj@fondationalphabetisation.org

Services: Support, listening and reference service in education that helps direct 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 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. * Assistance with government forms. * Emergency and regular food assistance. * Christmas baskets for food assistance regulars. * Collective kitchens. * Baby food. * Community meals. * Information on immigration laws. * Cultural activities. * Language classes: French and Spanish. * 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: Thursday and Friday 9h30 to 16h30

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

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

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

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

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

1 800 361-9142 Fax: 514 289-9286

Website: www.fondationalphabetisation.org/en

Email: 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 facilitators 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

438 935-5919

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 program: students from Île-des-Soeurs Elementary School

Coverage area: Verdun

Hours: Monday to Friday 8h00 to 17h00, food bank: Monday 15h30 to 19h00

Fees: variable

Financing: municipal, donations

Legal status: non-profit organization

Literacy

INFO-ALPHA

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

1 800 361-9142 Fax: 514 289-9286

Website: www.fondationalphabetisation.org/en

Email: 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 facilitators 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

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

MONTRÉAL HOOKED ON SCHOOL

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

514 286-2346 ext. 210

Website: www.researeussitemontreal.ca/en

Email: 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

MONTRÉAL PUBLIC LIBRAIRIES NETWORK - JACQUELINE-DE-REPENTIGNY LIBRARY

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

514 765-7172

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

Services: * Loan and consultation of books, audiovisual and digital documents. * Computers, Internet access and printing devices. * Work rooms. * Story time. * Book club for children. * Book club for adults. * Early literacy workshops. * Home book loan for people with reduced mobility. * Workshops, conferences and exhibitions. * Rental of music instruments. * Loan of seeds.

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

PAUSE PARENTS-ENFANTS DE VERDUN

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

514 768-7773 poste 130 Fax: 514 762-6048

Website: www.centreppe.com

Email: activites@ppev.ca

Services: * Information, listening and referral. * Individual meetings. * Week-end respite. * Child development workshops. * Parental skills workshops. * Parent-child activity programs. * Nature-based and outings program. * Baby massage workshops. * 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: membership: \$5 per year

Financing: donations, self-financing

Legal status: non-profit organization

RECLAIM LITERACY

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

514 369-7835

Website: www.reclaimliteracy.ca

Email: 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 Fax: 514 289-9286

Website: infoapprendre.org/en

Email: ssaidj@fondationalphabetisation.org

Services: Support, listening and reference service in education that helps direct 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 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

1 800 361-9142 Fax: 514 289-9286

Website: www.fondationalphabetisation.org/en

Email: 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 facilitators 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

Email: secretariat@ancredesjeunes.org

Services: Dropout prevention. * Homework assistance. * Awareness workshops. * Summer day camp. * Programs for young dropouts: academic training, art and crafts workshops. * Individualized psychosocial accompaniment.

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 14h00

Fees: according to the program

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: www.fondationalphabetisation.org/en

Email: 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

Email: 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: tousjoursensemble.org/en

Email: 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. * On-site recovery of books and bicycles donations. * 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****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

Email: 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

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: srv138.services.gc.ca/daf/s/e82fb618-124c-4a07-ba98-9c99c5c5f6bf?goctemplateculture=en-ca * Job bank: 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, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. 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. * Find free newcomer services near you: 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

Website: www.chafric.ca

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.

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

Coverage area: Greater Montréal

Hours: Monday to Friday 9h30 to 17h30 or by appointment

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

Email: direction@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

Email: info@pmemtlgso.com

Services: * Business services, including social economy businesses: support, accompaniment, financing and training. * Coaching and job placement. * Recruitment assistance. * Support for various developmental projects in the territory. * Employment service for newcomers program.

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: provincial, foundations, municipal

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 * Benefits finder: srv138.services.gc.ca/daf/s/e82fb618-124c-4a07-ba98-9c99c5c5f6bf?goctemplateculture=en-ca * Job bank: 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, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. 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. * Find free newcomer services near you: 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**Website:** www.chafric.ca**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.

Eligibility: people of immigrant background and racialized groups, Afro-descendant people**Coverage area:** Greater Montréal**Hours:** Monday to Friday 9h30 to 17h30 or by appointment**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

Email: 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 18 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@pmemtlgso.com

Services: * Business services, including social economy businesses: support, accompaniment, financing and training. * Coaching and job placement. * Recruitment assistance. * Support for various developmental projects in the territory. * Employment service for newcomers program.

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: provincial, foundations, municipal

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 Fax: 514 289-9286

Website: infoapprendre.org/en

Email: ssaidj@fondationalphabetisation.org

Services: Support, listening and reference service in education that helps direct 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 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. * Assistance with government forms. * Emergency and regular food assistance. * Christmas baskets for food assistance regulars. * Collective kitchens. * Baby food. * Community meals. * Information on immigration laws. * Cultural activities. * Language classes: French and Spanish. * 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: Thursday and Friday 9h30 to 16h30

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

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

Website: www.chafric.ca

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.

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

Coverage area: Greater Montréal

Hours: Monday to Friday 9h30 to 17h30 or by appointment

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

438 935-5919**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 program: students from Île-des-Soeurs Elementary School**Coverage area:** Verdun**Hours:** Monday to Friday 8h00 to 17h00, food bank: Monday 15h30 to 19h00**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. * Coaching and job placement. * Recruitment assistance. * Support for various developmental projects in the territory. * Employment service for newcomers program.**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:** provincial, foundations, municipal**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 * Benefits finder: srv138.services.gc.ca/daf/s/e82fb618-124c-4a07-ba98-9c99c5c5f6bf?goctemplateculture=en-ca * Job bank: 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, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. 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. * Find free newcomer services near you: 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**Website:** www.chafric.ca**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.

Eligibility: people of immigrant background and racialized groups, Afro-descendant people**Coverage area:** Greater Montréal**Hours:** Monday to Friday 9h30 to 17h30 or by appointment**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

Email: 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

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. 201 Fax: 514 767-5707

Website: www.cjeverdun.org/en/job-search-in-verdun

Email: info@cjeverdun.org

Services: Assistance with socioprofessional integration. * Assistance in finding a job. * Career choice or return to school. * Professional reorientation * Départ@9 program. * Support for school retention. * Autonomy and personal development. * Job search and training room: work stations with Internet, printer, photocopier, scanner and fax machine. * Customer approach and cash register training. * Entrepreneurship support (pre-start-up). * Various workshops and specific projects. * Summer volunteer project.

Eligibility: youth and adults 15 to 35 years old

Coverage area: Verdun, some services on a case-by-case basis: Montréal Island

Hours: Monday and Wednesday to Friday 9h00 to 12h00 and 13h00 to 16h30, Tuesday 9h00 to 12h00 and 13h00 to 20h00, summer schedule: 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

Website: www.chafric.ca

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.

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

Coverage area: Greater Montréal

Hours: Monday to Friday 9h30 to 17h30 or by appointment

Fees: variable

Financing: donations, self-financing, provincial, federal

Legal status: non-profit organization

CHANTIER D'APPRENTISSAGE OPTIMAL

4400 LaSalle Boulevard, Suite 113, Verdun, Montréal, QC, H4G 2A8

514 688-1069 Fax: 514 766-9354

Website: chapop.ca/en

Email: info@chapop.ca

Services: Promotion of academic and socio-professional success. * Welcoming, active listening, information and referral. * Integration and citizen development: youth program in leadership and entrepreneurship. * Integration and development for immigrant families: cultural adaptation for parents according to the needs of their children. * Family clinic: coaching for immigrant couples, support, advice. * Employability projects. * Homework help. * Extracurricular activities. * Summer scientific camp.

Eligibility: school component: youth 6 to 17 years old, employability: young adults 18 to 30 years old, services to families: immigrant families, especially Black immigrant families from Africa

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 18h00

Fees: variable

Financing: donations, self-financing

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

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

Website: www.chafric.ca

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.

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

Coverage area: Greater Montréal

Hours: Monday to Friday 9h30 to 17h30 or by appointment

Fees: variable

Financing: donations, self-financing, provincial, federal

Legal status: non-profit organization

CHANTIER D'APPRENTISSAGE OPTIMAL

4400 LaSalle Boulevard, Suite 113, Verdun, Montréal, QC, H4G 2A8

514 688-1069 Fax: 514 766-9354

Website: chapop.ca/en

Email: info@chapop.ca

Services: Promotion of academic and socio-professional success. * Welcoming, active listening, information and referral. * Integration and citizen development: youth program in leadership and entrepreneurship. * Integration and development for immigrant families: cultural adaptation for parents according to the needs of their children. * Family clinic: coaching for immigrant couples, support, advice. * Employability projects. * Homework help. * Extracurricular activities. * Summer scientific camp.

Eligibility: school component: youth 6 to 17 years old, employability: young adults 18 to 30 years old, services to families: immigrant families, especially Black immigrant families from Africa

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 18h00

Fees: variable

Financing: 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

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: srv138.services.gc.ca/daf/s/e82fb618-124c-4a07-ba98-9c99c5c5f6bf?goctemplateculture=en-ca * Job bank: 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, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. 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. * Find free newcomer services near you: 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

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. * Assistance with government forms. * Emergency and regular food assistance. * Christmas baskets for food assistance regulars. * Collective kitchens. * Baby food. * Community meals. * Information on immigration laws. * Cultural activities. * Language classes: French and Spanish. * 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: Thursday and Friday 9h30 to 16h30

Fees: food bank: \$7

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

Legal status: non-profit organization

SAINT-WILLIBRORD MISSION

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. * Community meals. * Donations and low cost sales of used household items. * Christmas baskets with food and household products.

Eligibility: low-income people, people in need of assistance and community support

Coverage area: Montréal Island

Hours: food bank and donations: Tuesday to Friday from 9h30 to 15h00, community meals: Wednesday and Friday from 9h00 to 13h00

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: free

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

Email: 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. * On-site recovery of books and bicycles donations. * 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

Email: casacafi@msn.com

Services: Guidance, information and assistance. * Job search assistance. * Assistance with government forms. * Emergency and regular food assistance. * Christmas baskets for food assistance regulars. * Collective kitchens. * Baby food. * Community meals. * Information on immigration laws. * Cultural activities. * Language classes: French and Spanish. * 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: Thursday and Friday 9h30 to 16h30

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

Email: mamies.immigrantes@gmail.com

Services: * Information, referral, guidance and support. * Interpretation. * Food banks directory. * 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.

Eligibility: immigrant women 50 years and over, caregivers

Coverage area: Montréal Island

Hours: Monday to Friday 10h00 to 17h00

Fees: annual membership: \$10, respite: \$15 per hour

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, afterschool, 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. * 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: Monday and Wednesday 8h00 to 21h00, Tuesday, Thursday and Friday 8h00 to 23h00, Saturday 10h00 to 16h00

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 1R2

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

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: cooperative

GRAND POTAGER

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

514 248-4901

Website: grandpotager.ca/en

Email: direction@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

Email: casacafi@msn.com

Services: Guidance, information and assistance. * Job search assistance. * Assistance with government forms. * Emergency and regular food assistance. * Christmas baskets for food assistance regulars. * Collective kitchens. * Baby food. * Community meals. * Information on immigration laws. * Cultural activities. * Language classes: French and Spanish. * 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: Thursday and Friday 9h30 to 16h30

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 1R2

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

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: cooperative

MAISON D'ACCUEIL DES NOUVEAUX ARRIVANTS - ÎLE DES SOEURS

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

438 935-5919

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 program: students from Île-des-Soeurs Elementary School

Coverage area: Verdun

Hours: Monday to Friday 8h00 to 17h00, food bank: Monday 15h30 to 19h00

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

Website: reseaudentraidedeverdun.wordpress.com

Email: info@entraideverdun.org

Services: * Food assistance. * Small frozen meals to go: individual portion. * Food counter: sale of food at an economical price, including meat and fresh produce. * Listening and referral for seniors. * Food baskets and delivery for seniors. * Bonhomme à lunettes service point. * Surplus food: boxed food to be collected on the sidewalk according to the surplus, occasional offers posted on Facebook.

Eligibility: people in need

Coverage area: Verdun and Le Sud-Ouest

Hours: Monday and Tuesday 10h00 to 17h00, Thursday 10h00 to 15h00, Food distribution: Monday 15h00 à 17h00, Bonhomme à lunettes: Thursday

Fees: food assistance: \$7, meals to go: \$1

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 Fax: 514 761-1020

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 old and over or with a loss of autonomy, food baskets: people 60 years old 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

SAINT-WILLIBRORD MISSION

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. * Community meals. * Donations and low cost sales of used household items. * Christmas baskets with food and household products.

Eligibility: low-income people, people in need of assistance and community support

Coverage area: Montréal Island

Hours: food bank and donations: Tuesday to Friday from 9h30 to 15h00, community meals: Wednesday and Friday from 9h00 to 13h00

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: free

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. * Assistance with government forms. * Emergency and regular food assistance. * Christmas baskets for food assistance regulars. * Collective kitchens. * Baby food. * Community meals. * Information on immigration laws. * Cultural activities. * Language classes: French and Spanish. * 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: Thursday and Friday 9h30 to 16h30

Fees: food bank: \$7

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

Legal status: non-profit organization

RÉSEAU D'ENTRAIDE DE VERDUN

5132 Wellington Street, Verdun, Montréal, QC, H4G 1Y2

514 762-0705

Website: reseaudentraidedeverdun.wordpress.com

Email: info@entraideverdun.org

Services: * Food assistance. * Small frozen meals to go: individual portion. * Food counter: sale of food at an economical price, including meat and fresh produce. * Listening and referral for seniors. * Food baskets and delivery for seniors. * Bonhomme à lunettes service point. * Surplus food: boxed food to be collected on the sidewalk according to the surplus, occasional offers posted on Facebook.

Eligibility: people in need

Coverage area: Verdun and Le Sud-Ouest

Hours: Monday and Tuesday 10h00 to 17h00, Thursday 10h00 to 15h00, Food distribution: Monday 15h00 à 17h00, Bonhomme à lunettes: Thursday

Fees: food assistance: \$7, meals to go: \$1

Financing: municipal, provincial, federal, self-financing

Legal status: non-profit organization

Food assistance coordination

ASSOCIATION ENTRE TES MAINS

3785 Wellington Street, Verdun, Montréal, QC, H4G 1V1

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, Wednesday and Saturday 10h00 to 16h00, Thursday and Friday 10h00 to 18h00

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@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

RÉSEAU D'ENTRAIDE DE VERDUN

5132 Wellington Street, Verdun, Montréal, QC, H4G 1Y2

514 762-0705

Website: reseaudentraidedeverdun.wordpress.com

Email: info@entraideverdun.org

Services: * Food assistance. * Small frozen meals to go: individual portion. * Food counter: sale of food at an economical price, including meat and fresh produce. * Listening and referral for seniors. * Food baskets and delivery for seniors. * Bonhomme à lunettes service point. * Surplus food: boxed food to be collected on the sidewalk according to the surplus, occasional offers posted on Facebook.

Eligibility: people in need

Coverage area: Verdun and Le Sud-Ouest

Hours: Monday and Tuesday 10h00 to 17h00, Thursday 10h00 to 15h00, Food distribution: Monday 15h00 à 17h00, Bonhomme à lunettes: Thursday

Fees: food assistance: \$7, meals to go: \$1

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 Fax: 514 761-1020

Website: reseau-benevoles-verdun.org/wp

Email: r.b.v@videotron.ca

Food

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

Eligibility: people 60 years old and over or with a loss of autonomy, food baskets: people 60 years old 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

SAINT-WILLIBRORD MISSION

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. * Community meals. * Donations and low cost sales of used household items. * Christmas baskets with food and household products.

Eligibility: low-income people, people in need of assistance and community support

Coverage area: Montréal Island

Hours: food bank and donations: Tuesday to Friday from 9h30 to 15h00, community meals: Wednesday and Friday from 9h00 to 13h00

Fees: none

Financing: donations

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

438 935-5919

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 program: students from Île-des-Soeurs Elementary School

Coverage area: Verdun

Hours: Monday to Friday 8h00 to 17h00, food bank: Monday 15h30 to 19h00

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. * On-site recovery of books and bicycles donations. * 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. * Assistance with government forms. * Emergency and regular food assistance. * Christmas baskets for food assistance regulars. * Collective kitchens. * Baby food. * Community meals. * Information on immigration laws. * Cultural activities. * Language classes: French and Spanish. * 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: Thursday and Friday 9h30 to 16h30

Fees: food bank: \$7

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

Legal status: non-profit organization

CENTRE DES FEMMES DE VERDUN

284 de l'Église Street, Verdun, Montréal, QC, H4G 1V8

514 767-0384

Website: centredesfemmesdeverdun.org

Email: 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

Email: 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

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

SAINT-WILLIBRORD MISSION

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. * Community meals. * Donations and low cost sales of used household items. * Christmas baskets with food and household products.

Eligibility: low-income people, people in need of assistance and community support

Coverage area: Montréal Island

Hours: food bank and donations: Tuesday to Friday from 9h30 to 15h00, community meals: Wednesday and Friday from 9h00 to 13h00

Fees: none

Financing: donations

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

Email: 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 Fax: 514 761-1020

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 old and over or with a loss of autonomy, food baskets: people 60 years old 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

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: srv138.services.gc.ca/daf/s/e82fb618-124c-4a07-ba98-9c99c5c5f6bf?goctemplateculture=en-ca * Job bank: 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, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. 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. * Find free newcomer services near you: 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

Email: verdun@montreal.ca

Services: Points of service * Accès Montréal Office offering information on services and activities: montreal.ca/lieux/bureau-acces-montreal-verdun * Permit counter: montreal.ca/lieux/comptoir-des-permis-verdun Information * Info-collectes: 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 * 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 sustainable menstrual hygiene products.

Coverage area: Verdun

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

Financing: municipal

Legal status: municipal agency

Municipal services

COOPÉRATIVE DE SOLIDARITÉ ABONDANCE URBAINE SOLIDAIRE

6049 LaSalle Boulevard, Verdun, Montréal, QC, H4H 1R2

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

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: cooperative

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. * Sale of trees.

Eligibility: general public

Coverage area: Verdun

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

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

Email: 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.

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/lieux/bureau-acces-montreal-verdun * Permit counter: montreal.ca/lieux/comptoir-des-permis-verdun Information * Info-collectes: 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 * 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 sustainable menstrual hygiene products.

Coverage area: Verdun

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

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

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

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

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

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

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: srv138.services.gc.ca/daf/s/e82fb618-124c-4a07-ba98-9c99c5c5f6bf?goctemplateculture=en-ca * Job bank: 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, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. 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. * Find free newcomer services near you: 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

Email: 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.

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/lieux/bureau-acces-montreal-verdun * Permit counter: montreal.ca/lieux/comptoir-des-permis-verdun Information * Info-collectes: 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 * 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 sustainable menstrual hygiene products.

Coverage area: Verdun

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

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

Email: 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

Website: reseauentraidedeverdun.wordpress.com

Email: info@entraideverdun.org

Services: * Food assistance. * Small frozen meals to go: individual portion. * Food counter: sale of food at an economical price, including meat and fresh produce. * Listening and referral for seniors. * Food baskets and delivery for seniors. * Bonhomme à lunettes service point. * Surplus food: boxed food to be collected on the sidewalk according to the surplus, occasional offers posted on Facebook.

Eligibility: people in need

Coverage area: Verdun and Le Sud-Ouest

Hours: Monday and Tuesday 10h00 to 17h00, Thursday 10h00 to 15h00, Food distribution: Monday 15h00 à 17h00, Bonhomme à lunettes: Thursday

Fees: food assistance: \$7, meals to go: \$1

Financing: municipal, provincial, federal, self-financing

Legal status: non-profit organization

Family planning

CENTRE DES FEMMES DE VERDUN

284 de l'Église Street, Verdun, Montréal, QC, H4G 1V8

514 767-0384

Website: centredesfemmesdeverdun.org

Email: 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

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

Patient support associations

CLSC DE VERDUN

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

514 766-0546

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

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

Public Health

BOUGER ET VIVRE

4501 Bannantyne Avenue, Verdun, Montréal, QC, H4H 1S6

438 836-1559

Website: bougervivre.weebly.com

Email: bouger.vivre@gmail.com

Services: Organization aiming to help 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 with mobility problems or chronic illnesses

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, monthly subscription: \$23, \$120 for 6 months, \$240 for 1 year

Financing: self-financing

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

Services: * Promotion of safe choices. * Promotion of physical condition improvement. * Prevention of injuries. * Intervention in emergency and rescue situations.

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Financing: fundraising campaigns

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

Email: 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

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

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

RUBAN EN ROUTE

Confidential Address

514 767-5656

Website: www.rubanenroute.com

Email: outriggercanooclubpa@gmail.com

Services: HIV/AIDS and STD prevention and awareness tour in schools. * Mobile unit. * Online conferences.

Eligibility: students, counsellors

Coverage area: Province of Québec

Hours: office: Monday to Friday 10h00 to 15h00, tours: Monday to Friday 9h00 to 17h00

Fees: \$550 per day, plus mileage

Financing: provincial, donations, self-financing

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/lieux/bureau-acces-montreal-verdun * Permit counter: montreal.ca/lieux/comptoir-des-permis-verdun Information * Info-collectes: 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 * 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 sustainable menstrual hygiene products.

Coverage area: Verdun

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

Financing: municipal

Legal status: municipal agency

Homelessness

DAY AND EVENING CENTRES

MOBILE UNITS AND STREET WORK

TRANSITIONAL HOUSING

Day and evening centres

SAINT-WILLIBRORD MISSION

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. * Community meals. * Donations and low cost sales of used household items. * Christmas baskets with food and household products.

Eligibility: low-income people, people in need of assistance and community support

Coverage area: Montréal Island

Hours: food bank and donations: Tuesday to Friday from 9h30 to 15h00, community meals: Wednesday and Friday from 9h00 to 13h00

Fees: none

Financing: donations

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: www.letrac.org

Email: site@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, Saint-Pierre, Lachine

Hours: Monday to Friday 16h00 to 21h00

Fees: none

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

Legal status: non-profit organization

Transitional housing

AUBERGE COMMUNAUTAIRE DU SUD-OUEST

4026 Wellington Street, Verdun, Montréal, QC, H4G 1V3

514 768-4774 Fax: 514 768-7434

Website: laubergecommunautaire.org

Email: lauberge@laubergecommunautaire.org

Services: * Housing: individual and group support, shelter and meals, maximum stay of one year. * Envol: affordable apartments with community support. * Le Tremplin: supervised apartments with individual follow-up for youth who have already stayed at the organization. * Association: organization of activities, mobilization, link between all of l'Auberge's services. * Helping relationship, support, accompaniment and referrals.

Eligibility: housing: youth 18 to 29 years old, homeless or in difficulty

Capacity: housing: 20 private rooms

Coverage area: Greater Montréal

Hours: administration: Monday to Friday 8h30 to 16h30, shelter: 24 hours / 7 days

Fees: housing: \$300 per month

Financing: Centraide of Greater Montréal, federal, provincial, municipal, self-financing, 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.activites@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: variable hours between 9h00 to 16h30, monthly calendar on Facebook

Fees: family membership: \$5 for a 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

Email: 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

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

Email: 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

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

RED CROSS - DISASTER SERVICES

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

1 800 363-7305 Fax: 514 362-9991

Website: www.redcross.ca

Services: * Emergency relief and humanitarian services in times of disaster. * Disaster relief funds: fundraising to help affected population.

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30, relief fund phone line: 24 hours / 7 days

Financing: fundraising campaigns

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/lieux/bureau-acces-montreal-verdun * Permit counter: montreal.ca/lieux/comptoir-des-permis-verdun Information * Info-collectes: 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 * 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 sustainable menstrual hygiene products.

Coverage area: Verdun

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

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

Email: 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

438 935-5919

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 program: students from Île-des-Soeurs Elementary School

Coverage area: Verdun

Hours: Monday to Friday 8h00 to 17h00, food bank: Monday 15h30 to 19h00

Fees: variable

Financing: municipal, donations

Legal status: non-profit organization

RED CROSS - DISASTER SERVICES

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

1 800 363-7305 Fax: 514 362-9991

Website: www.redcross.ca

Services: * Emergency relief and humanitarian services in times of disaster. * Disaster relief funds: fundraising to help affected population.

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30, relief fund phone line: 24 hours / 7 days

Financing: fundraising campaigns

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 Fax: 514 289-9286

Website: infoapprendre.org/en

Email: ssaidj@fondationalphabetisation.org

Services: Support, listening and reference service in education that helps direct 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 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. * Assistance with government forms. * Emergency and regular food assistance. * Christmas baskets for food assistance regulars. * Collective kitchens. * Baby food. * Community meals. * Information on immigration laws. * Cultural activities. * Language classes: French and Spanish. * 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: Thursday and Friday 9h30 to 16h30

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

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

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

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

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

1 800 361-9142 Fax: 514 289-9286

Website: www.fondationalphabetisation.org/en

Email: 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 facilitators 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

438 935-5919

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 program: students from Île-des-Soeurs Elementary School

Coverage area: Verdun

Hours: Monday to Friday 8h00 to 17h00, food bank: Monday 15h30 to 19h00

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

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

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

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

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

438 935-5919

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 program: students from Île-des-Soeurs Elementary School

Coverage area: Verdun

Hours: Monday to Friday 8h00 to 17h00, food bank: Monday 15h30 to 19h00

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

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: srv138.services.gc.ca/daf/s/e82fb618-124c-4a07-ba98-9c99c5c5f6bf?goctemplateculture=en-ca * Job bank: 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, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. 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. * Find free newcomer services near you: 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

438 935-5919

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 program: students from Île-des-Soeurs Elementary School

Coverage area: Verdun

Hours: Monday to Friday 8h00 to 17h00, food bank: Monday 15h30 to 19h00

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

Email: mamies.immigrantes@gmail.com

Services: * Information, referral, guidance and support. * Interpretation. * Food banks directory. * 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.

Eligibility: immigrant women 50 years and over, caregivers

Coverage area: Montréal Island

Hours: Monday to Friday 10h00 to 17h00

Fees: annual membership: \$10, respite: \$15 per hour

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

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

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

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

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

Website: www.chafric.ca

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.

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

Coverage area: Greater Montréal

Hours: Monday to Friday 9h30 to 17h30 or by appointment

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

438 935-5919

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 program: students from Île-des-Soeurs Elementary School

Coverage area: Verdun

Hours: Monday to Friday 8h00 to 17h00, food bank: Monday 15h30 to 19h00

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

Email: mamies.immigrantes@gmail.com

Services: * Information, referral, guidance and support. * Interpretation. * Food banks directory. * 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.

Eligibility: immigrant women 50 years and over, caregivers

Coverage area: Montréal Island

Hours: Monday to Friday 10h00 to 17h00

Fees: annual membership: \$10, respite: \$15 per hour

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 Fax: 514 289-9286

Website: infoapprendre.org/en

Email: ssaidj@fondationalphabetisation.org

Services: Support, listening and reference service in education that helps direct 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 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

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: srv138.services.gc.ca/daf/s/e82fb618-124c-4a07-ba98-9c99c5c5f6bf?goctemplateculture=en-ca * Job bank: 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, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. 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. * Find free newcomer services near you: 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 Fax: 514 289-9286

Website: infoapprendre.org/en

Email: ssaidj@fondationalphabetisation.org

Services: Support, listening and reference service in education that helps direct 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 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. * Assistance with government forms. * Emergency and regular food assistance. * Christmas baskets for food assistance regulars. * Collective kitchens. * Baby food. * Community meals. * Information on immigration laws. * Cultural activities. * Language classes: French and Spanish. * 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: Thursday and Friday 9h30 to 16h30

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

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

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

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

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

Website: www.chafric.ca

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.

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

Coverage area: Greater Montréal

Hours: Monday to Friday 9h30 to 17h30 or by appointment

Fees: variable

Financing: donations, self-financing, provincial, federal

Legal status: non-profit organization

CHANTIER D'APPRENTISSAGE OPTIMAL

4400 LaSalle Boulevard, Suite 113, Verdun, Montréal, QC, H4G 2A8

514 688-1069 Fax: 514 766-9354

Website: chapop.ca/en

Email: info@chapop.ca

Services: Promotion of academic and socio-professional success. * Welcoming, active listening, information and referral. * Integration and citizen development: youth program in leadership and entrepreneurship. * Integration and development for immigrant families: cultural adaptation for parents according to the needs of their children. * Family clinic: coaching for immigrant couples, support, advice. * Employability projects. * Homework help. * Extracurricular activities. * Summer scientific camp.

Eligibility: school component: youth 6 to 17 years old, employability: young adults 18 to 30 years old, services to families: immigrant families, especially Black immigrant families from Africa

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 18h00

Fees: variable

Financing: donations, self-financing

Legal status: non-profit organization

INFO-ALPHA

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

1 800 361-9142 Fax: 514 289-9286

Website: www.fondationalphabetisation.org/en

Email: 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 facilitators 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

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

438 935-5919

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 program: students from Île-des-Soeurs Elementary School

Coverage area: Verdun

Hours: Monday to Friday 8h00 to 17h00, food bank: Monday 15h30 to 19h00

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

Email: mamies.immigrantes@gmail.com

Services: * Information, referral, guidance and support. * Interpretation. * Food banks directory. * 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.

Eligibility: immigrant women 50 years and over, caregivers

Coverage area: Montréal Island

Hours: Monday to Friday 10h00 to 17h00

Fees: annual membership: \$10, respite: \$15 per hour

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: pmentl.com/en/sud-ouest

Email: info@pmentlgo.com

Services: * Business services, including social economy businesses: support, accompaniment, financing and training. * Coaching and job placement. * Recruitment assistance. * Support for various developmental projects in the territory. * Employment service for newcomers program.

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: provincial, foundations, municipal

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 * Benefits finder: srv138.services.gc.ca/daf/s/e82fb618-124c-4a07-ba98-9c99c5c5f6bf?goctemplateculture=en-ca * Job bank: 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, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. 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. * Find free newcomer services near you: 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

CENTRE IVIRTIVIK

4590 de Verdun Street, Suite 200, Verdun, Montréal, QC, H4G 1M3

514 564-3051 Fax: 514 419-2439

Website: ivirtivik.org/en

Email: 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 and over

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

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

Email: 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

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

Indigenous Peoples

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: srv138.services.gc.ca/daf/s/e82fb618-124c-4a07-ba98-9c99c5c5f6bf?goctemplateculture=en-ca * Job bank: 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, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. 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. * Find free newcomer services near you: 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 Verdun Street, Suite 3, Verdun, Montréal, QC, H4G 1M6

514 769-8079

Website: www.actionpreventionverdun.org

Email: 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

Email: 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

284 de l'Église Street, Verdun, Montréal, QC, H4G 1V8

514 767-0384

Website: centredesfemmesdeverdun.org

Email: 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

Email: 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: www.fondationalphabetisation.org/en

Email: 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

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. * Sale of trees.

Eligibility: general public

Coverage area: Verdun

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

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

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

VERDUN CITIZENS' ACTION COMMITTEE

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

514 769-2228 ext. 101

Website: cacv-verdun.org/en

Email: 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

Email: 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

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: srv138.services.gc.ca/daf/s/e82fb618-124c-4a07-ba98-9c99c5c5f6bf?goctemplateculture=en-ca * Job bank: 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, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. 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. * Find free newcomer services near you: 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 Verdun Street, Suite 3, Verdun, Montréal, QC, H4G 1M6

514 769-8079

Website: www.actionpreventionverdun.org

Email: 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

Email: 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

Email: casacafi@msn.com

Services: Guidance, information and assistance. * Job search assistance. * Assistance with government forms. * Emergency and regular food assistance. * Christmas baskets for food assistance regulars. * Collective kitchens. * Baby food. * Community meals. * Information on immigration laws. * Cultural activities. * Language classes: French and Spanish. * 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: Thursday and Friday 9h30 to 16h30

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

Email: 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

Email: verdun@montreal.ca

Services: Points of service * Accès Montréal Office offering information on services and activities: montreal.ca/lieux/bureau-acces-montreal-verdun * Permit counter: montreal.ca/lieux/comptoir-des-permis-verdun Information * Info-collectes: 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 * 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 sustainable menstrual hygiene products.

Coverage area: Verdun

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

Financing: municipal

Legal status: municipal agency

Mental Health and addictions

ADDICTION TREATMENT

COMMUNITY SUPPORT IN MENTAL HEALTH

CRISIS CENTRES AND SUICIDE PREVENTION

HELPLINES

MENTAL HEALTH ADVOCACY GROUPS

MENTAL HEALTH HOUSING

PSYCHIATRIC SERVICES

SELF-HELP GROUPS FOR MENTAL HEALTH ISSUES

Addiction treatment

HÔPITAL DE VERDUN

4000 LaSalle Boulevard, Verdun, Montréal, QC, H4G 2A3

514 362-1000

Website: 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, office: every day 8h00 to 16h00

Financing: provincial

Legal status: parapublic organization

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

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

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

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

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

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 * Benefits finder: srv138.services.gc.ca/daf/s/e82fb618-124c-4a07-ba98-9c99c5c5f6bf?goctemplateculture=en-ca * Job bank: 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, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. 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. * Find free newcomer services near you: 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

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

Helplines

VENT OVER TEA

Confidential Address

Website: ventovertea.com

Email: info@ventovertea.com

Services: Active listening service with trained volunteers. * Listening in person, by phone or by video call. * Volunteer opportunities.

Eligibility: any person aged 14 years and older who needs to talk

Coverage area: in-person service: Montréal Island; video and phone sessions: Canada

Hours: variable

Fees: none

Financing: donations, provincial

Legal status: non-profit 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

Email: 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: youth 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

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

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

Mental health housing**CAP HOUSE**

Confidential Address

514 761-1351 Fax: 514 766-9090

Website: www.projetpal.com

Email: cap@projetpal.com

Services: Transitional housing for people in need of intensive monitoring. * 6-month duration.

Eligibility: people in transition and requiring daily follow-up

Capacity: 12 people

Coverage area: Le Sud-Ouest in priority

Hours: administration: Monday to Friday 9h00 to 16h30

Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization

LOGI-P.A.L.

Confidential Address

514 761-1351

Website: www.projetpal.com

Email: cap@projetpal.com

Services: Affordable housing with follow-up if needed.

Eligibility: people living with a mental health challenge

Capacity: 6 units
Coverage area: Montréal Island
Hours: Monday to Friday 10h00 to 17h30
Fees: 25% of income
Financing: self-financing, grants
Legal status: non-profit organization

SOUS LE TOIT DE P.A.L.

Confidential Address
514 508-1873 Fax: 514 508-1874
Website: www.projetpal.com
Email: sltdepal@gmail.com

Services: Permanent housing with community support for people living with mental health troubles. * Alternative intervention approach to increase autonomy.
Eligibility: adults living with mental health issues
Capacity: 28 units
Coverage area: Montréal Island
Hours: office: Monday to Friday 9h00 to 16h30
Financing: self-financing, grants
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 mental health issues

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

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

Email: mamies.immigrantes@gmail.com

Services: * Information, referral, guidance and support. * Interpretation. * Food banks directory. * 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.

Eligibility: immigrant women 50 years and over, caregivers

Coverage area: Montréal Island

Hours: Monday to Friday 10h00 to 17h00

Fees: annual membership: \$10, respite: \$15 per hour

Financing: contributions, 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

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

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

Email: info@bgcdawson.ca

Services: * Social, recreational and educational programs: parent-child, afterschool, 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. * 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: Monday and Wednesday 8h00 to 21h00, Tuesday, Thursday and Friday 8h00 to 23h00, Saturday 10h00 to 16h00

Fees: membership: \$15, activities: variable

Financing: Centraide of Greater Montréal, grants, donations

Legal status: non-profit organization

BOUGER ET VIVRE

4501 Bannantyne Avenue, Verdun, Montréal, QC, H4H 1S6

438 836-1559

Website: bougervivre.weebly.com

Email: bouger.vivre@gmail.com

Services: Organization aiming to help 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 with mobility problems or chronic illnesses

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, monthly subscription: \$23, \$120 for 6 months, \$240 for 1 year

Financing: self-financing

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. * Ticket office, trips and outings. * Dance and fitness. * Craft activities: mandalas 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

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: cussss-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: cussss-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

Capacity: 220

Coverage area: Le Sud-Ouest, Verdun

Financing: provincial

Legal status: parapublic organization

Friendly visits and safety calls

ACTION PRÉVENTION VERDUN

4609 Verdun Street, Suite 3, Verdun, Montréal, QC, H4G 1M6

514 769-8079

Website: www.actionpreventionverdun.org

Email: 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

Email: 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

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

Email: mamies.immigrantes@gmail.com

Services: * Information, referral, guidance and support. * Interpretation. * Food banks directory. * 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.

Eligibility: immigrant women 50 years and over, caregivers

Coverage area: Montréal Island

Hours: Monday to Friday 10h00 to 17h00

Fees: annual membership: \$10, respite: \$15 per hour

Financing: contributions, grants

Legal status: non-profit organization

RÉSEAU D'ENTRAIDE DE VERDUN

5132 Wellington Street, Verdun, Montréal, QC, H4G 1Y2

514 762-0705

Website: reseauentraidedeverdun.wordpress.com

Email: info@entraideverdun.org

Services: * Food assistance. * Small frozen meals to go: individual portion. * Food counter: sale of food at an economical price, including meat and fresh produce. * Listening and referral for seniors. * Food baskets and delivery for seniors. * Bonhomme à lunettes service point. * Surplus food: boxed food to be collected on the sidewalk according to the surplus, occasional offers posted on Facebook.

Eligibility: people in need

Coverage area: Verdun and Le Sud-Ouest

Hours: Monday and Tuesday 10h00 to 17h00, Thursday 10h00 to 15h00, Food distribution: Monday 15h00 à 17h00, Bonhomme à lunettes: Thursday

Fees: food assistance: \$7, meals to go: \$1

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 Fax: 514 761-1020

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 old and over or with a loss of autonomy, food baskets: people 60 years old 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

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: mamies.immigrantes@gmail.com

Services: * Information, referral, guidance and support. * Interpretation. * Food banks directory. * 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.

Eligibility: immigrant women 50 years and over, caregivers

Coverage area: Montréal Island

Hours: Monday to Friday 10h00 to 17h00

Fees: annual membership: \$10, respite: \$15 per hour

Financing: contributions, grants

Legal status: non-profit organization

RÉSEAU-BÉNÉVOLE DE VERDUN

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

514 761-1773 Fax: 514 761-1020

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 old and over or with a loss of autonomy, food baskets: people 60 years old 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

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

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

Capacity: 220

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

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

Email: 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

COLLECTIVE COMMUNITY SERVICES

451 de l'Église Street, Verdun, Montréal, QC, H4G 2M6

514 937-5351 Fax: 514 937-5548

Website: www.ccs-montreal.org

Email: info@ccs-montreal.org

Seniors

Services: Isolation reduction and support for people living in poverty. * Early Head Start program: age-appropriate activities based on the developmental needs of each child, with healthy snacks and workshops for parents. * Little Learners: preschool program focusing on developing socialization and motor skills of children 2 to 5 years old. * Tender Loving Care preschool (TLC): bilingual preschool classes. * Youth programs: social emotional learning, anti-bullying, girl's empowerment, transition, fair play sports, intergenerational video project. * Trail's End Camp: annual summer camp for underprivileged children. * Varied community focused programs for all age groups. * Seniors yoga.

Eligibility: English-speaking community and immigrant populations, Early Head Start: children 0 to 5 years old and their parents, camps: children up to 17 years old

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, some activities on the weekends

Fees: variable

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

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

Meals on Wheels

RÉSEAU-BÉNÉVOLE DE VERDUN

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

514 761-1773 Fax: 514 761-1020

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 old and over or with a loss of autonomy, food baskets: people 60 years old 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

Email: 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

Email: 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

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

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

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

Email: contact@reseau-benevoles-verdun.org

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 holidays

Fees: membership card: free, transportation: \$10 to \$22 according to the distance, if more than 40 km round-trip: mileage rate, parking fee at the charge of the beneficiary if the volunteer sticker is not recognized

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

284 de l'Église Street, Verdun, Montréal, QC, H4G 1V8

514 767-0384

Website: centredesfemmesdeverdun.org

Email: 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

284 de l'Église Street, Verdun, Montréal, QC, H4G 1V8

514 767-0384

Website: centredesfemmesdeverdun.org

Email: 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

Email: mamies.immigrantes@gmail.com

Services: * Information, referral, guidance and support. * Interpretation. * Food banks directory. * 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.

Eligibility: immigrant women 50 years and over, caregivers

Coverage area: Montréal Island

Hours: Monday to Friday 10h00 to 17h00

Fees: annual membership: \$10, respite: \$15 per hour

Financing: contributions, grants

Legal status: non-profit organization

Women's associations

CENTRE DES FEMMES DE VERDUN

284 de l'Église Street, Verdun, Montréal, QC, H4G 1V8

514 767-0384

Website: centredesfemmesdeverdun.org

Email: 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

MONTRÉAL PUBLIC LIBRAIRIES NETWORK - JACQUELINE-DE-REPENTIGNY LIBRARY

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

514 765-7172

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

Services: * Loan and consultation of books, audiovisual and digital documents. * Computers, Internet access and printing devices. * Work rooms. * Story time. * Book club for children. * Book club for adults. * Early literacy workshops. * Home book loan for people with reduced mobility. * Workshops, conferences and exhibitions. * Rental of music instruments. * Loan of seeds.

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

MONTRÉAL PUBLIC LIBRARIES NETWORK - 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

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. * Ticket office, trips and outings. * Dance and fitness. * Craft activities: mandalas 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

Fees: membership: \$12 per year

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

Legal status: non-profit organization

CENTRE DES FEMMES DE VERDUN

284 de l'Église Street, Verdun, Montréal, QC, H4G 1V8

514 767-0384

Website: centredesfemmesdeverdun.org

Email: 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

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

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

438 935-5919

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 program: students from Île-des-Soeurs Elementary School

Coverage area: Verdun

Hours: Monday to Friday 8h00 to 17h00, food bank: Monday 15h30 to 19h00

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, afterschool, 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. * 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: Monday and Wednesday 8h00 to 21h00, Tuesday, Thursday and Friday 8h00 to 23h00, Saturday 10h00 to 16h00

Fees: membership: \$15, activities: variable

Financing: Centraide of Greater Montréal, grants, donations

Legal status: non-profit organization

BOUGER ET VIVRE

4501 Bannantyne Avenue, Verdun, Montréal, QC, H4H 1S6

438 836-1559

Website: bougervivre.weebly.com

Email: bouger.vivre@gmail.com

Services: Organization aiming to help 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 with mobility problems or chronic illnesses

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, monthly subscription: \$23, \$120 for 6 months, \$240 for 1 year

Financing: self-financing

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. * Ticket office, trips and outings. * Dance and fitness. * Craft activities: mandalas 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

Fees: membership: \$12 per year

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

Legal status: non-profit organization

COLLECTIVE COMMUNITY SERVICES

451 de l'Église Street, Verdun, Montréal, QC, H4G 2M6

514 937-5351 Fax: 514 937-5548

Website: www.ccs-montreal.org

Email: info@ccs-montreal.org

Services: Isolation reduction and support for people living in poverty. * Early Head Start program: age-appropriate activities based on the developmental needs of each child, with healthy snacks and workshops for parents. * Little Learners: preschool program focusing on developing socialization and motor skills of children 2 to 5 years old. * Tender Loving Care preschool (TLC): bilingual preschool classes. * Youth programs: social emotional learning, anti-bullying, girl's empowerment, transition, fair play sports, intergenerational video project. * Trail's End Camp: annual summer camp for underprivileged children. * Varied community focused programs for all age groups. * Seniors yoga.

Eligibility: English-speaking community and immigrant populations, Early Head Start: children 0 to 5 years old and their parents, camps: children up to 17 years old

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, some activities on the weekends

Fees: variable

Financing: Centraide of Greater Montréal, provincial, federal, foundations, 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.activites@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: variable hours between 9h00 to 16h30, monthly calendar on Facebook

Fees: family membership: \$5 for a family

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

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

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

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. * On-site recovery of books and bicycles donations. * 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 Verdun Street, Suite 3, Verdun, Montréal, QC, H4G 1M6

514 769-8079

Website: www.actionpreventionverdun.org

Email: 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

Email: secretariat@ancredesjeunes.org

Services: Dropout prevention. * Homework assistance. * Awareness workshops. * Summer day camp. * Programs for young dropouts: academic training, art and crafts workshops. * Individualized psychosocial accompaniment.

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 14h00

Fees: according to the program

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

Email: info@bgcdawson.ca

Services: * Social, recreational and educational programs: parent-child, afterschool, 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. * 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: Monday and Wednesday 8h00 to 21h00, Tuesday, Thursday and Friday 8h00 to 23h00, Saturday 10h00 to 16h00

Fees: membership: \$15, activities: variable

Financing: Centraide of Greater Montréal, grants, donations

Legal status: non-profit organization

CHANTIER D'APPRENTISSAGE OPTIMAL

4400 LaSalle Boulevard, Suite 113, Verdun, Montréal, QC, H4G 2A8

514 688-1069 Fax: 514 766-9354

Website: chapop.ca/en

Email: info@chapop.ca

Services: Promotion of academic and socio-professional success. * Welcoming, active listening, information and referral. * Integration and citizen development: youth program in leadership and entrepreneurship. * Integration and development for immigrant families: cultural adaptation for parents according to the needs of their children. * Family clinic: coaching for immigrant couples, support, advice. * Employability projects. * Homework help. * Extracurricular activities. * Summer scientific camp.

Eligibility: school component: youth 6 to 17 years old, employability: young adults 18 to 30 years old, services to families: immigrant families, especially Black immigrant families from Africa

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 18h00

Fees: variable

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

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. * On-site recovery of books and bicycles donations. * 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. * Ticket office, trips and outings. * Dance and fitness. * Craft activities: mandalas 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

Fees: membership: \$12 per year

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

Legal status: non-profit organization

CENTRE DES FEMMES DE VERDUN

284 de l'Église Street, Verdun, Montréal, QC, H4G 1V8

514 767-0384

Website: centredesfemmesdeverdun.org

Email: 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

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. * On-site recovery of books and bicycles donations. * 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**MONTRÉAL PUBLIC LIBRAIRIES NETWORK - JACQUELINE-DE-REPENTIGNY LIBRARY**

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

514 765-7172

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

Services: * Loan and consultation of books, audiovisual and digital documents. * Computers, Internet access and printing devices. * Work rooms. * Story time. * Book club for children. * Book club for adults. * Early literacy workshops. * Home book loan for people with reduced mobility. * Workshops, conferences and exhibitions. * Rental of music instruments. * Loan of seeds.

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

MONTRÉAL PUBLIC LIBRARIES NETWORK - 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

Sport

CENTRE DES FEMMES DE VERDUN

284 de l'Église Street, Verdun, Montréal, QC, H4G 1V8

514 767-0384

Website: centredesfemmesdeverdun.org

Email: 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

COLLECTIVE COMMUNITY SERVICES

451 de l'Église Street, Verdun, Montréal, QC, H4G 2M6

514 937-5351 Fax: 514 937-5548

Website: www.ccs-montreal.org

Email: info@ccs-montreal.org

Services: Isolation reduction and support for people living in poverty. * Early Head Start program: age-appropriate activities based on the developmental needs of each child, with healthy snacks and workshops for parents. * Little Learners: preschool program focusing on developing socialization and motor skills of children 2 to 5 years old. * Tender Loving Care preschool (TLC): bilingual preschool classes. * Youth programs: social emotional learning, anti-bullying, girl's empowerment, transition, fair play sports, intergenerational video project. * Trail's End Camp: annual summer camp for underprivileged children. * Varied community focused programs for all age groups. * Seniors yoga.

Eligibility: English-speaking community and immigrant populations, Early Head Start: children 0 to 5 years old and their parents, camps: children up to 17 years old

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, some activities on the weekends

Fees: variable

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

Legal status: non-profit organization

SAINT-WILLIBRORD MISSION

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. * Community meals. * Donations and low cost sales of used household items. * Christmas baskets with food and household products.

Eligibility: low-income people, people in need of assistance and community support

Coverage area: Montréal Island

Hours: food bank and donations: Tuesday to Friday from 9h30 to 15h00, community meals: Wednesday and Friday from 9h00 to 13h00

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

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

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. * Assistance with government forms. * Emergency and regular food assistance. * Christmas baskets for food assistance regulars. * Collective kitchens. * Baby food. * Community meals. * Information on immigration laws. * Cultural activities. * Language classes: French and Spanish. * 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: Thursday and Friday 9h30 to 16h30

Fees: food bank: \$7

Financing: fundraising campaigns, 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

438 935-5919

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 program: students from Île-des-Soeurs Elementary School

Coverage area: Verdun

Hours: Monday to Friday 8h00 to 17h00, food bank: Monday 15h30 to 19h00

Fees: variable

Financing: municipal, donations

Legal status: non-profit organization

SAINT-WILLIBRORD MISSION

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. * Community meals. * Donations and low cost sales of used household items. * Christmas baskets with food and household products.

Eligibility: low-income people, people in need of assistance and community support

Coverage area: Montréal Island

Hours: food bank and donations: Tuesday to Friday from 9h30 to 15h00, community meals: Wednesday and Friday from 9h00 to 13h00

Fees: none

Financing: donations

Legal status: non-profit organization

Donation pick-ups

ASSOCIATION ENTRE TES MAINS

3785 Wellington Street, Verdun, Montréal, QC, H4G 1V1

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, Wednesday and Saturday 10h00 to 16h00, Thursday and Friday 10h00 to 18h00

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

438 935-5919

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 program: students from Île-des-Soeurs Elementary School

Coverage area: Verdun

Hours: Monday to Friday 8h00 to 17h00, food bank: Monday 15h30 to 19h00

Fees: variable

Financing: municipal, donations

Legal status: non-profit organization

Thrift Stores

ASSOCIATION ENTRE TES MAINS

3785 Wellington Street, Verdun, Montréal, QC, H4G 1V1

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, Wednesday and Saturday 10h00 to 16h00, Thursday and Friday 10h00 to 18h00

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: families on a low income

Coverage area: Province of Québec

Hours: Monday to Friday 8h00 to 16h00

Fees: \$85 minimum

Financing: federal

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

Thrift store and material aid

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 - VERDUN THRIFT STORE

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: Monday to Friday 9h00 to 21h00, Saturday and Sunday 9h00 to 17h00

Financing: self-financing

Legal status: non-profit organization

SAINT-WILLIBRORD MISSION

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. * Community meals. * Donations and low cost sales of used household items. * Christmas baskets with food and household products.

Eligibility: low-income people, people in need of assistance and community support

Coverage area: Montréal Island

Hours: food bank and donations: Tuesday to Friday from 9h30 to 15h00, community meals: Wednesday and Friday from 9h00 to 13h00

Fees: none

Financing: donations

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

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

Email: contact@reseau-benevoles-verdun.org

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 holidays

Fees: membership card: free, transportation: \$10 to \$22 according to the distance, if more than 40 km round-trip: mileage rate, parking fee at the charge of the beneficiary if the volunteer sticker is not recognized

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

Email: contact@reseau-benevoles-verdun.org

Services: * Accompaniment and transportation to medical appointments and social activities by volunteers.

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Fees: membership card: free, transportation: \$10 to \$22 according to the distance, if more than 40 km round-trip: mileage rate, parking fee at the charge of the beneficiary if the volunteer sticker is not recognized

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

Email: 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 Verdun Street, Suite 3, Verdun, Montréal, QC, H4G 1M6

514 769-8079

Website: www.actionpreventionverdun.org

Email: 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

Email: 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.

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

Support for victims and their families

RED CROSS - RESTORING FAMILY LINKS PROGRAM

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

1 800 363-7305 ext. 3622909

Website: www.redcross.ca/how-we-help/restoring-family-links---find-family

Email: familylinks@redcross.ca

Services: Assistance for people living in Canada to reestablish contact with immediate family members internationally after a separation due to armed conflict, natural disasters, migration or any other humanitarian crisis.

Coverage area: Canada

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: fundraising campaigns, 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

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: srv138.services.gc.ca/daf/s/e82fb618-124c-4a07-ba98-9c99c5c5f6bf?goctemplateculture=en-ca * Job bank: 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, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. 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. * Find free newcomer services near you: 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

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

Alphabetical Index
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ACCESS OPEN MINDS	111
ACTION PRÉVENTION VERDUN	147
ADULT LEARNLINE	92
AMALGAME MONTRÉAL	52
ANCRE DES JEUNES (L')	133
ASSOCIATION ENTRE TES MAINS	142
ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRÉTRAITÉES	121
AUBERGE COMMUNAUTAIRE DU SUD-OUEST	78
BGC DAWSON	134
BOUGER ET VIVRE	131
CANADIAN RED CROSS - PREVENTION AND SAFETY	75
CANADIAN RED CROSS - QUÉBEC DIVISION	117
CAP HOUSE	112
CARREFOUR JEUNESSE-EMPLOI DE VERDUN	51
CASA C.A.F.I. (CENTRE D'AIDE AUX FAMILLES IMMIGRANTES)	140
CENTRE COMMUNAUTAIRE POUR AÎNÉS DE VERDUN	135
CENTRE D'HÉBERGEMENT CHAMPLAIN	119
CENTRE D'HÉBERGEMENT DE VERDUN	120
CENTRE D'HÉBERGEMENT RÉAL-MOREL	120
CENTRE DES FEMMES DE VERDUN	136
CENTRE IVIRTIVIK	99
CENTRE SOCIAL D'AIDE AUX IMMIGRANTS - ÎLE-DES-SOEURS	93
CENTRE SOCIAL D'AIDE AUX IMMIGRANTS - VERDUN	129
CHANTIER D'AFRIQUE DU CANADA	94
CHANTIER D'APPRENTISSAGE OPTIMAL	134
CIBLE RETOUR À L'EMPLOI	46
CLIC OPEQ	142
CLSC DE VERDUN	75
COLLECTIVE COMMUNITY SERVICES	137
CONCERTATION EN DÉVELOPPEMENT SOCIAL DE VERDUN	61
COOPÉRATIVE DE SOLIDARITÉ ABONDANCE URBAINE SOLIDAIRE	67
DOUGLAS MENTAL HEALTH UNIVERSITY INSTITUTE (THE)	113
DOUGLAS MENTAL HEALTH UNIVERSITY INSTITUTE - WELLINGTON CENTRE	109
DOUGLAS MENTAL HEALTH UNIVERSITY INSTITUTE USERS' COMMITTEE	104
EMPLOYMENT AND TRAINING SERVICE CENTRE OF MONTRÉAL	99
GRAND POTAGER	57
HABITATIONS COMMUNAUTAIRES ENTRE-DEUX-ÂGES	120
HÔPITAL DE VERDUN	109
HÔPITAL DE VERDUN - CAFÉTÉRIA	64
INFO-ALPHA	94
J'APPRENDS AVEC MON ENFANT	39
LEGAL AID OFFICE - SUD-OUEST	147
LITERACY FOUNDATION	103
LOGI-P.A.L.	112
MAAH FOUNDATION	129
MAISON BLEUE: MILIEU DE VIE PRÉVENTIF À L'ENFANCE (LA) - POINT DE SERVICE DE VERDUN	73
MAISON D'ACCUEIL DES NOUVEAUX ARRIVANTS - ÎLE DES SOEURS	141
MAISON DE L'ENVIRONNEMENT DE VERDUN	103
MAISON DES FAMILLES DE VERDUN (LA)	132
MAMIES IMMIGRANTES POUR LE DÉVELOPPEMENT ET L'INTÉGRATION	125

MCGILL UNIVERSITY RESEARCH CENTRE FOR STUDIES IN AGING	148
MONTRÉAL HOOKED ON SCHOOL	42
MONTRÉAL PUBLIC LIBRAIRIES NETWORK - JACQUELINE-DE-REPENTIGNY LIBRARY	136
MONTRÉAL PUBLIC LIBRARIES NETWORK - ÎLE-DES-SOEURS LIBRARY	136
ORDINATEURS POUR LES ÉCOLES DU QUÉBEC	142
PARENTS ET AMIS DU BIEN-ÊTRE MENTAL DU SUD-OUEST DE MONTRÉAL	115
PAUSE PARENTS-ENFANTS DE VERDUN	40
PME - MTL - GRAND SUD-OUEST	96
PROJET P.A.L - ALTERNATIVE RESOURCE IN MENTAL HEALTH	138
RECLAIM LITERACY	40
RED CROSS - DISASTER SERVICES	83
RED CROSS - RESTORING FAMILY LINKS PROGRAM	147
RENAISSANCE - VERDUN THRIFT STORE	143
REPÈRE DES JEUNES ÎLE-DES-SOEURS (LE)	132
RÉSEAU D'ENTRAIDE DE VERDUN	118
RÉSEAU-BÉNÉVOLE DE VERDUN	121
RÉSEAU-BÉNÉVOLE DE VERDUN - ACCOMPANIMENT-TRANSPORTATION	145
RUBAN EN ROUTE	75
SAINT-WILLIBRORD MISSION	143
SALVATION ARMY - VERDUN STORE	143
SERVICE CANADA CENTRE - VERDUN (MONTRÉAL)	148
SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 16 - ÎLE-DES-SOEURS, VERDUN	147
SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE DE VERDUN	59
SOUS LE TOIT DE P.A.L.	113
STATION (LA), CENTRE INTERGÉNÉRATIONNEL DE L'ÎLE-DES-SOURS	132
TABLE DE CONCERTATION DES RESSOURCES POUR AÎNÉS DE VERDUN	130
TEEN HAVEN	2
TOUJOURS ENSEMBLE	135
TRAVAIL DE RUE ACTION COMMUNAUTAIRE - FIXED SITE	78
VENT OVER TEA	111
VERDUN - BOROUGH	106
VERDUN CITIZENS' ACTION COMMITTEE	104